

Healthy School Food Maryland E-News

October 30, 2015



Healthy School Food
MARYLAND



Welcome! Thank you for joining the fight for access to healthy school food in Maryland. For the 2016 legislative session, we are focusing on two key pieces of legislation:

School Food Transparency Act: requires schools to list all foods sold in their cafeterias on menus, including a la carte or snack foods.

Sensible Sugar in Schools Act: requires school districts in MD to form a committee to create a policy to reduce added sugar intake during any meal period for any given child to the levels recommended by the American Heart Association.

We are also implementing a program of **School Food Grades**, which will grade school food in all Maryland school districts. Our rubric will include grades on:

- Consistent access to potable water and policies requiring water bottles on supply lists
- Use of local produce and farm-to-school programs
- Transparency about a la carte foods and food ingredients
- Policies prohibiting artificial colors, flavors and other chemicals in school food
- Access to healthier vending options both during and outside of the school day
- Policies and practices to limit sugar

Help Us Crowdfund



Healthy School Food Maryland has launched a [crowdfunding campaign](#) (with some nice incentives) to fund our work. Please give whatever you can and share our site on social media. Thanks!

Help us spread the word!

Share our mission with your Facebook and Twitter friends and help our coalition grow. Below are some sample social media posts you can copy and paste, or use them for inspiration! Also, if you can send an e-mail about us to your school or neighborhood listserv, please contact info@healthyschoolfoodmd.org for the e-mail text.

Sample Facebook posts:

"Are you happy with the school food or do you want something healthier? Healthy School Food Maryland is working to decrease sugar in school foods, get more salad bars and scratch cooking and

- Existence and transparency about a district-level standing wellness committee or its equivalent
- Amount of scratch cooking and variety and repetition of meals
- Existence and quality of salad bars
- Food marketing

Sugar in School Meals

Did you know that despite new guidelines for school meals, there is no cap on added sugar?

Serving a breakfast packed with sugar not only affects your child's metabolism and waistline, but also his or her ability to focus, according to [The Lunch Tray](#).



Is your child's school breakfast particularly sugar-laden and unhealthy? Send your pictures and stories to info@healthyschoolfoodmd.org and please include the name of your school and county.

Catch Healthy School Food Maryland on Forward Motion

If you missed it last time, you can still catch future showings of Healthy School Food Maryland coalition member Kristine Keller on the Montgomery County Media show Forward Motion.

remove harmful chemicals. [Get involved](#) or follow them on Facebook to help ensure kids have access to healthy food at school."

"We want our kids to get A's in school, but what grade would your school system get on their food? Healthy School Food Maryland will be assigning grades this year to push schools to do better. [Get involved](#), or join their [Facebook](#) group for more info!"

Sample Tweet:

I support @schoolfood_md in the fight to decrease sugar in my child's school meals + increase access to healthy foods.

Welcome New Coalition Partners

We're excited to welcome the Maryland Public Health Association (MPHA)



and the Montgomery County Food Council (MCFC) as the



most recent additions to our coalition. Kristine Keller, who is on the policy committee of the MPHA and is the Immediate Past President of the Student Section of the MPHA, recently appeared

Future show times are:

Nov. 1, 10:30 a.m.

Nov. 6, 4:00 p.m.

Nov. 26, 4:00 p.m.

You can watch on local cable channels 19 or 21 or streaming at Montgomery County Media.



Karen Allyn (Host) and Kristine Keller on Forward Motion

on Forward Motion, a program of Montgomery County Public Media, to talk about the work of our coalition and our plans for the upcoming legislative session. The Montgomery County Food Council supported individual bills we sponsored last year, but we're glad to have them as full coalition members this year.

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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