



## Children's Bill of Rights for Better School Food

1. **WE want** access to real food in our schools—not food that comes from a bag, can or a box. Food that will keep us healthy and strong all our lives.
2. **WE deserve real** food even if it cost a few pennies more. *Get rid of the cheap food that makes us sick. Invest in our health now; you won't have to pay for our illnesses later.*
3. **We care** about the Earth. We want real food grown without chemicals that will harm our planet. It tastes better, too!
4. **We care** about where our food comes from. We want schools to serve food grown nearby. Why should our food have to travel so far?
5. **We want** food companies to stop making commercials about food that is bad for us. Stop pretending junk food is health food!
6. **We need time to play and learn outside.** We want to connect with nature beyond the playground. Help us plant a garden. Collect bugs. We want to get our hands dirty!
7. **We want** schools to serve fresh fruits and vegetables, not from a can swimming in sugar or chemicals.
8. **We want** schools to help us save our environment. Reduce, reuse, and recycle!
9. **We want** adults who buy, prepare and serve our food to act responsibly.

Visit us on the web at YouTube: <http://youtube.com/watch?v=VRywOIXuMIg>

[www.betterschoolfood.org](http://www.betterschoolfood.org)

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