DATE: MARCH 15, 2010

TO: THE HONORABLE MAYOR AND MEMBERS OF CITY COUNCIL

FROM: JAMES K. HARTMANN, CITY MANAGER

SUBJECT: PROPOSED RESOLUTION ESTABLISHING HEALTHY FOOD ALEXANDRIA, A CITY-WIDE, CITIZEN-LEAD INITIATIVE

ISSUE: Proposed Healthy Food Resolution which is endorsed by the Environmental Policy Commission and the Partnership for a Healthier Alexandria.

RECOMMENDATION: That City Council adopt the proposed Healthy Food Resolution and request appropriate City departments (Alexandria Health Department and Recreation, Parks and Cultural Activities) to consider providing support required for its implementation to the extent possible, given the present departmental budget constraints.

DISCUSSION: In June 2009, City Council adopted the Environmental Action Plan 2030 aimed at guiding City leaders and residents toward environmental sustainability. Under this action plan, Goal #5 of the Environment and Health principle is to “educate citizens about and increase equitable access to safe, healthy, and organic food, particularly for children and pregnant women, and encourage local and regional food production.” Furthermore, under this goal, one short-term action is to “explore opportunities to expand and promote farmer’s markets, especially in low-income neighborhoods.”

The Partnership for a Healthier Alexandria’s Healthy Lifestyles Work Group received a grant from the CDC (Centers for Disease Control and Prevention) to work with policy and grass-roots leaders to implement policy, systems, and environmental changes to create healthier lifestyles, including more nutritional diets and equal access to fresh foods and safe creation spaces for all Alexandria children. The work group formed the ACHIEVE Planning Team - a community partnership that involves Smart Beginnings, health professionals, City agencies, childcare/daycare providers, community and faith organizations, businesses, and engaged residents.

A group of residents with a strong interest in promoting local, healthy food in the city, approached the ACHIEVE Planning Team to see if they would be interested in collaborating in this effort. This group developed the original draft “Alexandria Healthy Food Resolution” and presented it to Councilman Rob Kupricka, the Partnership for a Healthier Alexandria, the Environmental Policy Commission (EPC) Chair Scott Barstow and Office of Environmental Quality (OEQ) staff. The Environmental Action Plan Steering Committee held a meeting on February 1, 2010, attended by Councilwoman Del Pepper, Councilman Krupicka, representatives of the EPC and RCPA, Alexandria Health Department and Office of Environmental Quality staff.
to discuss the proposed resolution. In addition to the resolution (Attachment 1), attached are letters of from the EPC (Attachment 2) and the Partnership for a Healthier Alexandria (Attachment 3) supporting the adoption of this resolution by Council.

The resolution supports the creation of a City-wide citizen led initiative to increase public awareness, encourage the development of community gardens and farmers markets, support healthy food choices, especially those involving locally produced food.

Given the fact that this proposed resolution is consistent with the goals of the Alexandria Environmental Action Plan 2030, staff recommends that Council adopt this resolution and request City departments to provide necessary support for the implementation of this resolution. It is anticipated that the main support will come from the Partnership for a Healthier Alexandria and the Recreation, Parks and Cultural Activities Department.

**FISCAL IMPACT:** It is anticipated that there will be very limited fiscal impact resulting from the adoption of this resolution. Existing staff from the Alexandria Health and Recreation, Parks and Cultural Activities Departments will be assigned to provide the necessary but limited support as needed.

**ATTACHMENTS:**
Attachment 1  Draft Alexandria Healthy Food Resolution
Attachment 2  Letter from EPC Chair Scott Barstow to Honorable Mayor and Members of City Council, February 27, 2010
Attachment 3  Letter from Marian Van Landingham, Chair, Partnership for a Healthier Alexandria, to Mayor and Members of City Council, February 25, 2010

**STAFF:**
Richard J. Baier, P.E., LEED AP, Director, T&ES
William J. Skrabak, Director, Office of Environmental Quality, T&ES
Carrie Fesperman, Health Planner, Alexandria Health Department
Robert Custard, Environmental Health Director, Alexandria Health Department
James B. Spengler, Director, Recreation, Parks & Cultural Activities Department
RESOLUTION

WHEREAS, The City of Alexandria strives to be an “Eco-City” by promoting health, nutrition, and lifestyles that are ecologically sustainable; and

WHEREAS, Alexandria’s Environmental Action Plan, adopted by the City Council in June of 2009, established 48 goals and 353 actions to guide sustainability efforts, including educating citizens about and increasing equitable access to safe, healthy, and sustainably grown food, particularly for children and adolescents; encouraging local and regional food production; and exploring opportunities to expand and promote farmers’ markets and community gardens, especially in low-income neighborhoods; and

WHEREAS the Partnership for a Healthier Alexandria’s ACHIEVE Planning Team received a grant from the CDC to work with policy and grass-roots leaders to implement policy, systems, and environmental changes to create healthier lifestyles, including more nutritional diets and equal access to fresh foods and safe recreation spaces for all Alexandria children; and

WHEREAS, First Lady Michelle Obama has created an organic garden at the White House and has worked with children throughout DC to encourage healthy food choices as well as to encourage the use of community gardens and farmers markets; and

WHEREAS, A 2007 Inova Health System survey found that over 40% of Alexandria children and teens are overweight or obese with 70% of children/teens not eating enough fruits and vegetables; and

WHEREAS, Alexandria has a large percentage of residents who suffer from chronic, diet-related disease, including diabetes, high blood pressure, and obesity; and

WHEREAS, Alexandria’s low-income residents need greater access to healthy, fresh, and affordable produce, as many of these communities currently have a large percentage of residents who suffer from chronic, diet-related disease, including diabetes, high blood pressure, and obesity; and

WHEREAS, Eating fruits and vegetables can help decreases the risk of various ailments, including heart disease, high blood pressure, diabetes, obesity, and various cancers; and

WHEREAS, 53% of the students enrolled in Alexandria City Public School (ACPS) are eligible for free or reduced price meals and ACPS serves over 2 million meals per year (455,299 breakfasts, 1,218,409 lunches and 434,000 snacks ) and purchases locally grown fruits and vegetables when feasible and seasonally available; and

WHEREAS, the ACPS Department of Food and Nutrition Services (FNS) has been awarded $13,325 to initiate the federal Fresh Fruit and Vegetable Program at Jefferson-Houston School this school year. The program is designed to provide additional fresh fruit and vegetables to students outside of school meal times; and
WHEREAS, ACPS currently provide learning gardens to teach students about habitats, and to nurture the living things within them; and

WHEREAS, ACPS now has a 2009-2010 goal to compost leftovers at all schools which are provided to Chinquapin community gardens as fertilizer; and

WHEREAS, Alexandria now has approximately 200 community garden plots in three community locations that provide residents with access to fresh, local food; help build stronger community ties; and are in-demand by residents with a waiting list of over 100 people; and

WHEREAS, the mid-Atlantic region is home to a wide range of farms producing fresh, sustainable, locally grown products; and

WHEREAS, Alexandria now has 4 farmers markets that offer a wide array of food, much of which is grown in a sustainable way, yet this food is still largely inaccessible to low-income residents; and

WHEREAS, Many Alexandria restaurants, groceries and businesses already strive to purchase ingredients that are fresh and locally grown; and

WHEREAS, Eating locally can reduce greenhouse gas emissions by shortening the distance food has to travel as well as help the local economy by keeping existing farms in business, attracting new farmers, and creating new local jobs in food production, processing, distribution and retailing.

NOW THEREFORE, BE IT RESOLVED, that the Alexandria City Council:

1. AFFIRMS its strong support of food that is grown locally and in an environmentally sustainable manner;

2. AFFIRMS its desire to increase Alexandria residents’ access to local, fresh fruits, and vegetables, and other plant-based-foods;

3. REQUESTS that the City of Alexandria seek opportunities through its procurement efforts to take advantage of locally produced food;

4. RECOMMENDS that the City of Alexandria, businesses, individuals, schools, civic associations and community-based organizations work to purchase food that is grown locally;

5. ENCOURAGES community-initiated as well as public-private efforts to expand access to farmers markets and Community Supported Agriculture (CSAs), for residents of all ages, abilities, and income-levels;
6. SUPPORTS an increase in federal funding for the National School Lunch Program to provide higher quality and healthier meals in our schools with locally sustainable food practices;

7. ENCOURAGES citizen-initiated development of urban and community gardens and garden plots, on both City, school, and private property; and

8. SUPPORTS the creation of a City-wide citizen-led initiative, called Healthy Food Alexandria, endorsed by the Partnership for a Healthier Alexandria and the Environmental Policy Commission that would:

   i. Work to increase public awareness about sustainable, local foods by organizing education events and by providing special recognition to restaurants, businesses and organizations that utilize local food produced using sustainable methods,

   ii. Help encourage the development of more community gardens throughout the city.

   iii. Help encourage the development of more farmers markets throughout the city.

   iv. Seek opportunities to allow food stamps to be accepted at farmers markets,

   v. Support and encourage community education efforts to help children learn about healthy and locally produced foods by expanding locally-sourced food in their school-provided meals and by creating more opportunities for children to grow their own food.

   vi. Encourage food service companies to take advantage of local, seasonal food whenever possible, and

   vii. Facilitate partnerships between the City, community organizations, non-profit organizations, local businesses, faith-based organizations, and local farmers to assist the residents of Alexandria--children, teens, and low-income individuals, in particular—with access to locally produced food by offering classes and workshops in gardening, nutrition, and cooking.

Adopted: March 23, 2010

WILLIAM D. EUILLE, MAYOR

ATTEST:

Jacqueline M. Henderson, CMC City Clerk
February 27, 2009

Honorable Mayor William Euille and Members of City Council
City of Alexandria
Suite 2300, City Hall
301 King Street
Alexandria, VA 22314

Dear Mayor Euille and City Council Members:

On behalf of the Environmental Policy Commission, I am writing to share our endorsement of the proposed resolution on healthy and sustainable food being considered by City Council, and to ask for its approval.

Our food production and consumption habits have a direct and profound affect on our health and that of our environment. To cite just one example, the production of livestock consumes an estimated 70 percent of agricultural land, is a major contributor to water pollution, is accelerating the rapid loss of biodiversity, and is responsible for 18 percent of greenhouse gas emissions measured in CO₂ equivalent—a higher share than the transportation sector. The heavy reliance on fertilizers, pesticides, processing, and transportation in our food production system carries high societal and environmental costs, costs which we can no longer afford. We can do better.

Improving the health and environmental sustainability of Alexandrian’s food is explicitly discussed in the City’s *Environmental Action Plan – 2030*, under Goal 5 of its chapter on “Environment and Health.” The goal stated is to “educate citizens about and increase equitable access to safe, healthy, and organic food, particularly for children and pregnant women, and encourage local and regional food production.” The action steps proposed in the Environmental Action Plan closely track those included in the green food resolution before Council.

We urge City Council to approve the healthy food resolution, and to support our community’s efforts to improve the quality, health, and sustainability of our food.

Sincerely,

Scott Barstow
Chair, Environmental Policy Commission
February 25, 2010

Dear Mr. Mayor and Members of Alexandria City Council,

We are writing in support of the proposed Healthy Food Resolution. The Executive Steering Committee, the governing board of the Partnership for a Healthier Alexandria, voted to support the resolution on Wednesday, January 6th.

The Partnership for a Healthier Alexandria’s Healthy Lifestyles Work Group received an ACHIEVE (Action Communities for Health, Innovation, and Environmental change) grant from the Centers for Disease Control and Prevention and the National Association of City and County Health Officials to prevent early childhood obesity by developing and implementing policy, systems, and environmental changes in the city. The work group has since formed the ACHIEVE Planning Team that is working to increase the accessibility of fruits and vegetables, as well as play spaces for all members of the community.

Over the next year, the ACHIEVE Planning Team will be investigating how to expand access to farmers markets through food stamps; increase low income residents’ access to gardening; and offer classes and workshops in gardening, nutrition, and cooking to adults and youth.

The resolution is consistent with the Partnership’s commitment to improve the health of the community and we ask for your support of it.

Sincerely,

Marian Van Landingham
Chair, Partnership for a Healthier Alexandria
RESOLUTION 2390

WHEREAS, the City of Alexandria strives to be an “Eco-City” by promoting health, nutrition, and lifestyles that are ecologically sustainable; and

WHEREAS, Alexandria’s Environmental Action Plan, adopted by the City Council in June of 2009, established 48 goals and 353 actions to guide sustainability efforts, including educating citizens about and increasing equitable access to safe, healthy, and sustainably grown food, particularly for children and adolescents; encouraging local and regional food production; and exploring opportunities to expand and promote farmers’ markets and community gardens, especially in low-income neighborhoods; and

WHEREAS, the Partnership for a Healthier Alexandria’s ACHIEVE Planning Team received a grant from the CDC to work with policy and grass-roots leaders to implement policy, systems, and environmental changes to create healthier lifestyles, including more nutritional diets and equal access to fresh foods and safe recreation spaces for all Alexandria children; and

WHEREAS, First Lady Michele Obama has created an organic garden at the White House and has worked with children throughout DC to encourage healthy food choices as well as to encourage the use of community gardens and farmers markets; and

WHEREAS, a 2007 Inova Health System survey found that over 40% of Alexandria children and teens are overweight or obese with 70% of children/teens not eating enough fruits and vegetables; and

WHEREAS, Alexandria has a large percentage of residents who suffer from chronic, diet-related disease, including diabetes, high blood pressure, and obesity; and

WHEREAS, Alexandria’s low-income residents need greater access to healthy, fresh, and affordable produce, as many of these communities currently have a large percentage of residents who suffer from chronic, diet-related disease, including diabetes, high blood pressure, and obesity.

WHEREAS, Eating fruits and vegetables can help decreases the risk of various ailments, including heart disease, high blood pressure, diabetes, obesity, and various cancers; and

WHEREAS, 53% of the students enrolled in Alexandria City Public School are eligible for free or reduced price meals and ACPS serves over 2 million meals per year (455,299 breakfasts, 1,218,409 lunches and 434,000 snacks) and purchases locally grown fruits and vegetables when feasible and seasonally available; and

WHEREAS, ACPS’ Department of Food and Nutrition Services (FNS) has been awarded $13,325 to initiate the federal Fresh Fruit and Vegetable Program at Jefferson-Houston School this school year. The program is designed to provide additional fresh fruit and vegetables to students outside of school meal times; and

WHEREAS, Alexandria City Public Schools (ACPS) currently provides 13 learning gardens to teach students about habitats, and to nurture the living things within them; and

WHEREAS, ACPS now has a 2009-2010 goal to compost leftovers at all schools which are provided to Chinquapin community gardens as fertilizer; and

WHEREAS, Alexandria now has approximately 200 community garden plots in three community locations that provide residents with access to fresh, local food; help build stronger community ties; and are in-demand by residents with a waiting list of over 100 people; and

WHEREAS, the mid-Atlantic region is home to a wide range of farms producing fresh, sustainable, locally grown products; and

WHEREAS, Alexandria now has 4 farmers markets that offer a wide array of food, much of which is grown in a sustainable way, yet this food is still largely inaccessible to low-income
residents; and

WHEREAS, many Alexandria restaurants, groceries and businesses already strive to purchase ingredients that are fresh and locally grown; and

WHEREAS, eating locally can reduce greenhouse gas emissions by shortening the distance food has to travel as well as help the local economy by keeping existing farms in business, attracting new farmers, and creating new local jobs in food production, processing, distribution and retailing; and

NOW THEREFORE, BE IT RESOLVED, that the Alexandria City Council:

1. AFFIRMS its strong support of food that is grown locally and in an environmentally sustainable manner;

2. AFFIRMS its desire to increase Alexandria residents’ access to local, fresh fruits, and vegetables, and other plant-based-foods;

3. REQUESTS that the City of Alexandria seek opportunities through its procurement efforts to take advantage of locally produced food;

4. RECOMMENDS that the City of Alexandria, businesses, individuals, schools, civic associations and community-based organizations work to purchase food that is grown locally;

5. ENCOURAGES community-initiated as well as public-private efforts to expand access to farmers markets and Community Supported Agriculture (CSAs), for residents of all ages, abilities, and income-levels;

6. SUPPORTS an increase in federal funding for the National School Lunch Program to provide higher quality and healthier meals in our schools with locally sustainable food practices;

7. ENCOURAGES citizen-initiated development of urban and community gardens and garden plots, on both City, school, and private property; and

8. SUPPORTS the creation of a City-wide citizen-led initiative, called Healthy Food Alexandria, endorsed by the Partnership for a Healthier Alexandria and the Environmental Policy Commission that would:

   i. Work to increase public awareness about sustainable, local foods by organizing education events and by providing special recognition to restaurants, businesses and organizations that utilize local food produced using sustainable methods,

   ii. Help encourage the development of more community gardens throughout the city.

   iii. Help encourage the development of more farmers markets throughout the city.

   iv. Seek opportunities to allow food stamps to be accepted at farmers markets,

   v. Support and encourage community education efforts to help children learn about healthy and locally produced foods by expanding locally-sourced food in their school-provided meals and by creating more opportunities for children to grow their own food.

   vi. Encourage food service companies to take advantage of local, seasonal food whenever possible, and

   vii. Facilitate partnerships between the City, community organizations, non-profit organizations, local businesses, faith-based organizations, and local farmers to assist the residents of Alexandria—children, teens, and low-income individuals, in particular—with access to locally produced food by offering classes and workshops in gardening, nutrition, and cooking.

Adopted: March 23, 2010
ATTEST:

JACQUELINE M. HENDERSON
Jacqueline M. Henderson, MMC City Clerk
I'm writing to express my strong support for the Healthy Food Resolution. Helping parents and children make healthier food choices at home and at school contributes to our community's ongoing effort to educate "the whole child."

Thank you.

Melynda Wilcox
Dear Mayor, Vice Mayor, and Council Members:

The Healthy Food Resolution will serve our city and our children well. Please adopt it.

Sincerely,

Susan Bartlett
Alexandria, VA
Please support the Healthy Food Resolution

I would like to express my support for the Healthy Food Resolution that will come before you tomorrow (3/23). As a parent of an ACPS elementary school student and as Chair of the Habitat Garden PTA committee at Charles Barrett Elementary, I particularly like the "shout out" to the ACPS habitat gardens and their role in teaching children about vegetables and herbs they can grow and taste themselves. I have encountered many elementary kids whose first experience digging in the ground and planting seeds was in our school's habitat garden.

We have a great tradition of farmers markets in Alexandria where people can buy local foods. The earlier we can teach kids about the importance of local, healthy foods, the better.
COA Contact Us: Healthy Food Resolution

william.euille, frank.fannon, kerry.donley,
alicia.hughes, council, delpepper, paulcsmedberg,
rose.boyd, jackie.henderron, elaine.scott,
rob.krupicka

Barbara Beck  to:  03/22/2010 02:43 PM

Please respond to Barbara Beck


Issue Type: Mayor, Vice Mayor, and Council Members
First Name: Barbara
Last Name: Beck
Street Address: 11118 Forest Edge Dr.
City: Reston
State: VA
Zip: 20190-4023
Phone: 703-464-4755
Email Address: bobbi.beck@erols.com
Subject: Healthy Food Resolution

I have many friends in Alexandria with children and I would like to
encourage the passage of the above Resolution as a socially responsible act
to see that children, the poor, and the obese, who generally make poor
nutrition choices, are guided and educated toward more healthy options
available in their own community. It is a win/win

situation.

Comments:
COA Contact Us: Healthy Food Resolution
william.euille, frank.fannon, kerry.donley,
alia.hughes, council, delpepper,
paulcsmedberg, rose.boyd, jackie.henderson,
elaine.scott, rob.krupicka

Rebecca Hierholzer to: paulcsmedberg,
rose.boyd, jackie.henderson,
elaine.scott, rob.krupicka

Please respond to Rebecca Hierholzer


Issue Type: Mayor, Vice Mayor, and Council Members
First Name: Rebecca
Last Name: Hierholzer
Street Address: 2649 Centennial Court
City: Alexandria
State: VA
Zip: 22311
Phone: 703-671-2322
Email Address: magicbeca@aol.com
Subject: Healthy Food Resolution
I'm urging you to vote YES in tomorrow's vote of the Healthy Food Resolution!
COA Contact Us: Healthy Food Resolution
william.euille, frank.fannon,
kerry.donley, alicia.hughes,
council, delpepper,
paulcsmedberg, rose.boyd,
jackie.henderson,
elaine.scott, rob.krupicka

Clare; Maureen and Mark Williams to: 
03/22/2010 12:50 PM

Please respond to Clare, Maureen and Mark Williams


Issue Type: Mayor, Vice Mayor, and Council Members
First Name: Clare, Maureen and Mark
Last Name: Williams
Street Address: 100 Cameron Station Blvd.
    City: Alexandria
    State: VA
    Zip: 22304-7737
Phone: 202 531 5125
Email Address: markcwilliams@yahoo.com
Subject: Healthy Food Resolution
    Many thanks for considering this. We encourage the entire Council to
    support and enact this measure.
Comments: With best wishes -
    Clare, Maureen
    and Mark Williams
COA Contact Us: Healthy Food Resolution

Lesley Hostetter  to: rose.boyd, jackie.henderson, elaine.scott, rob.krupicka

Please respond to Lesley Hostetter


Issue Type: Mayor, Vice Mayor, and Council Members
First Name: Lesley
Last Name: Hostetter
Street Address: 8 E Chapman Street
City: Alexandria
State: VA
Zip: 22301
Phone:
Email Address: lhostetter@lautmandc.com
Subject: Healthy Food Resolution

The resolution will increase residents’ access to healthful plant-based foods while also reducing the city’s carbon footprint. The proposed resolution will create a citywide initiative to increase public awareness of local, sustainable foods; seeks expanded access to farmers markets, Community Supported Agriculture (CSAs), and community gardens; and supports workshops in gardening, nutrition, and cooking with local plant-based foods for residents, with an emphasis on children, teens, and low-income residents.

By passing this resolution, Alexandria will also send an important message to Congress about the need for more funding for healthful, fresh, and locally-sourced food in the National School Lunch Program and a greater focus on teaching our children to eat more healthful, sustainable plant-based foods.

Please pass this tomorrow.
Dear Mayor Euille and City Council Members:

I am writing to strongly endorse the proposed Healthy Food Resolution that will be before the Alexandria City Council in the near future. The Healthy Food Resolution captures the mindset and demonstrates the initiative that citizens and governments at the state and local levels must embrace in order to bring about the change necessary to ensure healthier, more ethical, and sustainable lifestyles. The Healthy Food Resolution addresses the concerns that I have as a citizen regarding the desperate need for advances in creating access to healthy-organic and ethical foods that have minimal impact on our environment. Furthermore, the adoption of the Health Food Resolution would reflect greatly on our City by demonstrating our community’s commitment to improving public health and protecting our environment.

Very respectfully,

Benjamin Currier
Dear Mayor, Vice Mayor and Council Members,

I am writing in support of the Healthy Food Resolution. Chicago and San Francisco have passed similar resolutions and NYC is currently considering a green food resolution. I really hope that Alexandria will soon be part of this elite group of cities! This resolution will promote and expand opportunities for Alexandria businesses who are doing an amazing job of serving local produce. This resolution will assist Alexandria residents with access to local and sustainable food choices that are better for their bodies and the environment. This resolution will also build a greater sense of community by encouraging community gardens, community education programs, and the development of more farmers markets. Passing this resolution will set Alexandria apart from other cities as a leader in the eco-cities movement because this resolution not only creates opportunities to reduce our city’s climate footprint, but it also creates greater access to local, fresh,
healthy plant-based food, especially in low-income communities.

I appreciate your time and consideration of this issue.

Sincerely,

Reasa D. Currier
Dear City Council Members,

As a citizen and business owner in Alexandria, I fully support the Proposed Resolution Establishing Healthy Food Alexandria, a City-Wide Citizen-Led Initiative.

Sincerely,

Heather Stouffer
Founder
Mom Made Foods

www.mommadefoods.com
Dear Mayor Euille and City Council members,

Thank you for passing the Healthy Food Initiative resolution to encourage families to eat differently. As you said in the DC Examiner article of 3/28/2010, infant & child nutrition is a family education process.

First Lady Michelle Obama has not spoken about breast-feeding yet, but the subject of healthy eating begins before birth with mothers-to-be.

Teaching babies & children to like natural & healthy foods instead of artificial infant formula & commercial high fat & high sugar foods could be as easy as encouraging more breast feeding of babies.

Alexandria already has breastfeeding counselors in the
Comments:
Alexandria Health Department and in our Nutrition Services/WIC

department. We have world-class breastfeeding organizations in our city
standing by to help.
Young mothers and fathers-to-be need encouragement
to try natural, inexpensive, healthy breast feeding for as long as
possible, for their baby's sake.
Can we find role models to make
public announcements about breastfeeding via whatever Twitter, Facebook, or
other
media will appeal to young people? Churches & schools would
also be places to communicate this important message
about feeding
children naturally & healthily.
Sincerely,

Mary Ann Shelton