

**Avon Lake City Schools is proud to launch
FIT KIDS TEXT from your school dietitian**



Receive ~2 texts every week for tips on healthy eating and activity for your family and healthy school happenings.

To start getting messages, enroll now:

Eastview text @eastfitkid to 81010

Redwood text @redfitkids to 81010

Westview text @westfitkid to 81010

Erievew text @erieview to 81010

Troy text @troyfitkid to 81010

Learwood text @fitkidsl to 81010

High School text @fitkidsh to 81010

Please sign up for this program only if it fits your current texting plan. You can always opt to receive email messages instead. If you would prefer an email please respond to Shannon.fitzgerald@avonlakecityschools.org. You can stop receiving anytime by replying "unsubscribe". Give it a try, 100% of our parents who enrolled said they will re-enroll and would recommend FIT KID TEXT to a friend!