10th February, 2015

Dear Parents/Carers,

We are writing to provide you with some information about the Del Monte Health Group (DMHG).

The aim of the group is to offer children the opportunity to experience special morning teas/lunches at various times during the year.

Some examples of food we will be offering are fruit salad, corn in a cup, sushi, pasta and muffins.

We also have a regular article in the Veritas Voice outlining information about nutrition, food ideas and healthy lifestyle choices.

The DMHG is a not for profit group and proceeds from our food days go towards purchasing special treats throughout the year and during nutrition week. We provide fruit ice-blocks on hot days and morning teas on special occasions.

Please note that when notes are distributed for the various food days, ingredients are listed. This will provide you with choice of whether you wish to order for your child.

The DMHG consists of a group of volunteer parents. At this point, we ask if you would be interested in joining the Health Group.

Joining the group consists of:

- Attending 1 meeting per term;
- Be involved in facilitating food events which may include counting orders, liaising with suppliers and distributing food products; and
- On a roster basis, prepare a Veritas Voice article to promote good health and nutrition.

If you are interested and would like to join our team please contact Louisa Gatto on louisa@avalonbuilding.com.au.

We look forward to another successful year.

The Del Monte Health Group