



1 **Resolution Supporting Schools Updating Their Kitchens and Training Staff to Serve Healthy Meals**

2 WHEREAS, one-third of our nation’s children are currently overweight or obeseⁱ; and

3 WHEREAS, excess weight during childhood leads to increased risk of many chronic illnesses including heart disease,
4 high blood pressure, type-2 diabetes, depression, sleep problems, and overweight and obesity in adulthood^{ii, iii, iv, v,}
5 ^{vi, vii}; and

6 WHEREAS, research shows that eating habits developed early in life last into adulthood^{viii}; and

7 WHEREAS, children spend more time in school than anywhere else outside of their homes, and many children
8 consume up to half of their daily calories while at school^{ix}; and

9 WHEREAS, more than 31 million children eat the school lunch every day^x; and

10 WHEREAS, some districts are unable to prepare and serve healthy foods with the equipment they have available,
11 like fryers and microwave ovens, and don’t have the resources to obtain the equipment needed to meet current
12 USDA meal requirements; and

13 WHEREAS, in 2009 a non-recurring grant program administered by USDA found overwhelming need among schools
14 for help in purchasing school kitchen equipment to serve healthy, nutritious meals – applications for assistance
15 exceeded available funds by 6 to 1^{xi}; and

16 WHEREAS, many food service professionals require additional training in food preparation and food safety to allow
17 them to cook and serve healthier foods; and

18 THEREFORE, BE IT RESOLVED, members of the National Lieutenant Governors Association recognize the
19 importance of serving healthy foods in schools; and

20 BE IT FURTHER RESOLVED, NLGA members support policies increasing access to resources for schools and school
21 food service staff to obtain the required equipment and training needed to prepare and serve healthy foods: and
22 for summer lunch or breakfast programs (also supported by USDA) to be offered at very low cost to provide
23 nutritional meals for these students.

Sponsors: Lt. Governor(s) Mark Darr, Arkansas (R) and Elizabeth Roberts, Rhode Island (D); Co Sponsors: Lt.
Governor(s) Nancy Wyman, CT, Gregory Francis, VI, and Kay Ivey, AL

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xi Ref arra