

Dear Sir or Madam,

Farm Fresh For Kids (FFFK) is a nonprofit organization which helps **children** get exposed to and get interested in a variety of fresh, locally grown fruits and vegetables. By participating in FFFK, you will receive:

- **\$25** in coupons redeemable for locally-grown fresh produce at the Village Shopping Center Market.
- After one month, an additional **\$20** in coupons, if needed.
- A cooking guide for preparing tasty, nutritionally balanced meals using this produce; a recipient guide including basic principles of healthy eating; and a nutrition activity for your children

By participating in FFFK, you agree to:

- Redeem all of your coupons for fresh produce within the specified dates.
- Encourage your children to eat vegetables they may not have tried before.
- Encourage your children help out with the cooking.
- Minimize your family's consumption of fast food, processed foods, sodas, and other sugary drinks.

Good luck and happy eating! Remember to take your recipient guide with you when you go shopping!

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Estimado Señor o Señora,

Farm Fresh For Kids (FFFK) es una organización benéfica. Le ayuda a **niños** con exponer a una variedad de frutas y verduras frescas y localmente cultivadas. Para participar en FFFK, recibirá:

- **\$25** de cupones redimible por productos frescos y localmente cultivados en Village Shopping Center Market.
- Después de un mes, **\$20** de cupones adicionales, si necesitados.
- Una guía de cocinar para preparar comida sabrosa y saludable con estos productos frescos; una guía de beneficiaros que incluye principios fundamentales de comer saludable; y una actividad de nutrición para sus hijos.

Para participar en FFFK:

- Redima todos sus cupones para productos frescos durante las fechas especificadas.
- Fomente sus hijos a comer verduras que no han comido antes del programa.
- Fomente sus hijos ayudar con la preparación de las verduras.
- En su familia, minimice el consumo de comida rápida, refrescos, y bebidas azucarados.

¡Buena suerte y feliz comer! ¡Lleve su guía de beneficiaros cuando haga compras!

-----Complete, detach, and return-----

Name of Parent: \_\_\_\_\_

By checking this box, you acknowledge that your family will indeed participate in the Farm Fresh For Kids 2012 program, and that you will adhere to the above policies.

For Doctor/Nurse Use:                      Package # \_\_\_\_\_