

Nutrition Committee Suggestions

1. Set standards for all foods and beverages procured by the state - this will have an impact on the public (government-owned or operated) places where children congregate--e.g., zoos, parks etc.)
 - a. A set of nutrition standards that procured foods must meet
 - b. A percentage of fresh fruits and vegetables must be available whenever sold.
 - c. Regulations on the types and amounts of foods and nutrients in government-provided meals, snacks, or beverages
 - d. Specification of who is responsible for developing the standards (if the policy does not detail the standards itself), procuring and providing the food (whether directly through government employees or through a contracting process), and enforcing the policy.
 - e. Minimum amount of sugar in beverages
 - f. Requirements to buy food from local providers

2. Prohibit marketing of junk food and beverages in schools and children's hospitals
 - a. No mascots coming to schools such as Ronald McDonald teaching physical exercise, or Boxtops for Education which encourage families to buy a company's goods. This is something that should be expanded to our public hospitals as well.
 - b. Sponsorship of programs and activities (sports teams, clubs, etc.)
 - c. Exclusive agreements (e.g. a school agrees to only sell Coke products)
 - d. Incentive programs (provide schools with supplies when families buy products)
 - e. Appropriation of space (e.g. naming a field or building after the corporation, or advertising the corporation on scoreboards, vending machines, etc.)
 - f. Sponsored educational materials (books, pencils, uniforms, etc.) for both students and teachers
 - g. Educational programs (such as McDonald's What's On Your Plate program, which teaches elementary school children the importance of physical activity and making smart food choices)
 - h. Electronic marketing (such as provision of televisions in exchange for allowing food-related commercials on Channel One)
 - i. Fundraising (such as General Mills' Box Tops for Education program)

3. Conduct statewide BMI surveillance
 - a. Design a way to create a system to measure height and weight of children, not individually but in a community or larger. This can be done as part of the blue sheet

that all kids need in certain grades. SDE would retain the information. Currently there is not process to report or collect the height and weight of children even though it is recorded at regular intervals.

This is another idea that we thought might be good:

Curriculum for Nutrition Education and is mandatory in schools (maybe in elementary, middle and high as well)