Sample Grab & Go Letter to Parents

**DATE**

Dear Parent,

When students start the day with a healthy meal, they are more likely to retain what they learn in class, behave better, and experience better health outcomes. School breakfast is one of the best ways to ensure students receive a nutritious meal at the start of the school day. Since school breakfast and lunch are **free for all students**, it’s a particularly great time to participate.

**[School** **Name]** offers Grab & Go breakfast every morning to all students. Grab & Go breakfast ensures that students can quickly and conveniently receive breakfast on their way to class, without needing to arrive early. Breakfast kiosks are located at **[Locations]**, and students can eat their breakfast in **[Locations]**. Breakfast is served from **[Time]** to **[Time].** All students are welcome to participate Monday through Friday.

If you would like more information, please feel free to contact me at **[Contact Info]**.

Sincerely,

**[Name]**

**[Title]**