

SPONSORS



January 2007

Dear Friend of Eat Right Montana,

Thank you for your interest in **Eat Right Montana** (ERM). We're excited about new partnerships and opportunities to improve the lifestyles of Montanans and our friends from other states. As we move into a new year, we need your financial support to continue our work on "*promoting healthy eating and active lifestyles.*"

This is the ninth year of the Healthy Families packets – with Dayle Hayes, MS, RD, returning as writer in 2007. The packets are popular locally and nationally thanks to their positive, practical approach to behavior change. Through direct distribution and news features, ERM messages reach thousands of Montana families each month. Our national subscriber list includes more than 800 educators and health providers, allowing ERM packets to reach millions of Americans across the country annually. Our 2007 theme *Eating Together, Playing Together* will feature a variety of ways to enjoy meals and physical activity with others. New this spring, **Eat Right Montana's website** (www.eatrightmontana.org) will allow Montanans and our national friends' easier access to up-to-date, accurate information and resources for creating healthy, active lifestyles.

Eat Right Montana's work extends well beyond the monthly Healthy Families packets. We work closely with Montana Action for Healthy Kids to support healthy school environments, and partner with the Shape Up Montana and Big Sky Fit Kids programs to provide credible nutrition information to over 20,000 participants around the state! This year, we are expanding our collaborations to support Montanans in practicing healthy lifestyle habits. For example, our new Breastfeeding Subcommittee is exploring new strategies to enhance statewide support for breastfeeding mothers.

As in previous years, **Eat Right Montana** is seeking financial and in-kind support from agencies, programs, organizations, and individuals to continue and expand the scope of our efforts. **Sponsoring Partners (contribution of \$500 or more) will appear on the ERM Healthy Families cover sheet, like the 2006 sponsors to the left, as well as on the website through December 2007.** This allows national recognition of your commitment to health and wellness.

Please consider becoming an Eat Right Montana sponsor. Together, we can continue to offer Montanans and our neighbors the opportunity to discover healthier lifestyles. Thank you for your support!

Sincerely,

Katie Bark
Chair-ERM and MT AFHK
406-994-5641
kbark@mt.gov

Rebekah Brown
Healthy Families
406-994-2926
rmb@montana.edu

Lynn Hellenga
Breastfeeding Committee
406-994-5710
lhellenga@montana.edu

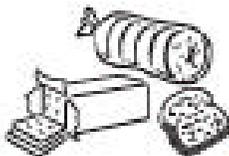
**Montana Chapter,
American Academy
of Pediatrics**

**Montana
Department of
Public Health &
Human Services:
Nutrition and
Physical Activity
Program**

**MSU Extension:
Food and Nutrition
and Nutrition
Education
Programs**

**Montana Office of
Public Instruction:
School Nutrition
Programs**

Healthy Eating



During 2006, tax-deductible donations to Eat Right Montana supported the following projects:

- Development and distribution of Eat Right Montana Healthy Families packets to 150+ media outlets plus 800 subscribers per month.
- Action for Healthy Kids training and technical assistance to after-school programs for the ReCHARGE curriculum on healthy eating and physical activity.
- Seven \$1,000 mini-grants (in partnership with the Montana Nutrition and Physical Activity Program) to promote fruit and vegetable consumption among Montanans.
- Nutrition information and guidance to over 20,000 Shape Up Montana and Big Sky Fit Kids participants.
- Training and technical assistance to Montana school districts on developing school wellness policies.

Plans for 2007 include continuation of these efforts in addition to new projects and partnerships to promote and support healthy lifestyle changes.

Yes! I want to support Eat Right Montana in efforts to build healthy communities! Please choose the appropriate sponsorship category for your organization.

| | |
|---|------------------|
| <input type="checkbox"/> 24-Carrot | \$2,000-\$10,000 |
| <input type="checkbox"/> Golden Pear | \$1,000-\$1999 |
| <input type="checkbox"/> Top Banana* | \$500-\$999 |
| <input type="checkbox"/> Other Contribution | Amount: \$ _____ |

*The cost of one ERM Healthy Families Packet (\$500); the cost of a mini-grant (\$1,000)

Please send the following information to:

Barbara Wheeler, MS, ERM Treasurer

PO Box 5155

Bozeman, MT 59717

Phone: (406) 581-9485 e-mail: WHEELERBOZ@aol.com

Name of group: _____

Contact person: _____

Address: _____

Phone: _____ Fax: _____

E-mail: _____

Your organization will be invoiced for the amount of your contribution—thank you!
ERM is a 501(c) (3) non-profit organization



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles