

Fighting Childhood Obesity with Food

The Healthy School
Meals Act of 2010
Briefing and Food Sampling

Thursday, March 18, 2010
2226 Rayburn HOB
2:30 p.m.

Enjoy a delicious array of healthy, child-friendly foods and beverages while learning from experts in the fields of school food service, nutrition, and health, how the Healthy School Meals Act of 2010 can help reverse America's obesity epidemic and related chronic diseases, such as type 2 diabetes, cancer, and heart disease, and reduce future healthcare costs.

Celebrate schools that are taking on the challenge and learn how the **Healthy School Meals Act of 2010** will enable schools across the nation to fight obesity with healthy food options that children enjoy.

Did you know that plant-based foods are cholesterol free, low in saturated fat, and high in protein, nutrients, and fiber? The Healthy School Meals Act offers our children healthy, tasty choices in their school breakfast and lunch lines by encouraging the inclusion of plant-based vegetarian options and giving our children the power to choose.

Simple Choice, Big Difference

Give our children the option



Hamburger
Calories: 301
Protein: 19 g
Total fat: 15 g
Saturated fat: 5 g
Fiber: 2 g
Cholesterol: 26 mg

Veggie Burger
Calories: 220
Protein: 19 g
Total fat: 5 g
Saturated fat: 0 g
Fiber: 5 g
Cholesterol: 0 mg



Congressman Jared Polis (CO-2) Sponsor
of the Healthy School Meals Act

Guest Member Supporters

Dr. Neal Barnard PCRM President,
World-renowned Author and Physician

Dr. Jay Gordon Celebrity Pediatrician,
Nutritionist, and Author

Marilu Henner Celebrity Mom, Author,
and Health Diva

Gary Petill Celebrated Food Service Director, San Diego
Unified School District

Nina Gonzalez Teen-nutrition Advocate

Elizabeth Kucinich PCRM Director of Public Affairs



Marilu Henner

For More Information

Contact PCRM nutrition policy manager Ruby
Lathon, 202-527-7379 or rlathon@pcrm.org

To sign on as a co-sponsor contact
Spiros.Protopsaltis@mail.house.gov
in the office of Representative Polis

No Registration Necessary

*Sponsored by PCRM, a nonprofit health organization
that promotes health through good nutrition,
conducts clinical research, and encourages higher
standards for ethics and effectiveness in research*