

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

I'm writing to ask you to please co-sponsor HR 4108, a bill introduced by Representative Velazquez. HR4108 will create a pilot grant program to provide healthy, climate-friendly plant-based meals in our nation's public schools.

Those children who wish to eat plant-based meals should have that option every day. Whether for health, environmental, or ethical concerns, no child should be made to eat foods they find objectionable.

Studies show that increasing the consumption of plant-based foods has substantial health benefits, including reducing the risk of diabetes, reducing the risk of cardiovascular disease, maintaining a healthy weight, and protecting against certain forms of cancer and other diseases.

Furthermore, research has shown that we cannot meet the Paris Accord targets without shifting our diets toward more low-carbon foods. Plant-based foods tend to be less carbon-intensive. With 30 million children served lunch daily, the National School Lunch Program represents a crucial opportunity to mitigate food-related greenhouse emissions and environmental impacts.

Lastly, many children in public schools cannot process lactose. The National Institutes of Health estimates that 95% of Asians, 60 to 80% of African Americans and Ashkenazi Jews, 80 to 100% of American Indians, and 50 to 80% of Hispanics are unable to process lactose.

Thank you in advance for considering my request and enlisting your colleagues to do the same.

Sincerely, \_\_\_\_\_