

SUBJECT: Get Your Kids in the Kitchen [TV Segment/Article] Idea

PITCH:

Hello [Name of Contact],

Parents often struggle with helping their kids build healthy eating habits. As a Registered Dietitian, I have found that involving children in the meal planning and cooking process is a great way to encourage them to try more foods. In fact, research says that cooking is associated with healthy dietary behaviors, involving children in meal prep can increase their vegetable intake, and getting kids in the kitchen builds confidence in cooking skills.

I'd be happy to chat with you about a [segment/article] idea outlining ways to get kids in the kitchen and can even include a [cooking demo/recipe idea] that children of any age can help make.

Here are a few examples of previous [TV segments I've done/articles I've written]:

- [Title with link to example 1]
- [Title with link to example 2]
- [Title with link to example 3]

If you're interested in learning more, feel free to e-mail me back or give me a call at [###-###-####]. I appreciate your consideration.

Sincerely,

[NAME + CREDENTIALS]