



lean & green KIDS

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

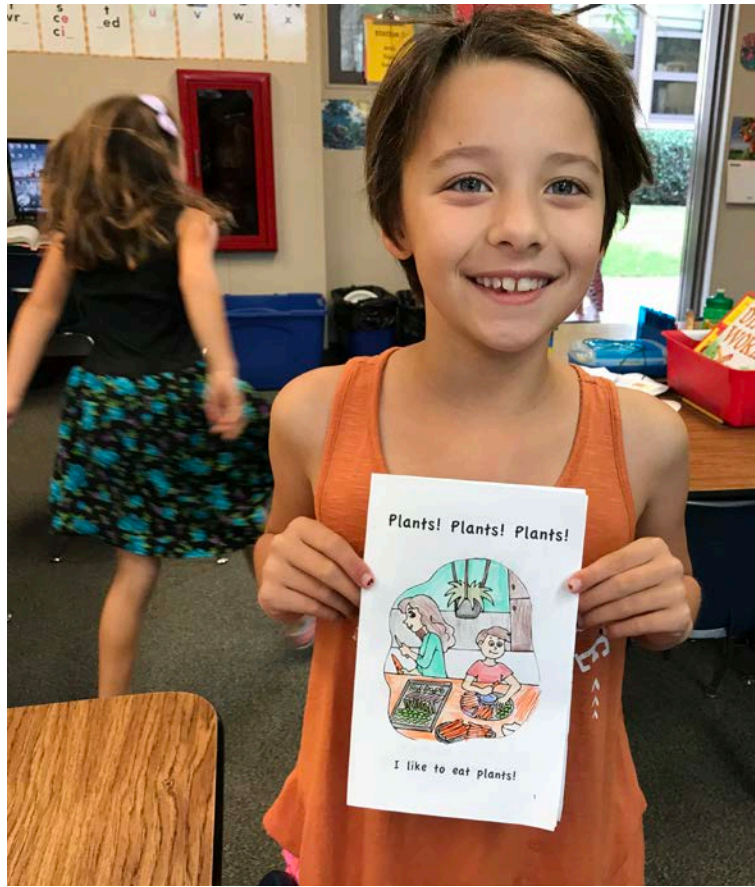
WHEREAS, Increased consumption of locally grown fruits and vegetables promotes a sustainable environment; and

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.





Plants are P
for better grad



Daily Scoop connection, September. Colorful p



**COOL BEANS,
AMERICA!**



PLANT PO

...real food for a strong body, shar



Daily Scoop connection, October. Pumpkin, Pear, I



**Give THANKS to MOTHER EARTH,
for delicious & nutritious plants!**

Daily Scoop Nutrition Trivia



1. Kidney beans are shaped like your...?



2. Orange foods like carrots and squash help your...?



3. REAL food grows from the...?

Daily Scoop connection, November. Winter squash, persimmon, kidney bean

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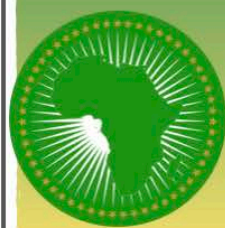
COOL BEANS,
MIDDLE
EAST



Healthy Plate
the gift you give



December. Apples, leafy greens, garbanzo beans.



COOL BEANS,
AFRICA



FEED YOUR SOUL

... for a strong body, sharp mind

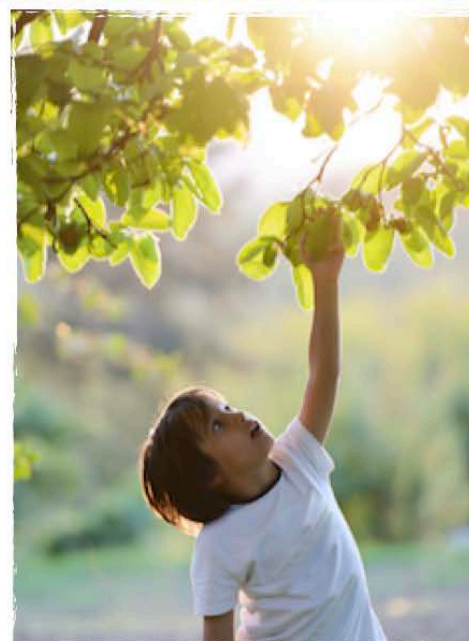


Daily Scoop connection, January. Sweet potato, citrus

美丽

"beauty"

COOL BEANS,
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?

February. Soy bean, dried fruit, beets

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Plant Food
...so you can



Daily Scoop Nutrition

1. Three kinds of leafy greens?

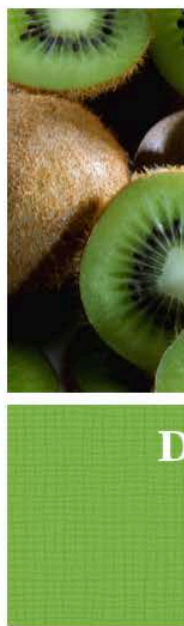
Daily Scoop connection, March. Spinach, be



Eat Plants. Save
Plant-based meals conserve



Daily Scoop connection, April. Beans around the wo



Daily Scoop Nutrition Trivia



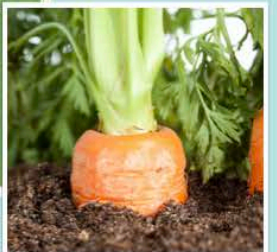
Bean Protein.
What kind of bean in the burrito?

LIVE. LOVE. EAT PLANTS.

Fruits Vegetables Whole-Grains Seeds Beans



Daily Scoop connection, May. Avocado, carrots, pinto bean



Carrot.
Type of veggie?

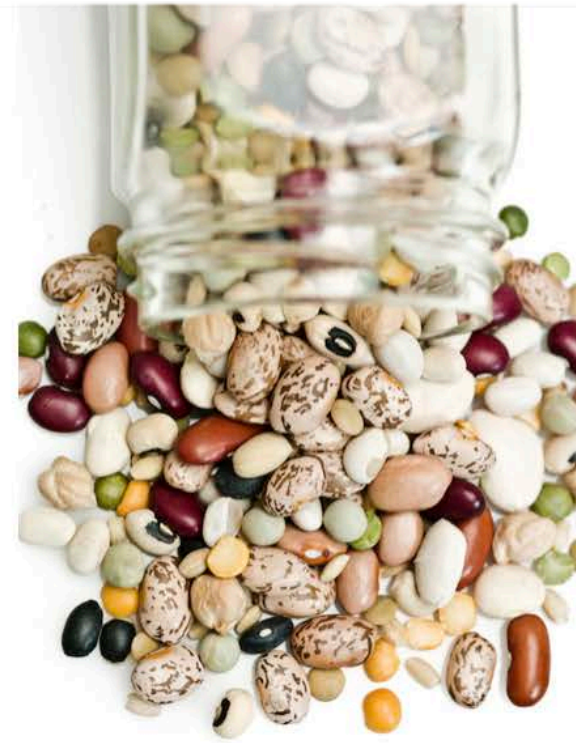


Avocado.
Why good fat?

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COOL BEAN

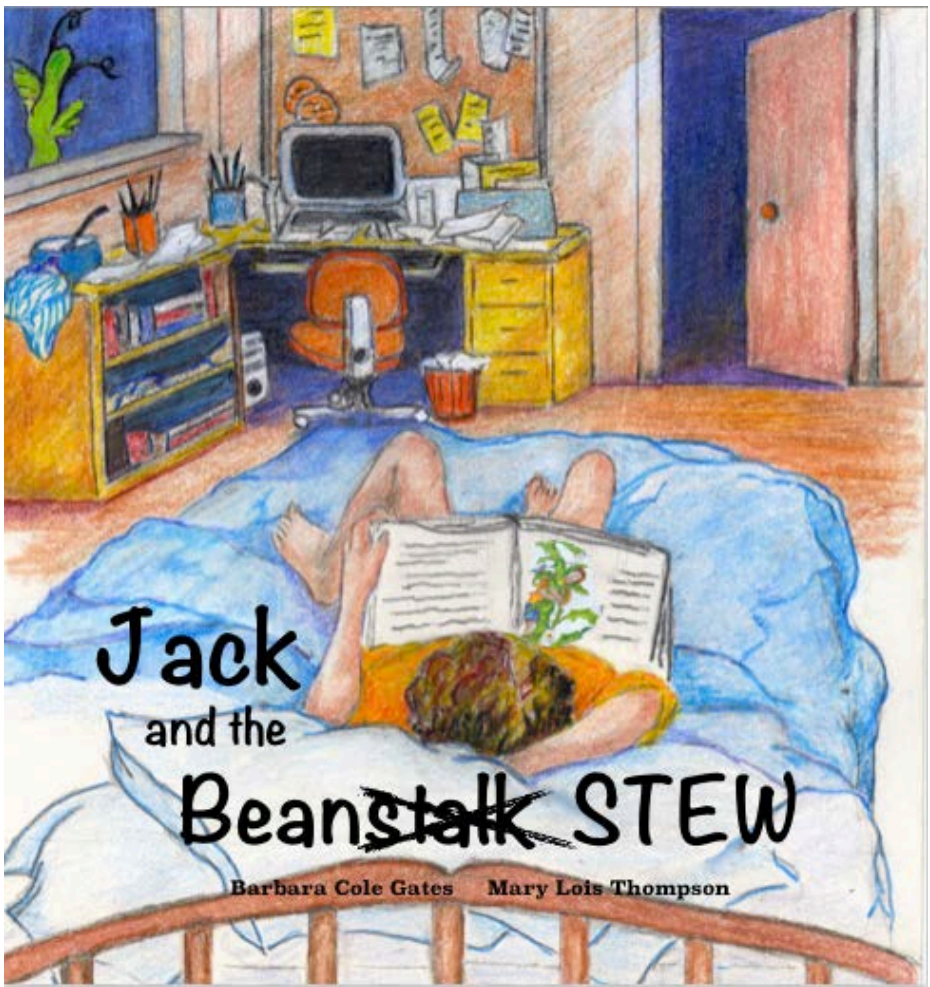
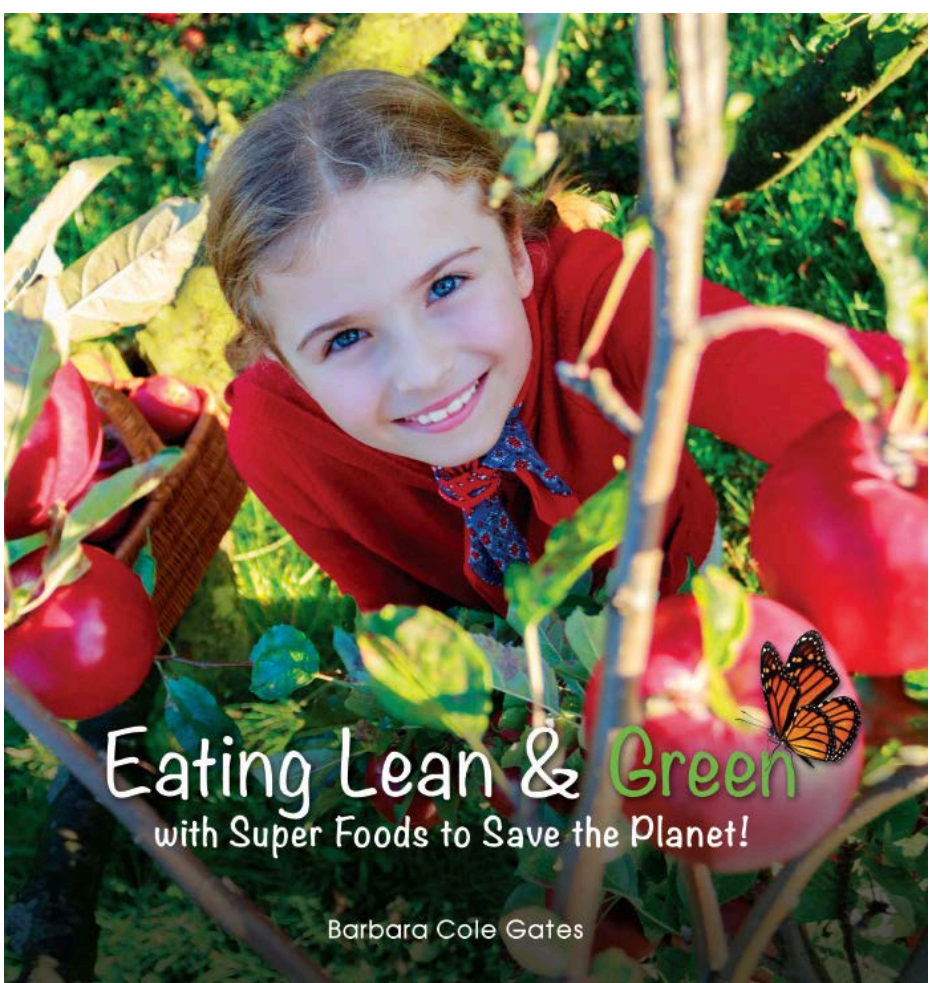
School Lunch Recipes



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











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