

## **Miguel Villarreal – “Nutrition – Because We Care”**

With over 30 years experience in public schools pioneering healthy food in schools, Miguel Villarreal has been at work redefining the role of a School Food Service Programs and improving the diet of the students in the State and around the Nation.

Miguel’s story began in the fields. He was born into a family working the fields for the first seventeen years of his life. His passion for fitness and nutrition led him to a Bachelor of Food and Nutrition. He found himself in School Food Service Administration while he sought his Masters in Business Administration and realized he was helping young active bodies stay healthy. It was here his passion became focused and he took it to the cafeteria, the classroom and the community.



He moved to California in 2001. An early advocate of the Farm to School, in 2003 he collaborated with Marin Organic to make a [nationally recognized gleaning program](#), taking families to the farms for harvest. He was profiled in 2014 in the [National Farm to School Network](#). He targeted highly processed food in 2002 and removed 32 tons of sugar every year from Novato USD. In 2011 Miguel worked with community and allied organizations to successfully create policy in city ordinance, restricting mobile food trucks around all public and private schools and featured in a [Micro-Documentary](#).

The Nation’s health is in crisis but the San Ramon Valley community children are in good hands. Healthy food and Nutrition Education are key to Miguel. He introduced [Wellness in the Schools Culinary and Nutrition Education](#) classes in grades K-12 in Novato. The Novato North Marin PTA Council recognized all of his efforts the community with a Very Special Person Award. In 2017 is was named Grand Marshal for the Novato 4<sup>th</sup> of July Parade.

His ever-advancing efforts to improve the food and the health of the community has been the interest of [The Huffington Post](#) and [Wall Street Journal](#), brought invitations behind the doors of the White House in 2010 and recognition from the USDA for creating a model of nutrition education. 2011 carried his work to the international attention of Jamie Oliver who recognized him as a Food Hero of Food Revolution. In 2012, his work was recognized nationally by the Physicians Committee for Responsible Medicine. In 2013, he was a speaker at [Food Summit 4 held at Stanford University](#) and continues to speak at Stanford through 2019.

His innovative community model and established credibility among many community groups, policy makers, and foundations, as well as state and national officials gives his programs a high degree of success that support and contribute to efforts to create nutrition and wellness environments in schools and the community.

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