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October 12, 2006

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### HEALTHY KIDS – HEALTHY SCHOOLS

Parents and other concerned adults are continuing to advocate for the changes necessary to ensure that children eat healthy foods at school and have opportunities to be physically active during the school day.

The **Child Nutrition Promotion and School Lunch Protection Act** is a critical piece in a comprehensive program of child health and wellness. This bill calls on the U.S. Department of Agriculture (USDA) to update its nutrition standards for foods sold in cafeterias alongside the regular school meals, and would apply the same standards everywhere on school grounds, including a la carte lines, vending machines and school stores. Current standards were developed in the 1970's and are out of date. They do not address calories, portion sizes, saturated or trans fat, or sodium. This federal legislation supports the original purpose of the school lunch act, which was to ensure that every child had at least one nutritious meal during the day. It supports the efforts of parents to keep their children healthy by ensuring that children have nutritious foods in school.

**We need your help!** Please contact Senator Grassley and ask him to support the **Child Nutrition Promotion and School Lunch Protection Act** (S.2592). His support for this legislation is critical. If you have a personal story, please include that in your communication with the Senator. **HE MUST HEAR FROM PARENTS, STUDENTS, AND SCHOOL BOARD MEMBERS** to understand how much we care about healthy kids and healthy schools!

#### Senator Chuck Grassley:

E-MAIL him from his website at:  
[www.grassley.senate.gov](http://www.grassley.senate.gov) (include your home address!)

CALL and speak to the Senator or his aide, Kevin Studer, at 202-224-3744.

MAIL a handwritten postcard or letter to:  
135 Hart Senate Office Building  
Washington, D.C. 20510-1501  
(Include your return address on all mail!)

Please share information about the **Child Nutrition Promotion and School Lunch Protection Act** with your PTA board and members. Encourage them to contact Senator Grassley about this important legislation!

We want to express our thanks to Senator Tom Harkin and Representative Jim Leach for co-sponsoring the **Child Nutrition Promotion and School Lunch Protection Act**. Senator Harkin was one of the congressmen who introduced the bill, and Representative Leach has agreed to be a co-sponsor.

To thank Senator Harkin for sponsoring the Senate bill, S.2592, send e-mail to him from his website at: [www.harkin.senate.gov](http://www.harkin.senate.gov) (include your home address)

To thank Representative Leach for co-sponsoring the House version of the bill, HR.5167, send e-mail to him from his website at: [www.house.gov/leach](http://www.house.gov/leach) (include your home address)

PTA is involved in other efforts to promote child health and wellness. Iowa PTA is participating in a statewide Healthy Children Task Force, as directed by the Iowa Legislature. The purpose of the task force is to assess current laws and policies affecting the health of children, including physical activity, physical education, food and nutrition, and nutrition education for children ages 3 through 18. The task force will then develop recommendations for necessary changes.

**Rescuing Recess** is a program designed to promote an active lifestyle by “giving kids a break” during the school day. Led by National PTA, Cartoon Network, and other advisors, Rescuing Recess encourages parent/teacher collaboration to ensure that recess remains a part of a child's school day. For more information about **Rescuing Recess**, go to:  
<http://www.pta.org/documents/RR%20Campaign%20Fact%20Sheet%20FINAL.doc>

Congratulations to **Grant Wood PTA** in Cedar Rapids for earning a \$5,000 grant from **Rescuing Recess** for their active involvement in this program!

## **VOTE!**

Set a good example for your children by being a good citizen. Educate yourself about the issues and the candidates and make an informed decision.

Iowa Association of School Boards recently interviewed the candidates for governor about education issues. To view a transcript of the interviews, go to:

<http://www.ia-sb.org/legislativeadvocacy/Interviews06pdf.pdf>

Election day is Tuesday, November 7<sup>th</sup>.

Deadline to Register to Vote: October 28

To register online or to request an absentee ballot, go to [www.iowavotes.us](http://www.iowavotes.us)

Thank you for being an advocate for children!

10/06 smb

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