

Dear [Principal's Name/School Administrator's Name],

My name is [child's name] and I am in [Teachers Name] [grade in school] class. The other day when I was walking through school I saw a poster about eating right from *TIME* magazine. This poster said to choose poultry, turkey, beans, eggs, lentils and dairy products instead of beef. I am worried about this because being a part of a cattle ranching family, I know that lean beef is part of a healthy diet.

When we eat beef, we are getting protein and other nutrients that help kids like me stay active, grow muscle and maintain a healthy weight. Not only is beef good for you, but when kids eat beef they help my family and all farming and ranching families keep our jobs. This way of life teaches kids like me hard work, dedication and compassion. My parents work from sun rise to sun down to take care of our cattle every day of the year. There is no vacation in ranching. We always want to keep our cows happy and healthy, just like you want your students to be happy and healthy.

I think that eating a healthy diet includes eating beef. Next time we talk about eating healthy let's share all the facts and remember beef is a good healthy protein choice.

Sincerely,

[Students Name]