Changing the world, one little bean at a time!
THE HEALTHY VEGETARIAN SCHOOL LUNCH ACT

Assembly Concurrent Resolution (ACR) 16, abridged

CA State legislature - PASSED 2003
Sponsored by Lean and Green Kids

WHEREAS, A significant percentage of children who rely on free or reduced price school lunches are considered “at risk” for diet-related degenerative diseases; and

WHEREAS, Fruits, vegetables, whole grains, and legumes ... provide additional protection to reduce the risk of some forms of cancer, heart disease, obesity, diabetes, high blood pressure, and other degenerative diseases; and

WHEREAS, A growing number of California school children either identify themselves as vegetarian or vegan, come from vegetarian or vegan families, or come from families who avoid meat and dairy foods for religious or health reasons; and

WHEREAS, Exposure of plant-centered entrees in the school cafeteria will positively influence children with poor eating habits; and

WHEREAS, Increased consumption of locally grown fruits and vegetables promotes a sustainable environment; and

WHEREAS, The USDA 1995 School Meals Initiative suggests that school lunch programs, in order to provide variety and encourage consumption and participation should, whenever possible, offer a selection of menu items and foods from which pupils may make choices; now, therefore, be it

Resolved by the Assembly of the State of California, Senate thereof concurring,

That the State Departments of Education and Health Services are urged to develop nutritionally sound school lunch menu plans that would provide daily optional plant-centered vegetarian school lunches, prepared without meat or dairy products, in such a way that all pupils are assured nutritionally balanced diets, regardless of their food preferences and avoidances... and be it further

Resolved, That nutrition educational materials and instruction strive to recognize and include information about multicultural eating patterns including vegetarian/vegan eating patterns.
Healthy Plants: the gift you give

... for a strong body, sharp mind

Cool Beans

Middle East

AFRICA

“beauty”

CHINA

Beautiful Food

brought to you from plants!

Daily Scoop Nutrition Trivia

1. Beets grow underground, so they are a _______ vegetable.
2. What fruit was a raisin, before it was dried?
3. Tofu is made from what kind of bean?

December: Apples, leafy greens, garbanzo beans.

Daily Scoop connection, January: Sweet potato, citrus

February: Soy bean, dried fruit, beets

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Good for you and the planet too!

beans
the lean and green protein

✓ Lean plant-protein, for strong muscles & a healthy body
✓ Green plant-protein conserves energy, water & wildlife

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COOL BEAN
School Lunch Recipes

collection courtesy of
Lean and Green Kids
changing the world, one little bean at a time.
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