

Earth Voice Food Choice

We have always been taught that large quantities of dairy and a meat-based diet were nutritional "musts." Science has revealed that this concept is absolutely incorrect. It is now well-known that animal foods are high in fat, high in cholesterol, and low in fiber. Also, new medical studies show that whole food, low-fat, plant-based diets are healthier and more nutritionally sound. Unfortunately, the food currently available in our school cafeteria does not satisfy the new criteria. Current research shows that foods derived from animal sources are generally detrimental to our health and to our environment. Why are those types of food still being served? Why are we eating them? What are our alternatives?

The Earth Voice Food Choice Project addresses the national demand for healthier foods in our school lunchrooms. The purpose is to educate students about the ways our eating habits affect our health and the health of the environment. They plan to inspire the school food service to offer a tasty, plant-based meal option to all students.

This project teaches students to recognize the importance of a healthy, low-fat, plant-based diet. It is up to the students to make healthy eating the "in" thing.

Research has shown that illnesses associated with diet, such as obesity, cancer, diabetes and heart disease, are afflicting more children and adolescents. These people who are responsible for setting school nutrition policy have not adequately addressed the U.S. Surgeon General's statement that 68% of all U.S. deaths result from diet-related diseases. Instead of providing information about alternative foods and supporting healthy food choices, they debate about the billions of dollars needed for national health care

and insurance. Without a doubt, the government would spend less on health care costs if the American public were made aware of and observed the benefits of healthier low-fat, plant-based diets.

High-fat diets are not only harmful to health, but they also contribute to the depletion of our natural resources. Statistics released by the USDA state that 64% of America's cropland is allocated for the production of livestock feed, while only 2% is used in the production of fruits and vegetables. An acre will yield 40,000 pounds of potatoes or 250 pounds of beef. That's less than one cow. Try to imagine how many people one cow would feed and compare that to how many people 40,000 pounds of potatoes would feed. The comparison is shocking. Animal agriculture is extremely inefficient. It depletes and damages Earth's valuable resources such as land, water and energy. It also pollutes what it doesn't otherwise damage. It seems that the damage we do to the Earth parallels the damage we do to our bodies.

The Earth Voice Food Choice Project is designed to educate young people about healthier eating habits and assist school food service personnel in providing more plant-based meals. This project lays the foundation for students to develop a lifelong understanding and commitment to healthy living and encourages students to take charge of their health and the future of the Earth by making conscious food choices.

For more information contact: