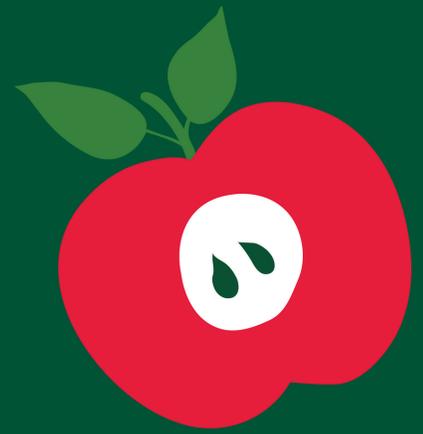


WANT MORE PLANTS ON YOUR CHILD'S PLATE?



As of August 2023, **Illinois state law requires all schools to provide a plant-based school lunch option** to any student who submits a prior request.

Why More Plants on Plates?

Besides packing all the daily fiber, protein, and nutrients that students need to learn and lead healthy lives, plant-based lunches have many more health benefits for your student!

Plant-based foods also support healthy digestion, immune systems, and overall long-term health.



Ready to sign up? Scan the QR code!
For more information, visit: moreplantsonplatesusa.org



What are Plant-Based Meals?

Plant-based meals include fresh fruits, vegetables, whole grains, and plant-based proteins such as tofu, legumes, lentils, and beans.

With many plant-based alternatives, from “chicken” nuggets to black bean burgers, your child will enjoy familiar and flavorful meals alongside their classmates.



Meryl Fury
President/CEO of Plant Based Nutrition Movement
merylfury@pbnm.org