

SUBJECT: Eggciting Back-to-School Lunches [TV Segment/Article] Idea

PITCH:

Hello [Name of Contact],

Back-to-school season is upon us and caregivers everywhere will be looking for simple nutritious lunchbox ideas for their kids (and themselves!). As a Registered Dietitian, I have found Bento Box lunches to be quite popular and have the perfect formula for building a lunch that's both exciting and well-balanced.

I'd love to feature easy lunchbox components and recipes that can be batch-prepped ahead of time for easy packing during busy and hectic weekdays in an upcoming [TV segment/article]. Some tried and true favorites include Veggie Quinoa Bites and Blueberry Avocado Banana Muffins.

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, I'd be happy to chat with you about this [segment/article] idea. Feel free to e-mail me back or give me a call at [###-###-####]. I appreciate your consideration.

Sincerely,

[NAME + CREDENTIALS]