

Healthy School Food Maryland E-News

December 3, 2015



Healthy School Food
MARYLAND



A [Washington Post Article](#) on 10/25/15 revealed that the Maryland PTA, through their website, was promoting a McDonald's film about a teacher who lost weight by eating only at McDonald's for 6 months. They suggested use of the film to teach children about nutrition. Read more about our

[petition](#) and [sign on to ask the Maryland PTA to disavow this curriculum and its use in Maryland schools](#). Then please share with your friends!

Help Us Crowdfund



Healthy School Food Maryland has launched a [crowdfunding campaign](#) (with some nice incentives) to fund our work. Examples: 1/2 share of fall bounty produce share for a donation of \$100. Please give whatever you can and share our site on social media. Thanks!

HSFMD on the Radio

Coalition Coordinator Lindsey Parsons spoke on the Anthony McCarthy show in Baltimore the Thursday evening before last to talk about HSFMD and our legislative plans. [Listen to the recording starting around minute 4:55](#). Thanks to Bilal Ali (@bilalali1) who Lindsey met in Annapolis for inviting her to speak.



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.

Kristine Keller Represents HSFMD at Maryland Legislative Conference for Women

Kristine Keller (below left), who represents the Maryland Public Health Association for our coalition, presented our two bills at the Maryland Legislative Conference for Women on November 14th.

Conference members will be voting soon about inclusion of our bills in their 2016 agenda. Thanks Kristine!



Food Day Symposium at Bowie State University



On October 24th, HSFMD celebrated Food Day by participating in and helping organize the 5th Annual Food Day Symposium at Bowie State University: *Promoting Healthy Eating at School for the Management of Childhood Obesity: The Challenge of Processed Menus and Vending Machine Culture*. The yearly

symposium, which is the brainchild of Dr. Anne Osano, Biology professor at Bowie State University, included talks by Maryland State Delegate for Prince George's County, Diana Fennell; Director of Food & Nutrition Services for Prince George's County Public Schools, Joan Shorter; and keynote speaker Dr. Erin Hager of University of Maryland (above), who discussed the science and politics behind school food.

The symposium was a great opportunity to meet and encourage parents, teachers and community members interested in school food activism, and hear about various topics including how to get kids to eat more fruits and vegetables through behavioral economics strategies and school gardens and how to advocate for healthier school

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 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.

Articles of Interest:

[Schools are Trying to Curb Obesity. Why are Their Sports Leagues Promoting Fast Food?](#)

[Is Drinking Fruits and Vegetables as Healthy as Eating them?](#)

[Is Bacon Actually Bad for You? It May Depend on Your DNA](#)

foods, including those that aren't part of the meal. Our thanks to Dr. Osano for including us in this symposium.

Grant Opportunity for Food-Related Project

The Kresge Foundation has announced they will award 20 grants for up to \$75,000 each under the new initiative, "Fresh, Local & Equitable: Food as a Creative Platform for Neighborhood Revitalization." These planning grants can be used for project management, partnership development, community engagement, strategic communication, development or other activities leading to a successful outcome. Learn more and apply through the [Kresge Foundation](#).

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.

Phone: (301) 202-4812

E-mail: info@healthyschoolfoodmd.org

Website: healthyschoolfoodmd.org

Welcome New Coalition Partners!

We're excited to welcome the most recent organizations to join our coalition, Food and Community Health, UMB School of Medicine, Center for Integrative Medicine (formerly known as Maryland Hospitals for a Healthy Environment) and Maryland Association for Health, Physical Education, Recreation and Dance.

Food and Community HEALTH
Center for Integrative Medicine * Maryland

MAHPERD



Healthy School Food

M A R Y L A N D