



## It's time to provide our children with real food at school

This year, we have an opportunity we cannot pass up. In the fall, Congress will decide whether to update the Child Nutrition Act, which is the law that determines what 30 million children eat at school every day. By giving schools the resources to serve real food, we can build a strong foundation for our children's health. We can teach them healthy habits that will last them through life. We can make a down payment on health care reform. We can do all of this—but only if we help our legislators connect the dots.

**And we can only do that with your help.** That's why we're asking people everywhere to:

1. **Sign the *Time for Lunch* petition** at <http://slowfoodusa.org/timeforlunch>.
  - Tell your friends, family, coworkers, church, groups and everyone else you know to sign it, too. Post a link to Facebook and share it with blogs, message boards and listservs. Spread the word!
2. **Organize or attend an Eat-In** in your community on Labor Day, Sept. 7, 2009.
  - On that day, people across America will come together for public potlucks that send a clear message to legislators: It's time to provide our children with real food at school.
  - An Eat-In is a potluck. Because it takes place in public, it's also an opportunity to bring neighbors together, get media attention and build support for getting real food in schools. Your Eat-In can take any shape or form—it should reflect your community's values. Get creative!
3. **Tell your legislators in Congress** that it's time to give schools the resources to serve real food.
  - The petition and National Eat-In will build momentum, but we'll only succeed if the people with the power to make change hear that this issue is a priority in their districts.
  - Contact your legislators by writing them a letter, making a phone call and inviting them to your Eat-In. [Our web site can help you do it.](#)
  - The [Time for Lunch Platform](#) explains the first steps Congress needs to take in order to get real food into schools.

With your help, 2009 will mark the year this country takes its first step towards satisfying every child's right to real food. It's time for lunch!

**For more information, go to <http://slowfoodusa.org/timeforlunch>.**