



Nutritional Development Services Archdiocese of Philadelphia

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Dear Parents and Guardians,

Greetings from Nutritional Development Services (NDS)! I am writing to you today to bring you good news. Our office is the school breakfast and lunch sponsor for your child's school. It has been our mission to provide healthy school meals to the children of the Philadelphia area for over 40 years. Many changes have been made to the National School Breakfast and Lunch Programs over that time. School meals have evolved and improved in many ways to give your child the nutrients they need to develop and learn.

For example - over the last two years, many wonderful and colorful fruits and vegetables have been added to the lunch menu. In support of your efforts at home to expand your child's palate, students are offered nutrient dense fresh produce, 100% fruit and vegetable juices, and more variety than ever. Many of these are locally grown.

This year, there are two exciting changes occurring at your school.

- First, we are able to offer **breakfast and lunch to all students at no cost** this year.
- Second, the application process that took place every fall has been eliminated. This means that **no family will have to submit an application for free or reduced price meals** this year.

In addition, all schools will see the following changes that improve the nutritional quality of meals and are in line with recommendations from the National Institutes of Health:

- Breakfast will include 2 choices of fruit every day. This will help your child reach the goal of "5 Fruits and Vegetables a Day" for better health.
- Lunch will be lower in sodium. This is in line with health recommendations for sodium intake for all Americans.

For information, menus, news, and testimonials, visit the NDS webpage and the school meals Facebook page: (www.nutritionaldevelopmentservices.org; www.facebook.com/NDSSchoolLunchProgram).

As always, your feedback is most welcome. We are grateful for the partnership we have with your child's school and we are proud to be part of the healthy development of your child. If you have any questions, please contact us at the number above.

Sincerely,

Erinn Hill
Director, School Lunch and Breakfast Program