
Sample Letter for Vegan Menu Options

To be delivered to Your School's Principal or Food Service Director

Please type your own letter

[Date]
[Name of Principal or Food-Service Director]
[School Name]
[Address]

Dear [Name]:

There is a matter of great importance that I would like to bring to your attention. As a vegan, having adequate menu options is important to me as well as my friends, family and teachers. The availability of vegan menu items appeals not only to vegan students like me but also to those looking for healthy, dairy-free, and kosher options.

Like me, many students avoid eating foods derived from animals for ethical reasons. The thought of eating a chicken, pig, fish, or cow is as unappealing to me as the idea of chomping down on a dog or cat! Many other students are skipping meat- and dairy-based meals for health, religious and environmental reasons. For instance, in addition to consuming large amounts of water, land mass, and energy, the livestock industry creates more carbon emissions than all the cars, planes, and trucks in the world *combined*.

Obesity is a growing problem among America's students. As many as one in five of us are already overweight. One in three young people will develop diabetes in their lifetimes unless our diet and exercise patterns change. As a school, we have the opportunity to combat these epidemics by providing healthful plant-based menu items.

Up to 50 million Americans are lactose intolerant; 90 percent of Asian-Americans and 75 percent of Native- and African-Americans have this normal condition. Providing vegan options, like soy milk, meets the needs of lactose-intolerant students and students allergic to dairy.

The Physicians Committee for Responsible Medicine has provided scientific evidence showing that vegan foods promote good health and help young people maintain a healthy weight.

The vegan population is growing at a rapid pace, and meatless-meals are more popular than ever! Please visit VegAdvantage.com and HealthySchoolLunches.org for more information, or let me know if I can help in any way.

Please contact me at your earliest convenience so that we can schedule a meeting to discuss this further. Thank you for your time and consideration.

Sincerely,

[Your Signature]

[Your Name]