

## Strong Girls Patch Parent Letter

Dear Parents,

This year, our troop is working on the Strong Girls Healthy Meeting Patch which encourages physical activity and healthy eating habits. During our meetings and events, we are encouraging fruits and vegetables for snacks, water as the beverage of choice, and new ways to increase the number of minutes we move.

You can support your child's learning by helping us create healthy meetings! If you are in charge of bringing a snack, please consider including fruits or vegetables. Send a water bottle in place of a sugary beverage. Or, teach them an active game that they can share at our next meeting.

We are very excited to take on this challenge! Please let me know if you have any questions or concerns.

Thank you,