

AID TO PROPER NUTRITION ENCOURAGEMENT

- WHEREAS, The Missouri Congress of Parents and Teachers is aware of efforts being made through our school lunch programs toward controlling the consumption of snack type “empty calorie” foods for all ages; and
- WHEREAS, This effort has at best been fragmented with separate programs found in such areas as health programs instilling the knowledge of proper nutrition to include community health, dental health, disease control, environmental health, family and sex education, mental health, safety and substance abuse; therefore, be it
- RESOLVED, That the Missouri Congress of Parents and Teachers urge local units to work in cooperation with school boards and/or governing bodies in developing such a program to enforce the substitution of “empty calorie” choices with nutritional choices in cafeterias; and, be it further
- RESOLVED, That snack machine contents be revised to offer nutritional foods such as juices, fruits, cheese, protein and granola bars, thus forming eating habits conducive to better health in today’s young people; and be it further
- RESOLVED, That council and unit health chairmen discuss the nutritional snack food implementation with principals, teachers and interested parents, and reevaluate and recommend needed changes in their particular school situations; and be it further
- RESOLVED, That the Missouri Congress of Parents and Teachers set an example and demonstrate our involvement by encouraging nutritional refreshments at PTA functions.