

## Nutritional Requirements

**Whereas:** The mission of the National Parent Teacher Association is to “support and speak on behalf of children and youth in the schools, in the community, and before governmental bodies and other organizations that make decisions affecting children”; and

**Whereas:** School districts are not required to participate in the USDA National School Lunch Program, many schools offer choices that are high in fat, sodium, and/or sugar, and

**Whereas:** Foods sold to students in vending machines, school stores, and in the school cafeteria should be attractive and expand the variety of healthy choices available with a limit on calories from total fat, saturated fat, and little or no processing or additives, and

**Whereas:** In the last 40 years, the Surgeon General reports that obesity has tripled in youngsters between the ages of 6 and 11, and

**Whereas:** Type 2 Diabetes has risen by 33% in children between the ages of 6 and 11, since 1990. Obesity contributes to cardiovascular disease, stroke, high blood pressure, and a variety of other health issues. (Richmond Times-Dispatch 1/24/02), and

**Be it Resolved: Alaska PTA** supports the requirement that food or beverage items that are made available to K-12 students on school property during the school day contain the minimum nutritional value as determined by the U.S. Department of Agriculture (USDA) in cooperation with the Department of Education & Early Development.

**Be it Resolved: Alaska PTA** supports legislation to sustain and improve federal child nutrition programs,

**Rationale:** When students are taught about good nutrition and healthy food choices, but offered choices that are not nutritious, they learn that good nutrition is only an academic exercise. Childhood obesity is a national epidemic.

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<sup>1</sup> Approved at the Alaska PTA Convention 5/2/2003