

Healthy School Meals = Thriving Kids

Support the Healthy School Meals Bill, H448/S260

Sponsored by Rep. Khan and Sen. Moore

Children eat a significant percentage of their daily calories at school — in some cases up to 2/3 of total calories.

Children learn habits for life at school — including eating habits.

Creative partnerships and incentives can make schools healthier places.



BUT TODAY...

Children are over-eating food and drinks high in fat and sugar, fueling rising rates of obesity and related chronic diseases among children.

Lack of resources and financial incentives make it difficult for many schools to offer healthier meals.

The number of overweight children tripled in the last 30 years, leading to increases in diabetes, asthma, and heart disease. Rates of diabetes have tripled since 1980, resulting in nearly \$6,000 in average yearly medical costs per person.

THE HEALTHY SCHOOL MEALS BILL WOULD:

Lay the foundation for school wellness improvement through establishing incentives for school districts to **improve the nutritional standards of school meals and increase the amount of fresh, local food in meals.**

The Departments of Education and Public Health would establish standards. Schools could then apply on a pilot basis to receive an enhanced state match for federal school meals reimbursement.



JOIN THE CAMPAIGN!

- **ENDORSE** H448/S260 by contacting the MA Public Health Association.
- **SHARE** copies of this fact sheet with your colleagues and ask them to endorse.
- **WRITE** a letter of support to Education Committee Chairs Martha Walz and Robert O'Leary.

References: National Farm to School Network.