Sample BIC 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 Breakfast in the Classroom every morning to all students at no cost. [Students can receive breakfast directly in their classroom each morning and are able to eat the meal during the beginning of the lesson.] 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]**