



# POWER LUNCH LOCAL PROJECT PROPOSAL

## Implementation Outline

### **Object:**

Partner with your local school district lunch program and successfully educate all young people about the benefits of proper nutrition.

### **Scope:**

Anticipate educating every student within your local district, and eventually within your State.

### **A proposed SAMPLE discussion:**

"I would like to partner with the district in helping educate all students about the value of proper nutrition and encourage them to become "Power Eaters" by choosing a "Power Lunch" – this is a lunch that includes fruit and vegetables on a daily basis.

I know that the School District is providing every student with the option of having as many fruit and vegetables as they desire. Unfortunately, many kids do not avail themselves of this great benefit.

My hope is to put a "face" on nutrition in the lunchrooms and classrooms.

I would like to offer a "Power Lunch" advertising program to be piloted in a school.

I believe that this "Power Lunch" program would augment the current efforts of the District.

The District will incur no expense (offer to supply a few posters at no cost – see posters and checklist downloads). I will supply Lunchrooms with all materials.

### **Necessity:**

Many studies could be cited in regards to the nutritional strengths and weaknesses faced by our children today – see download articles

### **Implementation:**

I envision the "Power Lunch" program being implemented in phases.

Phase I: could be the introduction of "Power Lunch" posters posted in the lunchroom. Also, a "Power Lunch" introduction sheet could be given to each child to take to their parents to sign and return to school – as an assignment or for a reward of some type (usually the district will have to approve any handouts to students).

Other possible Phases– partnered with the district. Media, Assemblies, T-shirts, pencils, nutrition bars, etc...