

Sample Letter



February 6, 2012

Dear Families,

This year on Tuesday, February 14, Room XXX is planning a *Healthy Heart Valentine's Day Party*. In class we are learning about healthy eating and the importance of daily physical activity. The students have decided that this year we will have no candy, cookies, cake, soda or chips at our party! Instead, we voted to make the following healthy recipes:

Edible Valentines & Valentine's Day Cider

Please help out by sending the recipe ingredient circled below, by Tuesday, February 14!

Ingredients & supplies:

- One dozen whole wheat tortillas
- One tub whipped low-fat cream cheese
- 8 oz. dried cranberries
- 16 oz. raisins
- 12 oz. dried coconut
- 1 pint fresh strawberries
- 64 oz. bottle apple juice
- 32 oz. bottle cranberry juice
- One bag cranberries
- 4 red apples
- 4 cinnamon sticks
- 24 plastic cups
- 24 paper plates
- 48 napkins
- 24 plastic knives

Thank you for helping keep the students in Room XXX happy, healthy & fit!