



Join the Healthy School Lunch Revolution!

Urge Congress to include vegetarian and vegan options in school lunches.

GO to HealthySchoolLunches.org to sign the petition and find out how you can help reform school lunches now!

American children are amidst an epidemic of obesity and other chronic diseases. According to a recent study by the U.S. Department of Agriculture, school meals are often too high in fat and calories, while too low in fiber, fruits, and vegetables. Students deserve nutritious foods—more fruits, vegetables, vegetarian foods, and healthful nondairy beverages. Now is the time for action. Congress is revising the Child Nutrition Act, which determines which foods are served in schools. To reduce calories and saturated fat in school meals, schools should include plant-based foods in their regular meal service. All schools should also be able to provide nondairy milk on request. In order to do so, they must have federal support.

**Sign our petition to revolutionize school lunches with healthful vegetarian options:
www.healthyschoollunches.org**

Encouraging Congress to make healthful changes to the Child Nutrition Act will help lower the rates of obesity, cardiovascular disease, diabetes, and cancer.



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