

# Healthy School Food Maryland

- - Action Alerts - -

January 28, 2016



Healthy School Food  
MARYLAND

## School Food Transparency Bill Hearing February 4 - Parent Testimonies Needed

Has your child been eating chips and cookies instead of his/her lunch? Have you volunteered in your school cafeteria and seen kids throwing their apples away because they've filled up on a bag of Dorito's or a Rice Krispie Treat they bought to supplement their lunch? Have you had unexpected charges on your lunch account, only to discover your child has been spending down your lunch money on junk food you didn't even realize the cafeteria sold, because it's not on the menus?



If so, we need your support on February 4th. We have a hearing in the Maryland

House of Delegates in Annapolis at 2:00 p.m. on a bill that would require schools to put these a la carte items on the school lunch menus. **We need parents to come testify in person to support our bill.**

If you can't come in person, but feel strongly about this issue, **we also need written testimonies to support the bill.** If you can do either, please write Lindsey Parsons at [info@healthyschoolfoodmd.org](mailto:info@healthyschoolfoodmd.org) to get more details about testifying. Please send your phone number and good times to call. Also, please share this message with other interested parents.

Here is a draft of the bill under consideration: [Bill Draft](#)

## Write Your State Legislators to Support Reducing Sugar in and Better Transparency about School Foods

If you just have a few minutes to help our cause, please send the letter below to your State Senators and Delegates, whose contact information you can find by going to [mdelect.net](http://mdelect.net). If you can add any personal details of how this



*A la carte foods purchased from a Montgomery County Public School*

## A Sampling of a la Carte Items Sold in Maryland Public Schools

### Anne Arundel County

Doritos, Cheetos, Sun Chips, Baked Lays, Lindens cookies – Buttercrunch, Mini chocolate chippers, Fudge chip, Goldfish, Cheez-its, various ice creams (ice cream sandwiches, cotton candy cups, fudge frenzy, etc.), Rice Krispie Treats, Benefit Bars, Pillsbury Apple and Cherry Frudel Strudels, Apple Cinnamon Bear Grahams, Chocolate Bear Grahams, Chocolate Goldfish Grahams, Cinnamon Goldfish Grahams, Lemon Dinosaur Grahams, Vanilla Bear Grahams, Blue Raspberry Juice, Dreamy Orange Ultra Mini Loaf, Very Berry Ultra Mini Loaf, Banana Muffins, Blueberry Muffins, Nutri-Grain Apple Cinnamon and Strawberry Bars, Yoplait Trix yogurts, bagels, various cereals, zucchini bread, banana bread, breakfast breaks (Cinnamon Toast Crunch, Golden Grahams, Honey Kix, Kix), cheese sticks, croissants

### Frederick County

B Bar Brownie, B Bar Cookie Dough, Baked Lays (BBQ, Original, Sour Cream and Onion), Baked Ruffles Potato Chips, Belly Bears, Better Crocker Chocolate Chip Oat Bar, Baked Cheetos, Cheetos Reduced Fat Puffs, Cheez-Its, Cupcakes, Doritos, Fruit Roll-Ups, Goldfish, Herr's Baked Potato Chips, Mozzarella Sticks, Linden Butter Crunchers, Linden Chocolate Chipper, Baked Snacks Cheddar Cheese Munchies, Fudge

issue has impacted you personally, that will greatly improve the impact of your letter.

Thank you!!

Dear Senator/Delegate \_\_\_\_\_

*Food in Maryland's schools, while much better than it used be thanks to the Healthy, Hunger-Free Kids Act of 2010, still has room for improvement. Healthy School Food Maryland has proposed two minimal-to-no-cost, commonsense bills to remedy two issues that are of concern to parents and educators alike: too much added sugar and the easy availability of snack foods that don't appear on school menus. They are:*

***SB65 - Sensible Sugar in Schools Act*** - which will lower added sugar in school meals to the level recommended by the American Heart Association, and will amend wellness plans in each district to codify this change

and

***HB109 - School Food Transparency Act*** - which will require school districts to list a la carte items (e.g., chips, ice cream and cookies) on their menus.

*I encourage you to support these bills. Thank you.*

*Sincerely,  
Your name*

**Mission:** Healthy School Food Maryland is a coalition of organizations and individuals in Maryland working for whole, real, local and safe foods for children in Maryland school cafeterias.

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Frosted Whole Grain Pop Tarts, Cinnamon Frosted Whole Grain Pop Tarts, Strawberry Frosted Whole Grain Pop Tarts, Turkey Stick – Honey Peppered, President Smart Cookies, Quaker Snack Mix, Readit Bake Sugar Cookies & Chocolate Chip Cookies, Rice Krispy Treats, Rold Gold Hartzels, Salveo Hot and Spicy Fries, Simply Chex, Soft Pretzels, Sun Chips, Vic's Kettle Popcorn, Yoplait Trix Yogurts, Welch's Fruit Snacks, Zerts Brownie Batter Pudding Cup, Zerts Cake Batter Pudding Cup, various ice cream cups and cones (e.g., Chocolate Éclair ice cream bar, strawberry shortcake ice cream bar), Capri Suns, Juice Bowl 100% juices, Veryfine 100% juices, Sparkling 100% juices, Gatorades, Naked Fruit Smoothies, Powerade Zero, Nestle Flavored Waters

### St. Mary's County

B-Bar Cookie Dough Bar, Baked Cheetos Crunchy, Baked Lays Original, Baked Lays BBQ, Baked Lays Sour Cream & Onion, Cheez-It Atomic Cheddar, Chocolate Chip Cookies, Sugar Cookies, Oatmeal Raisin Cookies, Doritos (Nacho Cheese, Cool Ranch & Spicy Sweet Chili), Fruit Roll-Ups Blastin' Berry Hot Colors, WG Cheddar Goldfish Crackers, Salveo Hot & Spicy Baked Fries, Linden's Butter Crunchers, Linden's Chocolate Chippers, Smartfood White Cheddar Popcorn, Rold Gold Hartzels Pretzels

