

# CONGRATULATIONS!

Your child has an exciting new program at our school:



## Nibble with **WILLOW**



### WHAT IS NIBBLE WITH WILLOW?

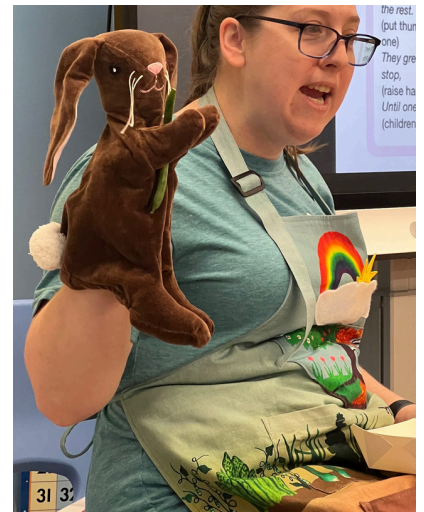
This program will introduce a wide range of fruits and vegetables to your child. Nibble with Willow makes seasonal produce familiar and appealing to children and provides you with easy recipes to make at home with your child.

### WHO IS WILLOW?

Willow is a cuddly bunny puppet. She lives in her magical garden and shares with children her love of the seasonal foods she grows.

### WHAT DOES WILLOW DO?

Willow encourages children to explore fruits and veggies she grows and inspect their shapes, colors, textures, etc. by using their senses and looking through a magnifying glass.



### WHAT CAN PARENTS DO?

- Share the weekly Willow text messages sent from school with your child to excite them about new veggies of the season
- Cook the Willow recipes and explore new veggies together at home
- Watch Willow's animated videos with your child

Can you help Willow remember which vegetable is a root vegetable?



**Take advantage of Willow and make your family mealtimes more fun and less stressful!**