



TIME FOR LUNCH Lesson Plan

October 2009

Dear Teachers,

Thank you for all you do for our children and for our nation. You are the front line in what is too often a *fight* for their opportunity to succeed and their ability to thrive.

Time for Lunch is a campaign to give kids the school lunch they deserve. Right now, Congress leaves school lunch programs so underfunded that many cafeterias can only afford to serve the overly processed food that hurts children's health and keeps them from performing well in the classroom. When Congress reauthorizes child nutrition programs in 2010, we're calling for our elected officials to:

- (1) **Invest in health.** Find the funding to give school lunch programs \$1 more per child per day.
- (2) **Protect kids from the junk food sold in vending machines and as "a la carte" cafeteria items.** Approve the Child Nutrition Promotion and School Lunch Protection Act of 2009.
- (3) **Link schools to local farms, and teach healthy eating.** Guarantee funding for Farm to School programs.

We need to show Congress concrete support for these actions. We'd like to work with you and your fellow teachers and school administrators to help kids write letters, film videos, circulate a petition or organize fun events that get your elected official's attention. A sample letter-writing lesson plan is included with this letter. If we're successful, Congress will know that voters are paying attention when they reauthorize child nutrition programs in spring 2010.

You can get more ideas for activities and learn more about Time for Lunch at <http://slowfoodusa.org/timeforlunch>. Thank you!



TIME FOR LUNCH Lesson Plan

Speak Out for School Food!

Part One: Lead a whole-group discussion on students' feelings towards their current school lunch. Chart all responses so they can reference their ideas later for letter writing. Older students can take their own notes or meet in small groups if preferred.

Sample Questions for Discussion:

- 1) What do you think of the food served at your school? Is it healthy? Does it taste good? Is it fresh?
- 2) What can you buy with \$1? Can you buy a healthy lunch?
- 3) If you could change something specific about the food at your school, what would you change?
- 4) If the food at school were improved, how could it change your life?

Part Two: Explain how school lunch works and is funded. Congress is planning on reauthorizing child nutrition programs in Spring 2010, which is our opportunity to improve school food. To learn more about school lunch, visit these web sites:

- Better School Food, <http://betterschoolfood.org>
- Farm to School, <http://farmtoschool.org>
- The Lunchbox, <http://thelunchbox.org>
- Rethinking School Lunch, <http://www.ecoliteracy.org/programs/rsl-guide.html>



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Part Three: Each child writes a letter to a Representative or a Senator. Have them include the details charted in Part One.

How can I make a difference?

Your opinion matters! Legislators (people in the government involved in making and passing laws) want to know what is important to the people they represent, like you. Legislators especially like to hear from young people. As few as ten letters or phone calls can make a big difference in what they pass.

Find out who your Representative and your Senators are at www.congress.org.

What should I write in a letter?

- Say your name, age, where you live and what school you attend.
- In your own words, explain how food affects your health and your ability to do well in school.
- Give examples of healthy food you'd like to see served for lunch.
- Thank them for the time they took to read your letter.

Part Four: Have each child address an envelope to one of their legislators **OR** collect all the letters and mail them together. To avoid security delays and make sure the letters arrive on time, send them to the legislators' local offices in your area (not to Washington D.C., where letters have to go through a lengthy screening process).