



The Life Time Foundation is a public nonprofit organization with a mission to inspire healthier children.

What we do

We partner with great schools to help them eliminate all processed and artificial ingredients from the meals they serve. We call these ingredients the Harmful 7:

- 1 Trans Fats & Hydrogenated Oils
- 2 High-Fructose Corn Syrup
- 3 Hormones & Antibiotics
- 4 Processed & Artificial Sweeteners
- 5 Artificial Colors & Flavors
- 6 Artificial Preservatives
- 7 Bleached Flour

What we offer

We provide schools with financial support for healthy food, kitchen equipment, education and training, and more, all with the sole purpose of eliminating the Harmful 7 from school food.

You can help

Educate – Visit lftfoundation.org to learn about the Harmful 7.

Advocate – Share our videos and follow us on Facebook, Instagram and Pinterest. Sign up at thegoodfoodfight.org, and we'll send you a tool kit to help spread the word about the Harmful 7.

Donate – 100% of your tax-deductible donation supports our mission, because Life Time, Inc., covers all administrative expenses.



Eliminate the Harmful 7

lftfoundation.org | thegoodfoodfight.org

