



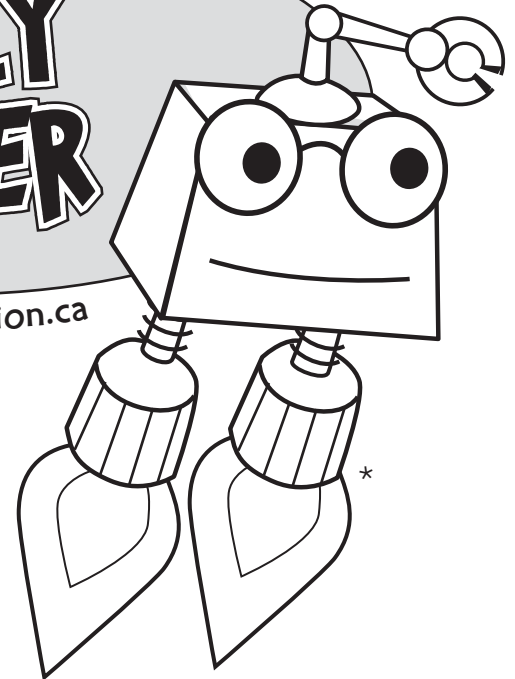
**MISSION
NUTRITION**

Adventures in learning, created
by Canadian dietitians



**FAMILY
LETTER**

www.missionnutrition.ca



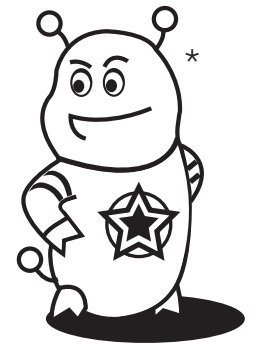
Dear Parents/Guardians,

Our class has embarked on the MISSION NUTRITION* learning adventure!

The MISSION NUTRITION* program was created to engage children in:

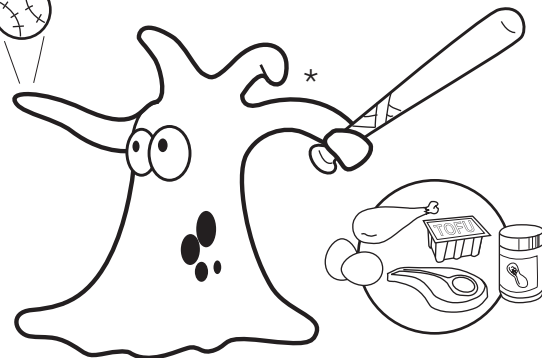
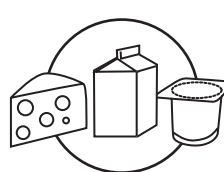
- ☆ Healthy eating
- ☆ Physical activity
- ☆ Positive self-esteem

Please join us in learning about healthy living habits by visiting the Families area of the MISSION NUTRITION* Web site at www.missionnutrition.ca



You'll find lots fun and easy ways to make healthy living come alive at home:

- ☆ Fun family activities
- ☆ Healthy living tips
- ☆ Answers to frequently asked questions
- ☆ Links to other great resources
- ☆ And more!



The MISSION NUTRITION* program is a joint educational initiative of Dietitians of Canada and the Registered Dietitians at Kellogg Canada, developed with input from teachers and leading health experts.



Together we can help children learn healthy living habits that they can keep for a lifetime.



To your family's good health!

