

Nov. 16, 2010

The Honorable Nancy Pelosi  
Office of the Speaker  
II-232, U.S. Capitol  
Washington, DC 20515

Dear Speaker Pelosi:

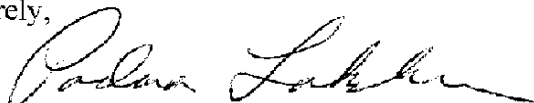
It was such a pleasure meeting you and having you on the show. Being a new mother and cookbook author, I am very passionate about creating nutritious and delicious meals for fans, friends, and family. I'm writing to ask for your help in creating the same opportunities for America's children.

When Congress renews the Child Nutrition Act, please support legislation that will help schools serve healthy lunches--including fresh fruits, vegetables, and low-fat, plant-based meal options. This will help students form healthy habits and will also help prevent childhood obesity, diabetes, high cholesterol, and even heart disease later in life.

Right now, more than one-third of America's children are overweight, and many already have symptoms of type 2 diabetes and heart disease. By increasing healthful options in schools, we can help children avoid chronic diseases and stay focused on their goals, both in and out of the classroom. We all know it's easier to pay attention and stay energized when we're eating right.

Please join me in promoting nutritious choices for our next generation by supporting healthy school lunch legislation.

Sincerely,



Padma Lakshmi