

REAL FOOD • REAL FUN • REAL ADVOCACY!

Powered by Chickin Feed . . . On a mission to help raise a Nutritionally Literate Generation

1 Learn **Farmer Goat's** favorite song **REAL FOOD™** & sing it often - especially before you eat!
For the tune...check out www.chickinfeed.blogspot.com

REAL FOOD™

If you eat REAL FOOD, it'll put you in the mood... To have a really good day.
If you can't pronounce, the ingredients... You might want to back away!
REAL FOOD, REAL FOOD... Don't come from a factory...
REAL FOOD, REAL FOOD... It's better for your body...



2 Draw a line from each food to its **FEED GROUP!**
(for more of a challenge...try not to cross any of the lines!)



You're never too young to advocate! • Ask your legislators in Washington DC to update the **CHILD NUTRITION ACT** (putting better, fresher and more local foods into schools!)

Fill in the blanks below, then have a parent or teacher help you send this form to your legislator's *local* office by Labor Day – 9/7/09 – the **NATIONAL DAY OF ACTION!**

For more info go to: www.slowfoodusa.org/timeforlunch (click **CONTACT YOUR LEGISLATORS** button for addresses!)

Dear Congressperson _____

My name is _____

I'm in the _____ grade at _____
School

In _____, _____
City State

I would really like to stay healthy by eating **REAL FOOD** at school.
Please help me by updating the Childhood Nutrition Act!

Thank you, _____