



A NATIONAL CAMPAIGN TO
GIVE KIDS the SCHOOL FOOD THEY DESERVE

A SLOW FOOD USA CAMPAIGN

What you can do

Time for Lunch is a grassroots campaign, which means we rely on the power of ordinary people working together. The most important things you can do are:

- **Send an email to your legislators** at www.slowfoodusa.org/timeforlunch.
- **Tell your friends and family.** On our web site (slowfoodusa.org/timeforlunch), we've posted a sample email you can use. You can also spread the word by posting to Facebook and Twitter, and – even better – by reaching out to parent groups, teachers, churches and local organizations in your area.
- **Find your local Slow Food chapter** at slowfoodusa.org. It's a great way to meet face-to-face with other people who care about these issues.
- If there's no chapter in your area, email timeforlunch@slowfoodusa.org to tell us you'd like to volunteer. The campaign team will help you spread the word, get your community involved and get local media coverage. One of the best places to start is to organize a potluck. Invite friends, neighbors, parents, teachers, school food service workers, local farmers, and anyone else who'd like to get involved. Take some time to talk about what you can do locally for the campaign (organize phone-calling parties, get media coverage, etc.) and longer-term (plant school gardens, organize cooking classes, get more parents involved, etc.).
- If you'd like to get involved but don't have time, **donate** at slowfoodusa.org.