

# Troop 4506

FYI



February 3, 2006

Our first round of cookie selling was a great success! The girls sold a total of 705 boxes of cookies. At .75 per box, that adds \$528.75 to our troop funds. Wow! Our top sellers were Jill and Claire, both selling over 150 boxes of cookies. Great job everyone! Reminders... don't forget to bring back the Catch-up order forms on February 17<sup>th</sup>.

GS SHAPE UP! count down...\_11 more weeks to go. Keep up the good work!

Part 1 - Get Movin! - Remember to be active a minimum of 30 minutes three times a week for 11 more weeks. Don't forget to record your activity on the shape UP! Activity Record and have your leader sign off on it at each meeting. Next meeting is on February 17<sup>th</sup>.

Part II - Eat Right! - It's up to you! When it comes to your health, it's the "power of choice!" To stay healthy, everyone should eat a total of at least five servings from the fruit and vegetable groups every day. It's essential to sample the complete color spectrum every day to get the full preventive benefits of fruits and vegetables.

Today we discussed our favorite fruits and vegetables. Over the next couple of weeks, we are going to see if we can try one of the fruits and vegetables from our list of never been tried before. After they have tried something new, have them color in the apples, on the 5 A Day chart, next to the food depending on how well they liked it. We'd love to see how they did!

Disney on Ice presents Monsters, Inc. and we are going on Saturday March 18, 2006 from 9:00am - 3:00pm. It's a troop celebration so the cost of the show will be covered by the troop funds. We are however asking for your \$5.00 contribution to lunch. Permission forms are attached and must be returned no later than February 17<sup>th</sup> but as we need to purchase tickets as soon as possible, we need your RSVP by February 10<sup>th</sup>. Tickets will be ordered at this time to assure the best seats for the girls.