

Oct. 15, 2014

Desert Garden Montessori
Attn: Ms. Shetal Walters
5130 E. Warner Road
Phoenix, AZ 85044

Dear Ms. Walters and the Desert Garden Montessori Community,

I want to take a moment to congratulate you on your revolutionary and groundbreaking approach to student education and nutrition.

As a performing musician I know the importance of a healthy diet. Eating a plant-based diet filled with fresh fruits and vegetables gives me energy and fuels my creativity. Changing my diet changed my life; your dedication to the well-being and nutrition of your students is changing their lives.

Being a father, I know how important it is to give our kids the foods that will give them the best start in life. When I think of educating my own young daughters in the future, I think about books and classrooms, but I also think about the lunchroom. I want them to grow up knowing that food choices are powerful and that eating well will not only help improve academic performance but also ward off health problems and protect our environment. Most important to our family, eating a plant-based diet is the cornerstone for leading a compassionate lifestyle that is respectful of all sentient beings and teaches our children the responsibility of being stewards of our planet.

I am so impressed that students at Desert Garden learn about nutrition and have access to food like rainbow carrots, garden green salads, mashed sweet potatoes, and watermelon wedges. Your students are reaping the benefits of all the vitamins, minerals and phytochemicals in the nutrition spectrum.

Congratulations on your award! I am so happy to join the Physicians Committee in recognizing your commitment to the health of the next generation. Thank you for paving a brighter future.

Sincerely,

A handwritten signature in black ink, appearing to read 'Tony Kanal', with a long horizontal line extending to the right.

Tony Kanal

Band Member – No Doubt