

## Appendix B 6a:

### Cover Letters, First Package, Step 1

\*first package mailed out  
entering program at Step 1



Dear

Thank you for your interest in our program for healthy eating. You told us that you don't want to change the way you eat. We respect your decision and realize there are many reasons why you may not want to make changes in the way you eat right now.

This package includes a guide for people like you. The guide is called *A Guide For Women Who Don't Want To Change The Way They Eat*. It's one of four different guide books in a unique, new program called **FOOD STEPS**. Other guides in the program are for women who are thinking about changing the way they eat; women who are ready to reduce the amount of fat they are eating, and women who want to keep a low-fat way of eating for good. That means almost all women can get something out of this program.

*We're also using the **FOOD STEPS** program in a study which looks at: why people eat high fat foods; why some people change the way they eat, and how the program works for those trying to change and those who have already changed. Since the **FOOD STEPS** program is part of the study, we're offering all of the guides at prices that are below cost. In return we hope you will tell us about the way you eat, and what you think of the program. All you have to do is:*

- *use the guide included in this package*
- *fill out the survey and mail it right back to us*

*Two more surveys will be mailed to you 6 months and 1 year from now. We'll give you postage paid envelopes for everything we want returned to us. Please print your name and address on each envelope you mail in!*

We hope this guide helps you *and that you'll fill in each survey and mail it to us. Your opinions are important to us. **Be sure to read the instructions before you begin!***

Sincerely,

**IMPORTANT:** This program should *NOT* be used by women who are pregnant or who have a medical condition and must follow a special diet. **FOOD STEPS** programs for men are available. Call \_\_\_\_\_ for more information.

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