

# Healthy Ever After Snack Opt-Out Letter

Dear Parent/Guardian:

In February 2016, the students at your child's school will be offered a special snack as part of a Healthy Ever After nutrition lesson. The healthy snack will include Organic, Gluten Free, Whole Grain, Low Sodium, Blue Corn Tortilla Chips with Guacamole. Please review the ingredient lists below and return this completed form and indicate if you **do not** want your child to eat the snack. Thank you.

## Ingredients

**Organic, Gluten Free, Whole Grain, Low Sodium, Blue Corn Tortilla Chips:**

Stone ground corn, canola, and/or sunflower oil, sea salt, trace of lime.

**Guacamole:** Hass avocado, red bell pepper, serrano pepper, salt, sugar, onion powder, xanthum gum, ascorbic acid, garlic powder, jalapeno powder, citric acid, lime juice and cilantro.

**Total Carbohydrates:** 8.33 grams/serving

*6.33 grams – 2 to 3 Blue Tortilla Chips*

*2.0 grams – 1 Tbsp of Guacamole*

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My child **DOES NOT** have permission to participate in the Healthy Ever After Snack for February 2016. Please sign and return.

\_\_\_\_\_  
(Student Name)

\_\_\_\_\_  
(Parent/Guardian Name)

\_\_\_\_\_  
(School Name)

\_\_\_\_\_  
(Parent/Guardian Signature)