



Date: April 25 2008

(Name of your county's Legislature)
(Address of your county's Legislature)

Dear (Legislatures name):

On behalf of many students in New York State Schools, I am writing to ask for your support for our campaign to get healthier food choices in the school's cafeterias.

Within not only our school, but also in schools throughout the nation, we have noticed an elevation in adolescent obesity. This obesity is mainly caused by unhealthy eating habits, which are reinforced during school hours. This seems contradictory because all throughout our learning experience we have been taught to exercise regularly through our gym periods, and to take care of our bodies during health classes. It would be very beneficial for schools to also have the option for healthier foods in order to increase healthy habits, as well as healthy students.

Nearly one in four children in New York State is obese, which is much more problematic than most can see. This health problem can lead to others like hypertension, cardiac disease, asthma, cancer, osteoarthritis and Type II diabetes. Obesity also contributes to low-self esteem, and ridicule from other students.

Not only are we looking to improve the food choices within high schools, but also within Elementary schools and Middle schools. This will hopefully increase the awareness of how important eating healthy is to younger kids, and get them on the right, and healthy, track as early as possible.

Sincerely,

(Signature)
(Name)
(School or personal address)