



Dear Family,

Did you know that by 2050, farmers will need to double food production to feed our growing world population? Your son or daughter might be a scientist, farmer, store owner, or equipment manufacturer who plays a role in solving this problem!

Our class has been learning about farms, modern food production, healthy food choices, and more. Here are just some of the topics we've covered. Encourage your child to share what he or she has learned.

- **Foods start at farms.** A farmer produces enough food to feed 155 people!
- After foods leave the farm, many are processed in different ways. **Processing helps to preserve food for a longer shelf life**, adds nutrients, and allows food producers to package foods in convenient forms.
- To be healthy, we need to **eat foods from different food groups**—grains, proteins, fruits, vegetables, and dairy. The new MyPlate food guidelines recommend that half your plate should be fruits and vegetables.
- Smart food choices give us **long-lasting energy**. Snacks are okay sometimes, as long as we eat a healthy, balanced diet most of the time and get plenty of exercise.
- There are lots of **convenient and practical ways to incorporate healthy choices into our diets**. For example, most frozen and canned foods are equal in nutrition to fresh foods. However they stay fresh longer, so they are easier to keep on hand and less food is wasted. That's important in feeding a growing world!

Of course the best place to build healthy habits is at home. Over the next few days, talk with your child about the food choices he or she makes, and encourage your child to try a new food. Look for opportunities to visit a farm and meet the people who produce our food. The more children know about a variety of foods and food sources, the better off they'll be in our growing world. **To learn more about feeding future generations, visit the Alliance to Feed the Future, www.AlliancetoFeedtheFuture.org**

Sincerely,

(teacher's name)

PS: Here's a kid-friendly recipe courtesy of the Alliance to Feed the Future. Try it for breakfast tomorrow!



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FARM CREDIT
Lending support to rural America

Wacky Wafflewich

- 2 whole-wheat frozen waffles
- 2 tablespoons smooth peanut butter
- 2 tablespoons grape jelly or fruit spread
- 1 small banana

1. Brown the waffles in a toaster at the lightest heat setting.
2. Place the waffles on a large plate. Spread peanut butter on one and jelly on the other.
3. Peel the banana, then thinly slice it. Arrange the banana slices on the peanut butter-frosted waffle.
4. Cover the banana-topped waffle with the jelly-coated side of the other waffle to make a wacky wafflewich!

For other kid-friendly recipes, visit Kidnetic.com





Dear Family,

Your child has been learning all about **balance**—balanced meals, balancing healthy foods with occasional snacks, and balancing the number of calories we take in and use up. **Give your child a chance to show off his or her new knowledge by discussing topics like these:**

- Pretend that your lunch bag has a cup of applesauce, a package of raw carrots, and a turkey sandwich with lettuce. What important food group is missing? How could you ad it?
- Many frozen, canned, and packaged foods provide healthy, convenient options with the same nutrition as fresh foods. Think of a frozen vegetable, a canned fruit, and a packaged grain that could be healthy options for dinner tonight.
- What do the new MyPlate food guidelines say? (*Half your plate should be fruits and vegetables.*) Think about your last meal: did it meet those guidelines? How could you change it? (For more information on MyPlate, visit choosemyplate.gov)

Continue these healthy discussions the next time you visit the grocery store or eat out. You'll be amazed at how much our children know about balance! Then invite your child to fill out and color the certificate below. **To learn more about the many associations and producers who help bring food to our plates, visit the Alliance to Feed the Future, www.AlliancetoFeedtheFuture.org**

Sincerely,

(teacher's name)



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Be Big on Balance!

I'm eating balanced meals.

I'm balancing the amount I eat with the calories I use up.

Signed

Date

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