

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

Whereas, Some school food items served and sold in MCPS are processed products that contain food dyes, or are artificially flavored, preserved, sweetened or flavor enhanced¹; and

Whereas, Studies suggest that artificial chemical additives can be harmful to children's health, contribute to excess weight gain, and affect children's ability to pay attention²; and

Whereas, Studies have shown that serving nutritious food to children can impact their success by improving academic performance, lowering weight and rates of obesity, and improving behavior³; 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 bar⁴; and

Whereas, A number of large school districts in the country have already demonstrated the financial feasibility of serving food cooked from scratch^{5, 6, 7}; and

Whereas, The Dietary Guidelines for Americans recommend that all Americans limit calories from added sugars to 10% of daily calories and limit saturated fats and sodium intake.⁸; and

¹ 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

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

³ 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%20Student%20Academic%20Performance.pdf>

⁴ 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

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

⁶ 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>

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

⁸ Dietary Guidelines for Americans 2015-2010, Eighth Edition:
<http://health.gov/dietaryguidelines/2015/guidelines/>

Whereas, Scientific research has shown that drinking one sugar-sweetened beverage a day increases a child's risk for obesity by 60%⁹ and an individual's risk for type 2 diabetes by 18%⁹; and one artificially-sweetened beverage a day increases an individual's risk for type 2 diabetes by 25%¹⁰; 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 low-fat, low-sodium, minimally processed or unprocessed a la carte items such as hummus, cheese, crackers, low-sugar (but not artificially-sweetened) yogurts, whole grain rich pretzels, 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 standards¹¹ 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 batch-certified synthetic 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

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

¹⁰ BMJ 2015;351:h3576. <http://www.bmjjournals.org/content/351/bmj.h3576>

¹¹ Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.
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 no more than 10% of total calories; 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; and be it

Resolved That MCCPTA requests that MCPS publicly articulate a clear process through which MCCPTA and other relevant stakeholders will be involved in the review of implementation plans and the findings of the outside consultant regarding costs.