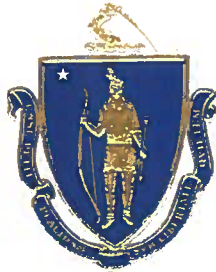


# The Massachusetts Senate



## Resolutions

### SUPPORTING HEALTHY WHOLE-FOOD, PLANT-BASED OPTIONS IN SCHOOL MEALS.

**WHEREAS**, SCHOOL CHILDREN TODAY ARE CONSUMING DIETS WITH TOO MANY CALORIES AND TOO FEW NUTRIENTS AND IT SHOULD BE THE GOAL OF SCHOOLS TO PRESENT HEALTHY OPTIONS TO SUPPORT IMPROVED HEALTH AND WELL-BEING; AND

**WHEREAS**, THE 2010 UNITED STATES DIETARY GUIDELINES RECOMMEND SHIFTING FOOD INTAKE PATTERNS TO A HEALTHIER PLANT-BASED DIET THAT EMPHASIZES FRUITS, VEGETABLES AND WHOLE GRAINS; AND

**WHEREAS**, ACCORDING TO THE CONGRESSIONAL RESEARCH SERVICE ALMOST 32% OF U.S. CHILDREN AND ADOLESCENTS BETWEEN THE AGES OF 2 AND 19 ARE OVERWEIGHT, AND MORE THAN HALF OF THOSE CHILDREN ARE CONSIDERED OBESE; AND

**WHEREAS**, THE CENTERS FOR DISEASE CONTROL AND PREVENTION STATES THAT OVERWEIGHT OR OBESE CHILDREN ARE AT A GREATER RISK OF DEVELOPING HEALTH PROBLEMS, INCLUDING HEART DISEASE, DIABETES, ASTHMA AND CANCER; AND

**WHEREAS**, SCHOOL MEALS PLAY A CENTRAL ROLE IN ENSURING THAT CHILDREN RECEIVE THE NUTRITION THEY NEED TO GROW AND THRIVE SINCE OUR YOUTH CONSUME AS MANY AS HALF THEIR MEALS AND MORE THAN HALF OF THEIR DAILY CALORIES AT SCHOOL AND THE FOOD PROVIDED SHOULD PROMOTE GOOD HEALTH THROUGH OPTIONS THAT ARE MORE PLANT-BASED, RICH IN FRUITS, VEGETABLES, WHOLE GRAINS, LEGUMES AND HEALTHY PROTEIN; AND

**WHEREAS**, DIETS HIGH IN FRUITS, VEGETABLES, WHOLE GRAINS AND LEGUMES PROMOTE GOOD HEALTH BECAUSE THEY CONTAIN NUTRIENTS THAT CAN HELP CHILDREN MAINTAIN A HEALTHY WEIGHT AND REDUCE THE RISK OF DEVELOPING HEART DISEASE, OBESITY, DIABETES, HIGH BLOOD PRESSURE AND CANCER, ACCORDING TO THE UNITED STATES DEPARTMENT OF AGRICULTURE; NOW THEREFORE BE IT

**RESOLVED**, THAT THE MASSACHUSETTS SENATE ENCOURAGES SCHOOL DISTRICTS TO PROVIDE WHOLE FOOD PLANT-BASED OPTIONS IN SCHOOL MEALS AS A MEANS TO IMPROVE THE HEALTH OF ALL STUDENTS AND TO ALLOW STUDENTS WHO NEED OR DESIRE TO AVOID DAIRY, EGG AND MEAT PRODUCTS A NUTRITIONALLY BALANCED OPTION TO DO SO; AND BE IT FURTHER

**RESOLVED**, THAT THE MASSACHUSETTS SENATE ENCOURAGES SCHOOL DISTRICTS TO PROVIDE NUTRITION EDUCATION TO STUDENTS AND FACULTY THAT INCLUDES INFORMATION ABOUT THE HEALTH BENEFITS OF WHOLE FOOD PLANT-BASED DIETS AND ARE ENCOURAGED TO PARTICIPATE IN FARM-TO-SCHOOL PROGRAMS BY PURCHASING FOODS FROM LOCAL FARMS; AND BE IT FURTHER

**RESOLVED**, THAT A COPY THESE RESOLUTIONS BE TRANSMITTED FORTHWITH BY THE CLERK OF THE SENATE TO THE COMMISSIONER OF THE DEPARTMENT OF PUBLIC HEALTH AND THE COMMISSIONER OF THE DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION.

SENATE, ADOPTED, MARCH 17, 2016.

Handwritten signature of Stanley C. Rosenberg in blue ink.

STANLEY C. ROSENBERG  
PRESIDENT OF THE SENATE

Handwritten signature of William F. Walsh in blue ink.

CLERK OF THE SENATE

OFFERED BY:

Handwritten signature of James B. Eldridge in blue ink.

SENATOR JAMES B. ELDRIDGE

