

# maguire

entertainment

July 30, 2009

The Honorable Nancy Pelosi  
Speaker of the House of Representatives  
235 Cannon House Office Building  
Washington, DC 20515

Dear Speaker Pelosi:

As a parent, I am contacting you because I am deeply concerned that unhealthy school lunches are contributing to our nation's childhood obesity epidemic. School is tough enough already—students shouldn't have to put up with lunches swimming in fat and cholesterol. It's time for healthier options. The upcoming reauthorization of the Child Nutrition Act offers a golden opportunity to help school lunch programs serve more fruits, vegetables, and low-fat vegetarian meals.

Schools today are struggling to serve healthy foods, and federal school lunch policies aren't helping. A recent newspaper article explained that Chicago public schools serve beef nachos every day because the federal government's commodity foods program dumps surplus beef on schools across the country. But serving high-fat meals every day puts students at risk for obesity and other medical problems when they get older. A daily vegetarian option would go a long way toward reducing the amount of fat, calories, and cholesterol students get, and may actually cost less than the higher-fat meat items.

Being overweight can be a miserable experience for children. It affects their grades and sets them up to be unhealthy adults. Higher rates of obesity, heart disease, and diabetes mean greater healthcare costs for everyone. Healthy foods can help prevent those problems, so federal dollars spent on better school meals are a smart investment.

My wife and I just had our second child, so this issue is tremendously important to us. Vegetarian school lunch options are supported by the American Medical Association and the Physicians Committee for Responsible Medicine. Let me ask you please to ensure the Child Nutrition Act provides more fruits, vegetables, and healthy vegetarian foods. Young people deserve healthful food, and I can't imagine a better investment in the future of our country.

Sincerely,



Tobey Maguire