

SAMPLE PARENT LETTER

(FRUIT/VEGETABLE/WATER ONLY)

Dear Parents,

We are thrilled your child is a part of our [insert youth sports program/season]! It is a privilege for us to be a part of your child's athletic experiences, and we hope this season is an opportunity for your child to grow and develop a healthy and active lifestyle.

We are excited to announce that, beginning this season, we have taken the pressure off of deciding what snack to bring for your child's YMCA sports practices and games! As a part of the YMCA's commitment to healthy living and youth development, [insert YMCA Association/branch] asks that any snack provided must be a fruit or vegetable, and any beverage provided be water.

Not only do we want our young athletes to have the fuel to compete well, but we also believe healthy sports snacks will help make the healthy choice the coolest choice! Below is a list of healthy snacking options we encourage you to bring if you bring snack:

- **Orange and apple wedges**
- **Fresh peaches, pears, watermelon, or any seasonal fruit**
- **Dried fruit and raisins**
- **Bananas, grapes, and strawberries**
- **Fruit cups (packed in juice)**
- **Unsweetened applesauce**
- **Carrots, celery, or cucumbers**

It is our goal this season that your child will SCORE more: Strengthen his/her body by making good decisions, Choose water, Open conversations about healthy habits, Refuel with fruits and vegetables, and Encourage others to do the same.

We are asking that parents get involved and support this initiative by signing the pledge below. Eating healthy is a huge part of building strong athletes! We want you on our team.

Sincerely,

Youth Sports Program Director

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I, _____, pledge that I will help my child, _____, SCORE more with healthy sports snack practices.

I will help my young athlete:

- **Strengthen his/her body by making good decisions**
- **Choose water**
- **Open conversation about healthy habits**
- **Refuel with fruits and vegetables**
- **Encourage others to do the same and excel in YMCA youth sports!**

Name _____ Date _____