



**NESTLE WELLNESS CAMPUS PROGRAM AND PINGGANG PINOY
CIRCULAR NO. GR07-10_2017_01**

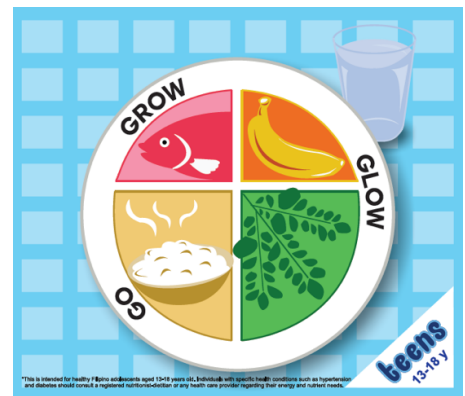
_____, 2017

Dear Parents,

We are pleased to announce that our school is participating in the Nestle Wellness Campus program, which aims to educate adolescents about good nutrition habits. In the next five months, they will be participating in fun-filled, learner-centered activities that promote healthy eating habits.

Our students will begin their learning with the topic of Pinggang Pinoy®. In these first few weeks of the program, they will learn the following key points:

- Pinggang Pinoy® is an easy-to-understand food guide that reminds us of what our meal should look like every day to get the energy and nutrients our bodies need to be healthy.
- A healthy meal consists of Go, Grow, and Glow foods with a glass of water or a nutritious beverage.
- Approximately one-half of our plate should consist of Glow foods, one-fourth should consist of Go foods, and one-fourth should consist of Grow foods in every meal.
- We are all responsible for our own health, so we need to make good decisions about the food we eat.



We ask that you support your adolescent's learning by:

- spending time with your adolescent to discuss the importance of eating balanced, nutritious meals on his or her development.
- allowing your child to apply what he or she has learned by involving them in meal planning.

We look forward to partnering with you on your child's health!

REPLY SLIP

CIRCULAR NO. GR07-10_2017_01: Nestle Wellness Campus Program and Pinggang Pinoy

_____ We have received and read this circular, and WE COMMIT to supporting our child's learning of healthy eating habits.

_____ We have received and read this circular, but WE CANNOT COMMIT to supporting our child's learning of healthy eating habits for the following reason: _____

Name and grade level of student

Parent's name and signature

Date