



ALWAYS FRESH ◆ ALWAYS DELICIOUS ◆ ALWAYS IN SEASON

Reproducible Master

## DEAR PARENT OR GUARDIAN,

Now is the perfect time to brighten up your meals with **eat brighter!**<sup>TM</sup>, a movement that was formed through a collaboration between the produce industry and Sesame Workshop that leverages the Sesame Street characters to help kids eat more fruits and vegetables.

In school, your child has been learning about Avocados from Mexico because they are a special fruit that contain good fats, are nutrient-dense, and are certified heart healthy. Avocados also have a mild taste and creamy texture that children love. In fact, avocados are a tasty way to add nutrition to every meal, including the most important meal of the day — breakfast! Go to [avocadosfrommexico.com/recipe](http://avocadosfrommexico.com/recipe) for delicious ideas on including this healthful snack into breakfast and other meals and snacks. In addition, you'll find recipes that make every seasonal celebration that much happier and healthier.

The leading brand of avocados sold in the U.S., Avocados from Mexico are all natural and hand-harvest, requiring no processing, no preservatives, and no flavor-enhancers. Find out more about the health benefits of avocados at [avocadosfrommexico.com/nutrition-facts](http://avocadosfrommexico.com/nutrition-facts).

You'll find more information about Avocados from Mexico on the worksheets your child brought home from school today as well as healthful recipes. Check them out to learn more about always delicious avocados, and how you can help your child start each day off with a healthful, happy breakfast.

Sincerely,

Your Child's Teacher



Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to scientific statements.

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

