

11.19 School Nutrition

Resolution passed 2007; amended 2018

Whereas, nutrition is a cornerstone to the health, well-being, development, and academic achievement of children; and

Whereas, children facing food insecurity are at increased risk of falling behind their peers academically and socially; food insecurity is linked to lower reading and mathematics test scores and increased behavioral issues; and

Whereas, the consumption of nutrients correlates with the amount of time children have to eat; and

Whereas, the Centers for Disease Control recommends that schools ensure sufficient time for students to receive and consume a meal, with at least ten minutes for eating breakfast and twenty minutes for eating lunch after being seated; and

Whereas, scheduling recess before lunch and promoting a positive school lunch environment leads to increased healthy food choices and consumption, and decreased food waste and discipline referrals.

Therefore, be it

Resolved, that Washington State PTA encourages its local PTAs and councils to be engaged in the ongoing policy-making processes at all levels regarding school nutrition; and be it further

Resolved, that Washington State PTA encourage its local PTAs and councils to continue to monitor the quality of meals served and other food available in schools (such as vending machines, student stores, student fund-raising projects, and classroom snacks) in order to ensure the best nutrition for our state's young people to develop good habits that will contribute to a lifetime of good nutrition; and be it further

Resolved, that Washington State PTA urges its local PTAs and councils to encourage nutritional and palatable school meals by actively encouraging involvement of parents, teachers, and students with food service personnel in the decision-making process of meal planning; to support nutrient-saving methods of purchasing and preparation of foods; to provide more products with whole grains; to reduce the excessive use of sweeteners and starches; to reduce the use of foods high in fat and salt; to eliminate known unhealthy or harmful methods of preservation and additives in foods served or available; and be it further

Resolved, that Washington State PTA and its local PTAs and councils to support the increased equitable access to school meals such as breakfast after the bell; support expansion of nutritionally complete meal programs throughout the calendar year using the resources already in place across the state and in consultation with a nutrition professional; support the national standard of twenty minutes of seated time to eat lunch, not including the time spent transitioning into a lunchroom or waiting in line for food, as well as scheduling recess before lunch when possible; and oppose the practice of meal debt policies that shame or humiliate students, or prevent children from receiving a full meal due to meal debt.