



May 5, 2010

The Honorable George Miller  
United States House of Representatives  
2205 Rayburn House Office Building  
Washington, DC 20515

Dear Congressman Miller:

I would like to ask for your help in empowering our nation's children. As you know, I've been a television and radio talk show host for years, and I've always aimed to be a voice for the disadvantaged, the persecuted, and all in need of help. Children today need assistance gaining access to more healthful food, so I'm asking you to join me and the Physicians Committee for Responsible Medicine in supporting the Healthy School Meals Act, H.R. 4870.

Millions of children from low-income families receive free or reduced-price meals through the National School Lunch Program. African-American children and Hispanic children are especially likely to benefit by receiving meals through this program. But we must work together to ensure that our schools offer the healthiest food possible.

Children today face unprecedented rates of obesity, type 2 diabetes, and other health problems related to poor diets. African-American children and some other minorities are at an even higher risk of developing obesity and diabetes, compared with their white peers.

The National School Lunch Program could play a key role in combating these pressing problems—but change is needed. Currently, many school meals are too high in saturated fat. Unfortunately, research shows that children who eat school lunches have a greater chance of becoming obese, compared with students able to bring lunches from home.

We need to refocus the school lunch program to fight obesity. Schools are already trying to correct the problem, but they need support from the government.

The Healthy School Meals Act, H.R. 4870, would help schools add healthy plant-based meal options that would meet all children's dietary needs and fight obesity and other diet-related illnesses. Please join me in supporting this important bill.

Sincerely,

Tavis Smiley