

# Introducing Earth Voice Food Choice Project

Date: \_\_\_\_\_

Dear \_\_\_\_\_,

The Earth Voice Food Choice Project is a national effort designed to assist parents, teachers, counselors, and food service directors in motivating young people to develop nutritionally sound eating habits.

By teaching students about the benefits of consuming more organic, whole plant foods and by helping food personnel provide healthier options, we improve the health and mental clarity of students while offering them solutions to many of the health, environmental, and economic concerns facing them today.

- The Project educates students, parents, teachers and food personnel about the health and environmental benefits of a low-fat, whole grain, plant-based diet.
- The project provides school food personnel with the training, recipes and resources needed to provide students with nourishing and tasty meal and snack alternatives.
- The project teaches students to understand their power as consumers and to make healthy, sustainable food choices.
- The project helps students to find their "voices" as individuals and speak out for human and environmental health.

I would like to set up an appointment to introduce myself and the Earth Voice Food Choice Project and further discuss how to bring this project to the students in your school.

Toward a healthier future,

For more information please contact: