

Write a Letter

To give kids the school lunch they deserve



Every young American deserves real food for lunch. But that's not what many of the 31 million children who eat school lunch every day are being served, despite the hard work and incredible effort of school food workers. Congress leaves school lunch programs so underfunded that most schools have only \$1 per meal to buy food. The result: they can't afford the real food that kids deserve and that keeps them performing well in school.

We can do better. We're calling for Congress to:

- (1) Invest in health. Give school lunch programs \$1 more per child per day.
- (2) Protect kids from the junk food sold in vending machines, cafeterias and school stores. Approve the Child Nutrition Promotion and School Lunch Protection Act.
- (3) Link schools to local farms, and teach healthy eating. Guarantee \$50 million for Farm to School programs.

You can help by writing a letter to your representatives in Congress:

Senator:

Senator:

Rep:

Address:

Address:

Address:

Letter Writing Tips

- Start by saying you're a constituent (i.e. you vote in their district).
- Write in your own voice. A short, personal letter is effective.
- Be specific. Say you're writing about the Child Nutrition Act, and refer to our policy goals (stated above).
- To avoid security delays, mail your letter to your legislators' local office in your area, not to Washington D.C.
- To find the addresses of their local offices, visit their web sites on www.senate.gov and www.house.gov.

Talking Points

- It's time to give young Americans the school lunch they deserve.
- School lunch programs should prepare kids for a lifetime of good health.
- Schools that buy food from local farms support our local economy.
- If we don't pay for real food now, we pay for diabetes treatments later. There's no excuse for hurting kids.
- Kids learn healthy eating habits in school gardens and kitchen classrooms. Farm to School programs create these educational opportunities.

Learn more and get more involved by going to www.slowfoodusa.org/timeforlunch.