

Grades K-1



# Quenching Children's Thirst to Know & Grow

Dear Family Member:

In school, your child has been taking part in a language arts and health program called **Quenching Children's Thirst to Know & Grow**, an I SPY learning program brought to you by LIBBY'S® JUICY JUICE® and developed in conjunction with Scholastic Inc.

We're pleased to provide you with this special family page with fun I SPY activities, information on great sweepstakes opportunities, and other fun activities to share with your child.

Here's to your good health!

Sincerely,

SCHOLASTIC

JUICY JUICE

Lots of chances to WIN with JUICY JUICE!

### Instant Win Game!

You could WIN one of 50,000 \$5.00 gift certificates to The Scholastic Store Online. Look under the label of specially marked packages of JUICY JUICE® for your game code. No purchase necessary. Go online to [juicyjuice.com/thirsttoknow](http://juicyjuice.com/thirsttoknow) for full rules.

### Plus you could WIN one of six \$10,000 college scholarships awarded monthly!

For each game code entered as part of the instant win game (above) you will automatically be entered for a chance to win. No purchase necessary. For a free game code and full rules, see details below, and go online to [juicyjuice.com/thirsttoknow](http://juicyjuice.com/thirsttoknow).

See the next page for some great family fun!

Enter the "Healthy Kids Day" Sweepstakes for a chance to win a trip for four to New York City!

No purchase necessary to enter. See rules to the right and go online to [juicyjuice.com/thirsttoknow](http://juicyjuice.com/thirsttoknow) for full rules and how to enter.

"Healthy Kids Day" Sweepstakes: NO PURCHASE NECESSARY. Sweepstakes ends 11/15/05. Open to all students grades K through 1 in U.S. schools. Send completed food journals to Juicy Juice/I SPY a "Healthy Kids Day" Sweepstakes, PO Box 809014, Dallas, TX 75380. For official rules, a downloadable journal or information on how to enter individually, visit [juicyjuice.com/thirsttoknow](http://juicyjuice.com/thirsttoknow). Void where prohibited.

Scholastic Instant Win and Scholarship details: NO PURCHASE NECESSARY. Check under label of specially marked JUICY JUICE® products for a game code or, for a free game code and rules, print your name and address on a 3" x 5" card and mail it in an envelope to Juicy Juice Instant Win Game, PO Box 72724, Rockford, MN 55572. Requests must be postmarked by and game ends 2/28/06 or when supplies are exhausted, whichever occurs first. Open to residents of the 50 US & DC, 18 or older. Odds of winning are dependent on the number of participants and valid codes entered at [www.juicyjuice.com/thirsttoknow](http://www.juicyjuice.com/thirsttoknow). Credit card required to redeem prize. S/H are responsibility of winner.

College Scholarship awarded in the form of a bond, which matures to full value in twelve years. Monthly drawings will be between 10/1/05 and 3/31/06. Void where prohibited.

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The more kids know, the better they grow. That's why JUICY JUICE® is a proud partner with Scholastic, supporting moms in their quest to raise kids who are 100% healthy in body and mind. Together, we provide nutritious fun flavors your kids will love and fun ways to quench their thirst to know.



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# Some Healthy Foods



I spy healthy food and juices, too  
 Eating healthy food is easy and good for you  
 I spy vegetables, milk, fruits, grains, and meat  
 There's lots of delicious food you can eat!

**Play I SPY online**  
 Visit [www.scholastic.com/isy/juicyjuice](http://www.scholastic.com/isy/juicyjuice)

## Healthy Packed Lunch Ideas



It's important for kids to eat just as well when they're out as they do at home. Here are some other yummy snack tips:

- Layer raisins, sliced bananas, strawberries, applesauce, grated carrots, or zucchini on top of any filling for a great sandwich.
- Toss in pretzels instead of potato chips.
- Toss in any fresh fruits or vegetables.
- Pack 100% fruit juice boxes.

## More Family Fun Juicy Pops Recipe



*In the summer, keep a supply of these pops in your freezer.*

- 2 cups of 100% fruit juice (any flavor)
- 1/2 cup frozen berries

Pour fruit juice into five 5-ounce paper cups. Divide berries among cups. Cover each cup with aluminum foil. Insert one popsicle stick through the center of each piece of foil. Freeze for 3 hours or until firm. To remove pops from cups, carefully run warm water over side of cup to loosen. Remove the cup and enjoy!

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