



P.O. Box 567, Ojai, CA 93024
805-715-2693 805-715-9701 Fax
www.nourishamerica.org

Parents

How has the vitamin program been beneficial to your children?

“My kids would now rather play than sit in front of the TV, and are not begging me for junk food all the time.”

Chad Lampson, Family Forum Head Start, Superior, WI

“I don’t have to worry about not having the money to get the vitamins my boys need. My children get over colds faster. This prevents them from missing daycare, which in turn prevents me from missing work.”

Stephanie Weber, YWCA Family Village, St. Petersburg, FL

“This program has really given my kids the energy they need throughout the day. They start their days very early so the extra push is really needed.”

Randi Carter, United Planning Organization, Washington, DC

“My son enjoys taking the vitamins. He calls them his smart pills.”

Amy Morgan, Warren Forrest Head Start, Warren, PA

“My children are eating and exercising more than ever. We don’t have to go to the doctor as often.”

Shonette Sparrow, WORD Generation Church, Stillwater, OK

“My child sleeps and eats better where as before she had a hard time with both.”

Erin Allen, Darlington County Head Start, Hartsville, SC

“...She is more attentive in school. Her teacher reported her work has improved.”

Anonymous Parent, United Planning Organization, Washington, D.C.

“My daughter, I believe, has grasped the concept of being healthy and feels better about herself.”

Barbara Coyne, Drake University Head Start, Des Moines, IA

“My children express themselves more. They are less stressed. They are kinder to me than before...”

Erma Robertson, Mt. Rubidoux SDA Church, Riverside, CA

“They feel better physically. One daughter of mine had spots on her arms. [sign of anemia] They are fading away.”

Josephine Gonzolez, Praise Chapel of San Jacinto, CA

“My girls are very slim eaters so they were very skinny. It has helped them gain some weight and be less sick.”

Diane Lester, The Salvation Army, Wadsworth, OH

“Our family feels and knows that we are doing something better for ourselves.”

Daphne Keatt, Pinellas Mobile Medical Unit, St. Petersburg, FL

“I am thrilled about the vitamins... Please never get rid of this program.”

Rachael Jatz, Family Forum Head Start, Superior, WI