

PROMOTION OF HEALTHY FOOD AND BEVERAGE

WHEREAS, Healthy eating behaviors can have a positive life-long effect on student well-being, and

WHEREAS, Through various research and studies it is shown that obesity is a national problem that is affecting our children. Unhealthy eating habits are the main cause of obesity. Through research it has been proven that children who are obese have a harder time with learning skills, physical activities, social activities, and low self esteem, and

WHEREAS, Children who eat more calories than their bodies need put themselves at risk for gaining unnecessary body fat. Excess fat may provide excess calories and may increase the risk for chronic diseases, and

WHEREAS, Many school districts offer unhealthy food choices through venues that include, but are not limited to, vending machines, a-la-carte sales, food rewards, fundraisers, school stores, concessions, school parties, activities and meetings, and

WHEREAS, The Michigan State Board of Education recognizes and acknowledges, through its policy on Coordinated School Health Programs to Support Academics Achievement and Healthy Schools, that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy,” therefore, be it

RESOLVED, That the MPTSA encourage School Districts to give students the opportunity to learn and practice healthy eating habits, by having access to healthy food and beverage choices, and be it further

RESOLVED, That the MPTSA will encourage School Districts to put more emphasis on selling and purchasing of healthy foods and beverages that are within federally regulated child nutrition programs; and,
be it further

RESOLVED, That the MPTSA will endorse policies from the State Board of Education that promote healthy foods and beverage consumption.



Unanimously Approved: 2004
By the Michigan Parent Teacher Student Association