

February 20, 2003

The Honorable Joe Nation
California State Assemblyman
State Capitol, Room 3013
Sacramento, CA 95814

Dear Assemblyman Nation:

I am offering my support for your Assembly Concurrent Resolution 16, "Healthy School Lunches," encouraging schools to provide students with a vegetarian lunch option as an alternative to the standard fare of cheeseburgers, pizza and chicken nuggets.

Many doctors, and even the USDA Food Guide Pyramid, agree that meat and dairy products should only constitute a small portion of a healthy diet, with the majority of foods coming from grains, fruits, vegetables, and legumes. Yet there are very few school lunch options available to students seeking a healthier alternative.

ACR 16 gives students like myself the opportunity to choose lunches without the cholesterol or fat content that comes with the usual hamburgers or pizza. Because obesity and diabetes, especially amongst youth, are reaching epidemic proportions in this country, this resolution is of vital importance.

Not only is ACR 16 a matter of health, this is a resolution that encourages schools to embrace a diverse student body. There are an increasing number of people who are lactose intolerant or whose cultures or religions favor plant-based food options. Offering us an alternative lunch on the daily menu tells our families that our ethnic backgrounds, cultures and personal decisions are respected.

Thank you for introducing ACR 16!

Sincerely,

Name

Address/E-mail Address
