



OFFICE OF THE BROOKLYN BOROUGH PRESIDENT

**ERIC L. ADAMS**  
President

November 5, 2019

Re: Community support for Meatless Monday

Dear Parent/Guardian:

Did you know your school has been part of the Meatless Monday program since September? This means that every Monday, all of New York City's public school children are served a vegetarian lunch such as Mexicali bean and vegetable tacos or veggie chili.

Studies show consuming less meat and more plant-based foods can improve our health and reduce our risk for chronic diseases such as cancer, diabetes, heart disease, and obesity. Meatless Monday is one step toward preventing these diseases. Organizations such as the American Heart Association support Meatless Monday as a way to promote a well-balanced diet.

This initiative is personal for me. In April 2016, I was diagnosed with advanced Type 2 diabetes. Within three months of adopting a whole-food, plant-based diet, I lost 35 pounds and reversed my diabetes. My success convinced my mother to use diet to manage her diabetes too. It's been a wonderful new chapter.

As Brooklyn Borough President and a fellow parent, I am committed to our children and families' health. That's why I invite you to join me in supporting Meatless Monday. Whether it's taking a Meatless Monday pledge, continuing Meatless Monday beyond school hours with a vegetarian dinner, or learning about nutrition and our food environment, I applaud your healthy eating efforts!

If you would like to make healthful changes to your school — including starting a wellness council, adding nutrition education, scratch cooking, gardens, and more — please contact the NYC Healthy School Food Alliance at [nychsfa@gmail.com](mailto:nychsfa@gmail.com).

For more information on nutrition education, organizations that could provide community nutrition education workshops are listed in the Tisch Food Center's Nutrition Education Programs NEP Database at [tc.columbia.edu/tisch/nepnyc/](http://tc.columbia.edu/tisch/nepnyc/).

I would love to hear from you! If you would like to share your story, or become more involved, please reach out to my deputy strategist, Rachel Atcheson, at (718) 802-3762 or [ratcheson@brooklynbp.nyc.gov](mailto:ratcheson@brooklynbp.nyc.gov). I look forward working together to ensure the best possible future for all of Brooklyn's families.

Sincerely,

Eric L. Adams  
Brooklyn Borough President

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