



[Sign this Petition: Help Stop Making School Children Sick with Free Milk](#)

Cow's milk is included free with the school lunch program at my grandson Jaysen's public grade school. (He takes a bag lunch.) Parents must pay an extra \$.50 daily to have fruit juice as an alternative. His school is made up of mostly Latino children, which means children with lactose (milk sugar) intolerance, resulting in diarrhea, stomach cramps, and gas when they drink milk, free or not. Few of these families know enough about the health hazards, much less can afford, to choose an alternative to the free milk. [Read about milk's role](#) in causing obesity, ear infections, GERD, constipation, arthritis, and much more suffering in children.

Then [sign this petition](#) to require dairy alternatives in our school lunch programs.

The National School Lunch Program under The Child Nutrition Act is up for reauthorization this year, 2010. With your help we can reach the goal of collecting 10,000 signatures by tomorrow. Add a personal note to let them know how you really feel.

Thank you,

John McDougall, MD

Here is an [alternative effort](#) for the same goal from Farm Sanctuary.

