

## Resolution To Improve School Food at Fairfax County Public Schools

WHEREAS, the health, nutrition, and education of our children is of highest concern to the citizens of Fairfax County; and

WHEREAS, providing more nutritious foods to children has received national attention from First Lady Michelle Obama's Let's Move Campaign; and

WHEREAS, school food today is made up of highly processed products that are dyed, artificially flavored, preserved, and flavor enhanced, using petroleum based chemicals found in plastics and pesticides; and

WHEREAS, bottled water costs a dollar, and cups of water are not available;

WHEREAS, these artificial additives can negatively impact childhood behavior and learning, including the following issues: obesity, diabetes, hyperactivity, developmental delays, ability to focus, asthma, depression, mood/irritability, violent behavior; and

WHEREAS, serving real food can impact our children's success by a) increasing academic performance, b) lowering weight and rates of obesity, c) improving behavior, and d) reducing special education needs/costs; and

WHEREAS, it did not cost Fairfax County any additional funds when it successfully eliminated artificial ingredients and harmful additives from school food in the 1980's; now, therefore, be it

RESOLVED, That the <sup>WPHS</sup>~~\*INSERT SCHOOL NAME PTA/PTSA~~ encourages Fairfax County Public Schools to take a FIRST step of improving the overall health and nutrition of foods served at schools, by implementing the following initial changes:

- Increase the quantity of fresh, naturally grown, fruits and vegetables on a daily basis, e.g. providing a salad bar
- Eliminate highly processed food and replace with real food.
- Eliminate flavor enhancers like MSG, autolyzed yeast, hydrolyzed protein, etc.
- Eliminate trans fats (partially hydrogenated oils) or fully hydrogenated oils
- Eliminate artificial additives, dyes, preservatives
- Eliminate high fructose corn syrup and limit other added sugars
- Provide cups of water or bottled water available in the lunch room at a free or economical price
- Provide organic milk as an option