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Dear Fr. Acker,

Thank you for allowing me to review the new dietary plan for St Joseph Elementary School for the coming school year. As we previously discussed, I spend most of my day as a family physician speaking on the need to make better lifestyle choices including diet and exercise.

The new dietary meal plan looks to be well balanced with an assortment of different protein choices, limited refined flour and sugar and a good variety of vegetables prepared in appealing packages.

I think the nutritional curriculum addition will add to the many advantages of sending children to parochial school. The advantages start with a student body surrounded by fellow students that get adequate sleep and home support. This nutritional plan can only help our children grow healthier and by inference smarter.

I encourage parents to support this new meal plan. I suspect this change will be resisted at first. I would remind parents that when introducing new tastes and textures to a child's developing palate, it frequently takes several exposures to adjust to new food. By repeating new tastes we will improve acceptance and hopefully develop a lifetime of healthy choices.

Thank you for inviting me to comment on this new endeavor.

Sincerely,

A handwritten signature in cursive script, appearing to read "Brian R. Cain".

Brian R. Cain, M.D.