

(date)

Dear Family,

Healthy kids have healthier futures!

In the coming weeks, _____ Healthy Lifestyle Program will share *The Power of Choice* with preteens and teens. This is an activity guide with a simple yet important goal: to help students develop life skills for making healthful eating and physical activity choices. The approach is fun—learning by doing! And its teaching design applies a series of engaging activities that are food related, action packed, and relevant to students' everyday lives.

The Power of Choice is brought to our community through the assistance of the U. S. Department of Agriculture and the U. S. Department of Health and Human Services. Developed to support preteens during this rapidly changing stage in their lives, it offers a learning process to help them make healthier lifestyle choices that will shape their future. The activities are intended to motivate students to make smart decisions for health, now and as they grow into adulthood.

We want you to be a part of *The Power of Choice*, too. You can help with activities, take part in community experiences, and share your own interests and skills. Just as important, you can be a great example by practicing healthful eating and active living at home. Together, we can help preteens, as well as you—their family, reap the benefits of smart lifestyle choices for a healthier future.

Sincerely,

(your name)
(your position)

Set these family goals for healthful eating and active living:

- ❖ Choose foods for good health, and enjoy them!
- ❖ Eat enough whole-grain products, calcium-rich foods, vegetables and fruits.
- ❖ Follow an overall eating plan with less saturated and trans fat.
- ❖ Sit less and move more—being physically active is fun!

Things to do with your kids:

- ❖ Enjoy family meals as often as possible—at least twice a week.
- ❖ Plan meals and snacks together with plenty of healthful food choices.
- ❖ Read Nutrition Facts and Ingredient Lists on food labels together, as you make choices.
- ❖ Keep easy-to-eat snacks on hand: fruits, cut-up vegetables, and low-fat or fat-free milk.
- ❖ Be active: walk together, wash the car, dance!