



OFFICE OF THE BROOKLYN BOROUGH PRESIDENT

ERIC L. ADAMS
President

October 24, 2018

Re: Community support for healthy schools

Dear Parent/Guardian:

As borough president of more than 2.6 million Brooklynites, one of my main priorities is to make Brooklyn a safer place to raise healthy children and families. You play an important role in this task.

In April 2016, I was diagnosed with Type 2 diabetes; I experienced nerve damage, an ulcer, and vision loss. My future looked bleak, but I believed there was still time to change. I immediately switched to a plant-based diet and cut out sugar. I'm happy to say that after three months of this new lifestyle, I lost 30 pounds and reversed my diabetes. Afterwards, my energy level increased and I never felt better. Food changed my life.

This is why I'm excited to be working with your school on creating healthier environments for students across the borough. By advocating for healthier options and bringing conversations about food and nutrition into the classroom, your school has a unique opportunity to help our children understand food and its power to cure and transform the body. Studies show that incorporating more plant-based foods into our diets can dramatically improve our health, reducing our risk for all kinds of chronic diseases. In fact, food is what helped me reverse my Type 2 diabetes.

Let's work together to build a healthier future for Brooklyn's children. I invite you to join me in promoting healthier school meals. Whether you work with your school to start using the Alternative Menu, start a nutrition club at your school, or work with the PTA to host health education workshops, we want to support your efforts to encourage healthy eating.

These efforts are a great start for our schools and families, but more must be done. To learn how to become more involved, please reach out to my deputy strategist, Rachel Atcheson, at (718) 802-3762 or ratcheson@brooklynbp.nyc.gov.

Sincerely,

Eric L. Adams
Brooklyn Borough President

ELA/ra