

# Help Kids Write Letters

To get the school lunch they deserve



Every young American deserves real food for lunch. But that's not what most of the 31 million children who eat school lunch are being served. Congress leaves school lunch so underfunded that most schools have only \$1 per meal to buy ingredients. The result: schools have to rely on the overly processed foods that set kids up for a lifetime of bad eating. It's time to provide America's children with a school lunch that keeps them healthy and performing well in the classroom.

Congress is updating school lunch early next year. We're calling for our leaders 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, as "a la carte" items and in school stores.
- (3) Link schools to local farms, and teach healthy eating. Guarantee \$50 million for Farm to School programs.

**This is an opportunity for kids to proudly speak up about their future. Help them write their representatives in Congress.**

## Letter-Writing Tips for Kids

- Introduce yourself by writing your name, age, hometown and school.
- Explain why you think healthy food is important.
- Give examples of your favorite fruits and vegetables.
- Ask your representative to help your school serve these foods for lunch.
- Feel free to draw pictures.

## Where to Send Letters

- To avoid security delays, mail letters to your legislators' local office in your area, not to Washington D.C.
- To find the address of a local office near you, visit your representatives' web site on [www.senate.gov](http://www.senate.gov) and [www.house.gov](http://www.house.gov).
- To send it to D.C., use fax or email instead. Call the office and ask for the fax number or email address of the staff member who works on child nutrition issues.

Learn more and get involved by going to [www.slowfoodusa.org/timeforlunch](http://www.slowfoodusa.org/timeforlunch).