

Race Fans

No race is complete without Race Fans. A child's best fan is the child's parent. The NJ Race to Good Nutrition provides a weekly letter to either be sent home to the parent or reproduced in the school's weekly newsletter, to keep parents informed about race activities of the week.

Letters ready for reproduction are included in this manual or you can download them from our website. If your school has a weekly newsletter and you would rather include the content there, please go to our website and directly download the letter content for inclusion in your newsletter.

Each newsletter informs parents of the classroom content for the week. It includes recipes and ideas to help parents reinforce the classroom lesson. And it reminds parents to continually encourage their children to consume all five components of the school lunch meal or to pack lunches that include these meal components.