

Healthy Ever After Opt Out Letter

Dear Parent/Guardian:

In October 2019 students will be offered a snack to accompany the Healthy Ever After Lesson #1.

The snack will be low-fat vanilla yogurt with mixed berries and granola. Please find below the nutrition facts and ingredients list for your review and approval.

If you **DO NOT** want your child to eat the snack, please complete the form and return it.

Nutrition Facts:

Low-Fat Yogurt with Fruit and Granola - Serving Size 2 oz Yogurt, 1 oz berries, 1 tbsp granola; Serving wt: 99.3 gm, Calories 129, Total Fat 4g, Cholesterol 5mg, Sodium 88mg, Dietary Fiber 1g, Sugars 14g, Protein 4g, Vitamin A 125iu, Vitamin C 11mg Calcium 104mg, Iron 0.3mg

Ingredients:

Low-Fat Yogurt (2 oz): Grade A Pasteurized Milk and Skim Milk, Turmeric and Annatto, Natural flavors, Vanilla Extract, Kosher Gelatin, Lactase, Vitamin A Palamate, Vitamin D3 and Live Active Cultures. Contains Milk.

Mixed Berries (1 oz): Berries, Extra Light Syrup

Granola (1 tbsp): Whole Grain Rolled Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Contains: Wheat and Soybeans

Total Carbohydrates: 22 grams/serving (1 Yogurt Parfait)

My child **DOES NOT** have permission to participate in the Healthy Ever After Snack for October 2019. Please sign and return.

(Student Name)

(Parent/Guardian Name)

(School Name)

(Parent/Guardian Signature)