

Take a Stand!

Name _____

Write a formal letter that addresses one of the following problems and provides the person who receives the letter with information that supports your case. Choose one of the following scenarios (or address the one your teacher assigned to you):

1. The school committee is considering a vending machine policy that prohibits unhealthy snacks and soft drinks. Some members of the committee, however, believe that students should be allowed to make their own decisions, and they know that snack sales bring in a lot of money. You know that it is sometimes difficult to find healthy choices in the vending machine, and you want to be able to eat well at school. Write a letter to the school committee explaining why you support a healthy vending machine policy. List some examples of healthy snacks that you would eat if they were available.
2. You went to the local football game for the first time and were surprised that chips, candy bars, sugary drinks, and fruit punch were the only things available from the school-sponsored snack bar. Write a letter to the manager of the snack bar explaining why children and teens need snacks that provide vitamins and minerals without trans fat and high amounts of saturated fat, sodium, and added sugars. Recommend some healthy snacks that the manager can sell.
3. You are part of a community group that needs to raise money. Some people want to sell candy bars, but you just learned that candy bars are a source of saturated fat, a lot of sugar, and no beneficial nutrients. Write a letter to the fund-raising leader to explain why selling candy is not a good idea for the children or the adults in the community. Come up with one or two other fund-raising ideas that do not promote unhealthy foods.

Following are some tips for getting started:

- Include a return address and date on your letter.
- Include the name and title of the person you are writing to (for example, begin with "Dear Mr. Smith" or "Dear Snack Bar Manager").
- State why you are writing the letter; what is the issue?
- State what the problem is, and provide information for the reader to understand why you feel the way you do.
- Offer your recommendation.
- Close the letter ("Sincerely," your name) and sign and print your full name.