

Dear _____,

Date _____

My how time flies! It's been a few weeks since I attended the workshop on Weaving Nutrition Education into the School Day. Life is so exciting ~ after all, I am a Champion for Change. I have so much to offer my family, friends and co-workers and so much to learn from others, as well. In fact, this workshop helped me better understand nutrition competencies and how I can help schools develop successful instructional practices using the nutrition competencies.

Some of the important ideas I learned were:

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A big part of my day was spent understanding "Pacing Guides" – some important things to remember are:

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I realized that I am a "Champion" of

As a "Champion" I want to share my expertise with

Champions need supporters and I can seek support from the following people and groups to help:

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I plan to get started by completing the following actions:

- _____ by _____
Action Date
- _____ by _____
Action Date

The first step is to . . .

It's a few weeks later and time to ask myself ~ Have I started our plan? If so, way to go! If not, who can I call to get started?

Sincerely,

