

Policy Extract

[Policy Position Statement on School Nutrition](#)

Recommendations

- Schools should participate in the School Lunch and School Breakfast Programme.
- United States Congress should increase reimbursement rates for school meals. In lieu of reimbursement rate increases, states and localities should work to subsidize and/or supplement school meal programme budgets.
- School building plans should include adequate storage, preparation, and eating facilities.
- School nutrition policy should encourage adequate nutrition without excessive intake.

School nutrition policies and practices should

- Lead to decreased consumption of saturated and trans-fat.
- Encourage consumption of non-fat or low-fat milk.
- Encourage adequate hydration without excess caloric consumption from beverages.
- Encourage increased consumption of fruits and vegetables without excessive fruit juice consumption.
- Encourage increased consumption of whole grains and reduced consumption of refined grains and sugar-sweetened beverages and foods.
- Encourage consumption of more non-fried fish, especially oily fish.
- Lead to a reduction in sodium intake, including salt from processed foods.
- Support healthy behaviour environments.
- Support nutrition education for all students in all grade levels.