

1/28/16

## **MCCPTA Resolution to Promote Healthy Food Sold and Served to Children in MCPS**

**Whereas,** Many school food items served and sold in MCPS are processed products that are dyed, artificially flavored, preserved, sweetened and flavor enhanced<sup>1</sup>; and

**Whereas,** Studies have shown that artificial chemical additives can be harmful to children's health, contribute to excess weight gain, and affect children's ability to pay attention<sup>2</sup>; and

**Whereas,** Studies have shown that serving real and nutritious food to children can impact their success by improving academic performance, lowering weight and rates of obesity, and improving behavior<sup>3</sup>; and

**Whereas,** Research demonstrates that school children significantly increase their consumption of fruits and vegetables when given a variety of choices via a school salad bar<sup>4</sup>; and

**Whereas,** A number of large school districts in the country have already demonstrated the financial feasibility of serving food cooked from scratch<sup>5,6,7</sup>; and

**Whereas,** The American Heart Association recommends for an entire day a maximum of 3 teaspoons of added sugar for children ages 4-8 and 5-8 teaspoons for pre-teens and teenagers<sup>8</sup>; and

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<sup>1</sup> [http://www.realfoodforkidsmontgomery.org/RFKM\\_DFNS\\_PRODUCT\\_LIST-Additives.pdf](http://www.realfoodforkidsmontgomery.org/RFKM_DFNS_PRODUCT_LIST-Additives.pdf);  
<http://www.realfoodforkidsmontgomery.org/food.php>;  
[http://www.realfoodforkidsmontgomery.org/RFKM\\_DFNS\\_PRODUCT\\_LIST-Sugars.pdf](http://www.realfoodforkidsmontgomery.org/RFKM_DFNS_PRODUCT_LIST-Sugars.pdf)

<sup>2</sup> Food Dyes: A Rainbow of Risks. Center for Science in the Public Interest. <https://cspinet.org/new/pdf/food-dyes-rainbow-of-risks.pdf>

<sup>3</sup> Wilder Research. 2014. Nutrition and Students' Academic Performance. <https://www.wilder.org/Wilder-Research/Publications/Studies/Fueling%20Academic%20Performance%20-%20Strategies%20to%20Foster%20Healthy%20Eating%20Among%20Students/Nutrition%20and%20Students'%20Academic%20Performance.pdf>

<sup>4</sup> Journal of the American Dietetic Association (Impact Factor: 3.92). 12/2005; 105(11):1789-92: [https://www.researchgate.net/publication/7509739\\_Salad\\_Bars\\_and\\_Fruit\\_and\\_Vegetable\\_Consumption\\_in\\_Elementary\\_Schools\\_A\\_Plate\\_Waste\\_Study](https://www.researchgate.net/publication/7509739_Salad_Bars_and_Fruit_and_Vegetable_Consumption_in_Elementary_Schools_A_Plate_Waste_Study)

<sup>5</sup> Education Week. 2014 Mar 3. Minneapolis Leader Turns School Cafeterias Into 'Real Kitchens'. <http://www.edweek.org/ew/articles/2014/03/05/23ltf-weber.h33.html>

<sup>6</sup> Robert Wood Johnson Foundation. 2013 Apr. Healthy Schools Program: Memphis, Tennessee. <http://www.rwjf.org/en/library/research/2013/04/healthy-schools-program--memphis--tennessee.html>

<sup>7</sup> Inside School Food. 2014 Jun 9. Episode 6 Salad Bars Part 1: Riverside Unified School District. <http://heritageradionetwork.org/podcast/inside-school-food-episode-6-salad-bars-part-1-riverside-unified-school-district/>

<sup>8</sup> [https://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Added-Sugars\\_UCM\\_305858\\_Article.jsp](https://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Added-Sugars_UCM_305858_Article.jsp) and <http://circ.ahajournals.org/content/120/11/1011.full.pdf>

**Whereas**, Scientific research has shown that drinking one sugar-sweetened beverage a day increases a child’s risk for obesity by 60%<sup>9</sup> and an individual’s risk for type 2 diabetes by 18%<sup>9</sup>; and one artificially-sweetened beverage a day increases an individual’s risk for type 2 diabetes by 25%<sup>10</sup>; and whereas MCPS offers vending machines accessible to students in most middle and high schools that sell soda, sugar-sweetened beverages and artificially-sweetened beverages from 30 minutes after the end of the school day until midnight; therefore be it

**Resolved** That MCCPTA requests that in elementary schools, MCPS serve healthier, minimally processed or unprocessed a la carte items such as hummus, cheese, crackers, low-sugar (but not artificially-sweetened) yogurts, popcorn and whole fruit and vegetables; but not to include chips, ice creams, cookies, fruits snacks, or other snacks with added sugar or artificial sweeteners. Items already served as part of the federally reimbursable lunch program may also be served; and be it

**Resolved** That MCCPTA requests that on monthly menus, MCPS publish by brand name and flavor all available a la carte items that are not part of the federally reimbursable lunch program. If a la carte items differ by school, MCCPTA requests in addition that at the beginning of each school year, MCPS principals send home to parents a list of a la carte items for sale at their school, including brand name and flavor, with instructions on how to block a la carte purchases; and be it

**Resolved** That MCCPTA requests that at any hour of the day, MCPS stop selling soda, artificially-sweetened beverages, and sugar-sweetened beverages and that do not meet the USDA’s Smart Snacks in Schools standards<sup>11</sup> in vending machines accessible to students; and be it

**Resolved** That MCCPTA requests that MCPS begin purchasing or preparing only food that does not contain any artificial food dyes; and be it

**Resolved** That MCCPTA requests that that MCPS begin the process of moving from serving processed, pre-plated food reheated in plastic to serving food cooked from scratch at its central facility or in school kitchens. To this end, MCCPTA requests that the Board of Education use an outside consultant to assess the costs of this change and deliver that report publicly to MCCPTA and the Board of Education; and be it

**Resolved** That MCCPTA requests that MCPS implement salad bars in all elementary, middle and high schools that can accommodate them and that MCPS research and apply best practices in salad bar implementation; and be it

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<sup>9</sup> Lancet. 2001 Feb 17;357(9255):505-8. <http://www.ncbi.nlm.nih.gov/pubmed/11229668>

<sup>10</sup> BMJ 2015;351:h3576. <http://www.bmj.com/content/351/bmj.h3576>

<sup>11</sup> Smart Snacks in Schools: USDA’s “All Foods Sold in Schools” Standards. [http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

**Resolved** That MCCPTA requests that MCPS limit the amount of added sugar in foods sold to any student per meal period to the levels recommended for children by the American Heart Association; and be it

**Resolved** That MCCPTA requests that MCPS change its Wellness Policy (JPG) and Regulation (JPG-RA) to reflect the contents of this resolution.