TONY LAZO

119 MATTICK ST

TILLER AB T7N 2R5

DARREN BLAIRTON

PRINCIPAL

TILLER JUNIOR HIGH SCHOOL

PO BOX 889

TILLER AB T7N 3H4

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119 Mattick St

Tiller AB T7N 2R5

March 27, 2019

Darren Blairton, Principal

Tiller Junior High School

PO Box 889

Tiller AB T7N 3H4

Dear Mr. Blairton:

I am Tony Lazo a grade nine student at Tiller High and I help run our school’s store. I have been excited all year for our camp but recently I noticed how unhealthy our store is. I understand that the store needs to be profitable in order to support our camp but I also believe something needs to change. This may seem more difficult than it's worth but I have some ideas on how to promote healthy eating in the store while also turning a profit.

Right now North America is in an obesity epidemic, people all over our continent are suffering due to poor dietary choices. It is statistically proven that poor diets can have long lasting consequences on the youth. Improper diets can cause heart diseases, diabetes and strokes. Your diets can also have important short term effects on our bodys like making students tired or stressed. With all this information open to the public we still decide to sell candy and cookies knowing how it could harm the future of our peers. Our stores top three products, a candy bag, cookies and soda all have large amounts of sugar. Sugar may be healthy for your body in low amounts but high amounts can lead to health problems all the way from aachen and weight gain all the way to cancer. These conditions are what your students will suffer from if things stay the same but there is still time to change this.

Right now our menu consists of almost nothing but sweets and soft drinks with no nutritional value. If we were to substitute these for more health conscience options it would make a large difference. One great example would be to change the cookies and brownies to muffins since they are still a well liked food but are much healthier than what the store offers. You could also change the soda drinks to juices instead since they are still popular drinks but carry more nutritional value. Suggestions such as these can be applied to a variety of options currently on our menu.

To make up for this you could offer healthy lunches. Due to the fact that the store is in the school it will be more convenient for those who buy food off campus making it more popular driving up sales. Some simple advertising, whether through announcements or dietary information posters can reinforce our message.  Theses changes for the shop could not only offer and support healthier choices for my peers, but still remaining profitable enough to support the end of the year camp.

Thank you for your consideration. If you wish to contact please use either my email address \_Tony.Lazo@gmail.ca or my phone number 587 454 3210. I hope to hear from you soon.

Sincerely,

Tony Lazo

Tony Lazo