



**Convenient, Healthy Meals
For Your Kids—and You!
Call (708) 352-6419 and Save \$10!**

Dear [Name],

“How do I know my kids are eating right?” It’s no wonder more parents are asking this question. With all the diets, nutrition news, and food-package claims out there, it’s easy to be confused. Many families are just too busy to figure it all out and really “live it.”

But think of what’s at stake. Kids’ eating habits often continue into their adult years. Unhealthy eating in childhood can lead to diabetes, weight gain, and other problems. And with your busy life, how can you ensure that they (and you) eat healthy, day in and day out?

Simple: Let us help. Seattle Sutton’s Healthy Eating is a great way for you to give your family nutrition, taste, and variety without having to plan, shop, cook, or do dishes. In fact:

- Our two different calorie plans (1,200 or 2,000 calories per day) give you and your kids **flexibility**, whether they need to lose weight, or follow a doctor’s diet instructions, or just fit healthy eating into their busy lives.
- Our meals **taste great** because they’re delivered to you fresh, not frozen or dried. They’re made with whole grains, lean meats, and other wholesome ingredients.
- We **meet the guidelines** set by health and nutrition experts! Each meal is low in fat and cholesterol, sodium-restricted, and the portions are sized for healthy living.
- With Seattle Sutton’s, there are **no contracts, meetings, or enrollment fees**. You decide each week whether you want to continue the program, and you pay as you go.

We believe when kids eat right, they strengthen more than just their bodies. They also build self-esteem, another key to growing up healthy. Your kids deserve nothing less.

Please **call us at (708) 352-6419** to order your first week of meals at a **\$10 savings** (expires X/YY/ZZ). Or call us with any questions about the Seattle Sutton meal program. There’s no obligation—you’ve got enough of those with kids to worry about.

To your family’s health,

Sue & Tom Polivka
Seattle Sutton’s Healthy Eating of La Grange

P.S.—Our clients often tell us it’s much easier to eat healthy when they let us cook for them. Plus, we can deliver to your home or office twice a week. So call us at **(708) 352-6419** by X/YY/ZZ and you’ll save \$10 on your first week’s meals.