

SPREAD THE WORD: Keep Potatoes in Schools!

In addition to writing to the USDA, you can make a powerful difference by spreading the word to others about the USDA's proposed rule to limit potatoes in the national school lunch and breakfast programs. **Please encourage emails to be sent to the USDA by 5pm EST April 13, 2011 when the official public comment period ends.**

Write members of Congress. Email a copy of your comments to your local representative and senators. Identify your members of Congress by visiting www.senate.gov and <https://writerep.house.gov/writerep/welcome.shtml>

Share your perspective with your professional and personal contacts. Please use every tool you have available to you to spread the word, including email, Facebook, Twitter, LinkedIn and any other social networking sites you belong to.

Inform the media. Use your existing relationships with the media to bring attention to this issue via letters to the editor, op-ed commentary, guest by-line articles or mentions in your own columns and broadcast appearances. We believe raising the media's awareness of this issue will help positively influence the USDA's final decision.

Below are some sample notes you can use as a starting point for your own messages. Just cut and paste the copy below, then modify it as you see fit.

Email Version:

The USDA is considering a rule for the national school lunch and breakfast programs that would limit total servings of starchy vegetables, including potatoes, to one cup per week and eliminate these vegetables altogether from breakfast. At a time when all Americans, especially kids, are not eating enough vegetables, we should be encouraging more choices, not less. Potatoes are nutrient-dense and provide kids the potassium, fiber and vitamin C they need. In fact, removal of the number one source of potassium—potatoes—in their diet may put children in danger of key nutrient deficiency. Go to www.potatoesinschools.com by 5:00pm EST April 13 to find out how to tell the USDA they're making a BIG mistake.

Facebook Version (max 420 characters with spaces):

The USDA wants to limit school servings of potatoes to one cup per week! Kids aren't eating enough vegetables, so we should be encouraging more choices, not less! Potatoes are nutrient-dense and provide kids need the potassium, fiber and vitamin C they need. Removal of the number one source of potassium—potatoes—in their diet may put children in danger of key nutrient deficiency. Learn more at www.potatoesinschools.com.

Version Three (max 120 with spaces):

Tell USDA to keep potatoes schools! www.potatoesinschools.com

Make Your Voice Heard Now!

[Online Government Comment Form](#) (Only through 5:00pm EST, April 13, 2011)