



July 9, 2018

Dear Mr. Matthews,

Lean and Green Kids shares Live Well San Diego's vision of a healthy, safe and thriving community and we are delighted about the prospect of becoming a partner organization.

The mission of Lean and Green Kids is to empower kids to reach their full potential with plant strong nutrition, creating a healthier, greener, and more socially just world for all. From the classroom to the cafeteria, LGK instills in youth a special appreciation for the health and environmental benefits of delicious plant-powered meals, enabling future generations to thrive.

For close to a decade, LGK has engaged students in K-12 classrooms with eco-focused and multi-cultural food literacy programs that meet national standards for health education. Our fun and interactive lessons include a culinary component, allowing students ownership and pride in creating their very own plant-powered meal from the food groups of the Healthy Eating Plate. Each child also receives a take-home information card and recipe (English and Spanish), to extend the lesson to parents and family.

In addition, we have partnered with North County school district Child Nutrition Services (Escondido, Vista) to link classroom education to school cafeteria bean-based taste testing events, as we work toward making healthy plant-based school meal options more widely available and acceptable. In order to support our teacher and school nutrition partners LGK provides innovative nutrition education resources, including:

- Our Daily Scoop program - "bite-sized" health tips for opening announcements, elevating nutrition education to a daily practice. Each monthly issue features a Harvest of the Month and Cool Bean of the Month with a social studies connection. This multicultural approach increases food literacy, as well as curiosity and acceptance for the global community. The program reaches thousands of students in San Diego and California.
- Two children's food-focused books - creative and engaging tools for teaching youth about the power of healthy food choices, emphasizing the benefits of "eating lean and green, good for you and the planet too!"
- Educational food posters for classroom and cafeteria, highlighting a variety of beans from around the world, fostering an appreciation for cultural foods and cultural diversity.

We are inspired by the important work being accomplished by so many Live Well partner organizations, and are excited about the prospect of collaborating to achieve a shared vision of a thriving San Diego. Thank you for your consideration.

Sincerely,

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Healthy Kids. Happy Planet.
leanandgreenkids.org