

School Obesity Program



WASHINGTON, DC (WUSA)

Many schools across the U.S. are leading the charge to fight childhood obesity.

We spoke with Lowry Martin founder of haveurcaketoo.com, and she shared with us that she has developed products which are currently in many of the school districts across the U.S.

Her "Veggie Muffins" consist of all natural products: Whole Wheat, infused with Fruit and Veggies, Honey, and much more!

Ms. Martin stated that the Veggie Muffins and mixes exceed USDA school food guidelines, and are listed with The Alliance For A Healthier Generation. She is also currently involved in providing "Healthy Cooking With Kids" Workshops (see services page)

"Farm to Table, Read the Label" and "If You Cant Read It, Don't Eat It!".

A moist delicious Dessert that will temp your taste buds all while staying within the guidelines of a healthy lifestyle. Our Veggie Muffins are made with fresh fruits and vegetables from local farms, and all natural ingredients.

Each baked item provides one or more of a daily serving of bread, or fruit and vegetables in accordance with the USDA Daily Nutritional Requirements. Veggie Mix is also available to mix em anyway you want-em using local fresh farm fruits and veggies from your Farmers Market! What a great idea for kids!

All Muffins are baked with 100% Whole Wheat Flour and all natural ingredients.

We have been in the business of developing "Healthy Veggie Cakes since 1998 and went to market in 2000.

[Local Shop Will Aid in a Healthy School Year Article](#)