



2019 State Legislative Issue Paper

California School Nutrition Association supports school bonds that encourage the improvement of Child Nutrition Programs

Sadly, for many of our students, the meals they receive at school are the only meals they might receive in a day and it has never been more important to ensure that the meals we provide are of the highest quality. However, federal law severely limits the use of funds received through the National School Lunch Program and School Breakfast Program for building or modernizing our central kitchens or on-site facilities. We would encourage the Legislature to ensure that school food service facilities are included in all conversations related to the existing and any future school facilities bonds. We commit to work locally to ensure that school cafeterias, kitchens, and related structures and equipment are part of local bond conversations as well.

California School Nutrition Association supports Nutrition Education to promote healthy behaviors and practices for classroom ready students.

Nutrition Education is an integral part of the student learning environment. Nutrition Education allows students to make informed choices far beyond the classroom that can affect overall health and productivity. Students who receive Nutrition Education in the classroom are able to put that education into direct practice every day. Math, reading and language arts curriculum can be utilized as vehicles of Nutrition Education. We advocate for legislators to continually support opportunities to integrate Nutrition Education into the curriculum and strengthen policies to not allow unhealthy foods to be used as a reward.

Despite recognizing that good nutrition practices and Nutrition Education are two major factors for student success, many schools and school districts have allowed the use of food as a reward that contradicts good nutrition practices. Candy, cookies, and additional unhealthy options are used to motivate student performance which contradicts positive nutritional reinforcement.

According to the federal Final Rule: LSWP Implementation, under the Healthy Hunger-Free Kids Act of 2010, LEAs who participate in the National School Lunch Program and the School Breakfast Program must establish a local school wellness policy (LSWP) for all schools within their jurisdiction.

CSNA supports requiring districts to amend their local school wellness policies (LSWP) to include language for rewarding students for achievement or positive behavior that do not allow unhealthy foods to be used as a reward.



California School Nutrition Association supports adequate time to eat and facilities for students to consume healthy meals.

A substantial number of students do not have enough time to eat, according to a study from Harvard, and it could be affecting their health. The report concluded, during short lunch periods — in some cases just 20 minutes total — students were less likely to pick up fruit, and they consumed significantly less of their entrees, milk, and vegetables than students with longer lunch periods. The research was published in the *Journal of the Academy of Nutrition and Dietetics*. The author reported, “Across the board, [students who had 20 minutes or less] were throwing out 10 to 15 percent of everything.” Many children, especially from low-income areas, rely on school meals for nearly half or more of their daily energy intake.

In the “School Health Guidelines” provided by the CDC, there is a recommendation that students should have 10 minutes for breakfast and 20 minutes for lunches *after the student has been seated*. *We encourage the legislature to support programs that provide adequate time to eat for students, including facilities and break periods that support the program.*