

Dear Family:

West Fargo Public Schools is proud to offer fresh fruits and vegetables in our Fresh Fruit and Vegetable Program as an additional snack during the school day. The Fresh Fruit and Vegetable Program provides a free fruit or vegetable snack to students 3-5 days per week in participating schools.

We have partnered with teachers and school administration to bring healthy options into your child's classroom. We will work with these partners to offer fun, hands-on nutrition activities in the classroom to help your child understand where their food comes from and appreciate fruits and vegetables in their natural form.

We will encourage your child to ask you for the fruits and vegetables they taste at school and will also encourage them to share their experiences with you. We hope that you will also encourage your child to talk with you about eating fresh fruits and vegetables.

Check out the school website for information on the monthly featured fruit and vegetable and fun facts that go along with them. Other resources such as Home Challenges and Helpful Tips are on the website to get your child more involved in eating healthy produce outside of their school day.

In good health,

Dana Rieth, RD,  
West Fargo Public Schools Foodservice Director

