

ABOUT THE Life Time FoundationSM

Our mission is to help schools eliminate what we call the “Harmful 7SM” ingredients from the food they serve so every child receives the healthy food they deserve.

THE HARMFUL 7

Trans Fats & Hydrogenated Oils:
Associated with heart disease risk

High-Fructose Corn Syrup: Main concerns are weight gain, obesity and weight related diseases

Hormones & Antibiotics:
Overexposure, antibiotic-resistant bacteria

Processed & Artificial Sweeteners:
Contribute to overweight, obesity and weight-related diseases

Artificial Colors & Flavors: May cause hypersensitivity and hyperactivity

Artificial Preservatives: Increased risk of cancer

Bleached Flour: Bleaching accomplished by use of unnecessary chemical that should be avoided; banned in some countries



We believe in removing the Harmful 7 because

processed, artificial and unhealthy foods negatively impact children in many ways, including: obesity, type 2 diabetes, heart disease, high triglycerides, increased cancer risk, learning disabilities, limited attention spans, hyperactivity, behavior problems, depression and anxiety.

We also believe in the importance of providing nutrition education so students understand the “why” behind the removal of the Harmful 7 and helping them make informed healthy choices.

We invite
school districts
to apply for
grants that help
them remove
the Harmful 7.

CURRICULUM OVERVIEW

Each lesson consists of a video to teach a set of primary messages, a teacher guide “checklist” to assist the instructor in leading the lesson, and a parent support guide to extend learning beyond the school day to the home.

For more information on the Life Time FoundationSM, please visit: <https://www.ltfoundation.org/> and follow us on Facebook, Twitter and Instagram, or call us at 952-229-7226.