



<http://goodschoolfood.org/mission.shtml>

## Mission

GoodSchoolFood.org and Omega3sForKids.org was created to fill both the information gap and the inspiration gap.

Scientists have demonstrated the role of nutrition, vitamin D, and omega-3 fatty acids in particular, for happiness and success. However, the media swamps young people with beguiling ads for junk food, even within school walls, and adults all too often tolerate the disinformation by allowing vending machines to stock harmful foods and school meals to include bad ingredients like hydrogenated vegetable oil (trans fat).

Our activities include:

- Providing "wholesome snack tastings" for students, parents, and administrators.
- Offering data (this website, flyers) on the benefits of improving nutrition.
- Working with schools to find practical and affordable stages for change.
- Writing applications to foundations to fund pilot projects.

Everyone knows how violence interferes with children's ability to fulfill their splendid potential. But there is also the hidden violence of fake foods, which increase corporate profits while ruining America's future. Once we solved deficiency diseases like rickets, goiter, scurvy, and pellagra. Now modern problems like ADD and depression can be reduced or cleared up with nutrition. Experts know the causes and the solutions. Our purpose is to share this information so that students, parents, and educators working together can make the ideal into reality.

The Sacramento group which produced Omega3sForKids.org and GoodSchoolFood.org began in January 2002 as LEARN, which stands for Lifting Educational Achievement with Real Nutrition.