# Letter to the Editor Supporting State Plan Review for Health, Nutrition and Wellness

**For those submitting a letter to the editor:**

Check your newspaper’s website for guidelines on letter length and how to submit. Adhere strictly to word counts.

Include your:

* Name and organization (if appropriate)
* Email address
* Mailing address
* Phone number
* Any relevant expertise that you/your organization has

Most newspapers prefer to take letters in response to stories in the paper. To improve your chances of placement, start by referencing the article to which you’re responding, and writing one to two sentences about why you think the story made a good point or missed the mark. You can then transition into the rest of the template below.

**Template letter:**

Child care can be enormously expensive. Many families spend more on child care than they do on housing or food, according to Child Care Aware® of America.

The good news is, right now, every state is submitting a plan detailing how they will implement new provisions in the law.

The 3-year plan is [state name]’s application for funding from the federal government to help support child care subsidies for low-income families and to support quality improvements for all child care settings statewide. As part of this process, states are encouraged to support health and nutrition training and information for child care staff.

We know children are developing diabetes and other long term diseases at younger ages, the upcoming generation may be the first to have a shorter expected lifespan than their parents. Healthy habits are formed early. Getting a strong state plan in place will help set high standards for all child care providers, and provide funding for those families who need it.

[State]’s plan should help ensure that child care providers and parents have information and training to help kids be active, eat healthy food, and get enough sleep. The healthy future of [State] depends on it.

We urge interested residents to read the plan and make comments supporting strong nutrition, health, and wellness policies for child care settings. The public comment period runs from (give dates and URL for public comments site).