



Dear Family,

**Did you know that by 2050, farmers will need to double food production to feed our growing world population?** Your son or daughter might be a scientist, farmer, store owner, or manufacturer who plays a role in solving this problem!

Our class has been learning about farms, modern food production, healthful food choices, and more. Here are just some of the topics we've covered. Encourage your child to share what he or she has learned.

- **Foods start at farms.** One American farmer produces enough food to feed 155 people!
- After foods leave the farm, many are processed in different ways. **Processing** adds nutrients, allows food producers to package foods in convenient forms, and helps preserve food so it stays fresh longer.
- Technology makes it possible to meet our planet's growing food needs. Farmers use **high-tech equipment** to grow and harvest the largest amount of food possible. This equipment can be anything from sophisticated tractors and plows to GPS systems.
- To be healthy, we need to **eat foods from different food groups**—grains, proteins, fruits, vegetables, and dairy. The new MyPlate food guidelines recommend that half your plate should be fruits and vegetables. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to learn more.
- Smart food choices give us **long-lasting energy**. Snacks are okay, as long as we eat a healthy, balanced diet most of the time and get plenty of exercise.
- There are lots of **convenient and practical ways to incorporate healthful choices into our diets**. For example, most frozen and canned foods are equal in nutrition to fresh foods. However, they stay fresh longer, so they are easier to keep on hand and less food is wasted. That's important in feeding a growing world!

Of course the best place to build healthy habits is at home. Over the next few days, talk with your child about the food choices he or she makes, and encourage your child to try a new food. Look for opportunities to visit a farm and meet the people who produce our food. The more children know about a variety of foods and food sources, the better off they'll be in our growing world. **To learn more about feeding future generations, visit the Alliance to Feed the Future, [www.AlliancetoFeedtheFuture.org/education](http://www.AlliancetoFeedtheFuture.org/education).**

Sincerely,

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teacher's name



PS: Here's a kid-friendly recipe courtesy of the Alliance to Feed the Future. Try it for a snack tomorrow!



ALLIANCE TO  
**FEED THE FUTURE**



### Time for Grape-n'-Cheese Mini Kebabs!

- 24 red or green grapes
- 12 part-skim mozzarella cheese cubes
- 12 toothpicks

1. Slide 1 grape, 1 cheese cube and 1 more grape onto a toothpick.
2. In clock-like style, lay out a spiral of the kebabs on 2 snack plates—2, 4, 6, 8, 10 and 12 o'clock.
3. What time is it? It's time to snack!

Variations: Dip in low-fat yogurt, roll in chopped walnuts or almonds, or add pieces of turkey salami or fat-free hot dog to your kebab.

For other kid-friendly recipes, visit [Kidnetic.com](http://Kidnetic.com).

