

## Sample Message Library

### Core Intervention Messages

Theme	Theoretical Construct	Sample Text
Fruits and Vegetables	Intro and Knowledge	T2LH: {{Name}}, let's celebrate Fruit and Veggies this month! Together we can learn, set goals, and make changes. Take this fun quiz to learn more: <a href="https://www.choosemyplate.gov/quiz">https://www.choosemyplate.gov/quiz</a>
Physical Activity	Skills	T2LH: Is walking part of your exercise routine? Keep it up, it's free & healthy! Challenge yourself: walk on your toes to strengthen your calves, sprinkle in some lunges for strong thighs. Use your arms, it will help get your heart pumping. Pick up the pace & beat your best time.
Water	Social Norms	<p>T2LH: Keep on making the switch from sugary drinks to water. Reply with A, B, or C with what you want to learn!</p> <p>A) Learn about the effects of sugary drinks  B) Get the "Water Drink Reminder" app  C) Check out how much sugar is in your drinks</p> <p>A) When consumed in excess, added sugar contributes to obesity, tooth decay &amp; reduces your appetite for healthy foods. By drinking one sugary drink a day, a child has a 55% greater risk of being overweight/obese &amp; a 25% greater risk of developing type 2 diabetes.</p> <p>B) It can be easy to forget to drink water, especially when you are so busy! Search for the "Water Drink Reminder" app in your phone's app store.</p> <p>C) You may be surprised to learn how much sugar is hidden in our drinks! Click on this link:</p>

		<a href="http://www.hidden-sugar.org/wp-content/uploads/2016/12/DPH025-SugarComparisons-RT.jpg">http://www.hidden-sugar.org/wp-content/uploads/2016/12/DPH025-SugarComparisons-RT.jpg</a>
Sugary Drinks	Attitude	T2LH: Help your kids learn to love water! 1) Make it fun. 2) Serve it cold and often. 3) Gradually decrease sugary drinks. 4) Over time encourage water, water, water. Check out this video showing kids who love water: <a href="https://www.youtube.com/watch?v=oUgELRJO6QU">https://www.youtube.com/watch?v=oUgELRJO6QU</a>

### Local Messages

Theme	Area	Local Message
Food Resource	Statewide	T2LH: Need help with buying groceries? Call the toll-free, bilingual food resource hotline at 855-855-4626, or use 720-382-2920 in the Denver Metro area or click on the link, to find out if you qualify for any federal nutrition assistance programs and to apply. All calls are kept confidential.
Farmer's Market	One school: Arvada Head start	T2LH: The GoFarm Farmer's Market at Arvada Head Start Campus (5150 Allison) is proud to support and offer SNAP and Double Up Food Bucks (DUFb) vouchers! Use your SNAP benefits at the market

		every Thursday from 11:15-1:15.
Direct-Ed PSE Promotion	One school: Escalante-Biggs	T2LH: Escalante-Biggs Academy Parents! Your students had a chance to taste teste the “Fiesta Rice Wrap” in the school cafeteria yesterday for lunch. It’s jam packed with healthy vegetables! Remind your kiddos it will be served for lunch tomorrow and encourage them to choose it if they liked it!