



October 11, 2019

Dear Parent/Guardian,

Welcome to Physicians Committee for Responsible Medicine's (PCRM) Food for Life: Kids Health program. PCRM is a nonprofit health organization dedicated to promoting preventative medicine, particularly good nutrition, and supports higher standards in research. The Food for Life: Kids Health program was developed by physicians and dietitians to help your child better understand the connection between healthy nutrition and disease prevention and teach your child how to prepare a number of simple meals and delicious, healthful snacks.

As your child's cooking instructor, I have been authorized and trained by PCRM to teach this program. I am also certified in plant-based nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, and will provide general nutrition information as appropriate.

The nutrition information presented in this class is evidence-based and advocates a low-fat, high-fiber diet, that is, a diet entirely from plant-based foods. Foods that come from vegetables, fruits, legumes, and whole grains are naturally low in cholesterol and saturated fat, high in fiber, and full of vitamins, minerals, and cancer-fighting compounds. A multitude of scientific studies have shown that plant-based diets have remarkable health benefits and can help prevent certain diseases, such as cancer, diabetes, and heart disease. Because eating habits are set in early childhood, this program can give your child the opportunity to enjoy a variety of nutritious foods, all consisting of vegetables, fruits, legumes and whole grains, and to carry healthy eating habits into adulthood. In order for your child to embrace the nutrition advice he/she will be given in this class, your child may ask you to purchase and serve food items different from those you currently serve at home.

The information presented in the classes and through the materials is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your child's physician or other qualified health provider with any questions you may have regarding a medical condition.

Thank you for participating in this educational series.

Kind regards,

*Karen Pullen*

Food for Life Instructor Karen Pullen