

## Sample Letter to Principal or Food-Service Director

Please edit the text to personalize it.

[Date]

[Name of Principal or Food-Service Director]

[School Name]

[Address]

Dear [Name],

I have a project that I'd like to get off the ground in order to make our school more environmentally friendly, promote healthy eating, and improve diet and allergy inclusivity. As a [vegetarian/vegan] teacher, having plant-based hot lunch options is important to me. They appeal not only to vegetarian and vegan students but also to those looking for healthy, dairy-free, or kosher meals.

I would love to work with the school to add a vegan burger to the lunch menu. This easy, financially sound, and compassionate move would benefit the many students—and teachers—who avoid eating meat, eggs, and dairy "products." More and more people are choosing vegan meals to help animals, for health or religious reasons, or to protect the environment—since, according to the United Nations, raising animals for food is a leading contributor to climate change. As awareness of the harms of factory farming quickly grows, so, too, does the vegan population: Between 2014 and 2017, the number of Americans who identify as vegan reportedly increased by 600 percent.

Furthermore, obesity is a growing problem among young people in the U.S., where as many as 31 percent are classified as obese. As educators, we have a golden opportunity to combat this epidemic by providing nutritious menu items in schools. The Physicians Committee for Responsible Medicine has published evidence that vegetarian and vegan foods promote good health and help young people maintain a healthy weight.

I can provide a comprehensive list of relevant food-service providers and manufacturers, and People for the Ethical Treatment of Animals (PETA) has also offered to help the school order a vegan burger for the lunch menu.

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

Sincerely,

[Your Signature]

[Your Name]