Dear [School Administrator Name],

I am a parent at [School Name] and would like to raise an important issue with you. I would like to start a conversation with you and others in the school about how we can provide our children with healthier meals at school with more veggies and less meat. I think could make our school and students healthier and happier.

I’ve come across some powerful research that have impacted me, and I’m sure would impact other parents as well. The consumption of fruits, vegetables, legumes, whole grains and/or nuts is associated with reduced incidence of coronary heart disease, diabetes, stroke and certain types of cancer. In contrast, the International Agency for Research on Cancer classified red meat as ‘probably carcinogenic to humans’ and processed meat as a ‘carcinogenic to humans’. I want to make sure our children get foods we know are better for them.

Too much meat and dairy also harms the environment. Agriculture, and livestock in particular, is one of the planet’s biggest drivers of global biodiversity loss. Livestock is also one of the largest users and polluters of water on our planet, and it contributes to climate change.

In short, what we eat is making both our children and our planet sick. I’m sure you’d agree that our children deserve to eat healthy meals to set them on the healthiest path possible for their future. And the school that educates them to grow into considerate adults is an important place for them to learn about the impacts of the food they eat.

I know more and more parents like me are interested in changing the food our children eat in school to make them both healthier and more environmentally sustainable. Schools across the world are starting to make a change to providing healthier food for their students, and I believe that [School Name] is the perfect place for us to also start making a change.

Thank you for your time, and I look forward to hearing from you.

Sincerely,

[Your Name]