

## CSNA Frequently Asked Questions

### 1) School Meals & Childhood Obesity

On the contrary, school meal programs are centered around nutrition, balanced portions, and overseen by the United States Department of Agriculture.

Studies have shown that students who participate in school meal programs are more physically fit and have fewer weight issues.

<http://www.media.rice.edu/media/NewsBot.asp?MODE=VIEW&ID=13867&SnID=1377946038>

<http://www.bakerinstitute.org/publications/HPRNews-Mar10-Web.pdf>

<http://www.chron.com/disp/story.mpl/editorial/outlook/6897926.html>

Supporting Statistics:

- Healthy Beverage Regulation
- Meal Pattern
- Nutrient Standards of School Meals are comprised of no more than 30% of the total calories can come from fat and 10% from saturated fat
- <http://www.cde.state.co.us/cdenutritran/download/pdf/Sec12.pdf>
- We offer fruits and vegetables daily
- The state trend is scratch cooking, more whole grains and fresh fruits and vegetables

### 2) Would Jamie Oliver have a problem with what you're doing in your district?

- Districts all across CO are already implementing many of the things that Jamie Oliver recommends
- Many school districts are going back to scratch cooking, participating in Farm to School, moving away from highly processed foods; increasing whole grains, fresh fruits and vegetables offered
- \*Refer to specific district practices for enhanced school nutrition

### 3) Does your district serve flavored milk when Jamie Oliver says that flavored milk is bad? If so, why?

- Low fat or fat free milk, flavored or unflavored, is an excellent source of calcium and many other nutrients.
- Children are far more likely to drink a glass of milk than they are to eat vegetables that are high in calcium such as broccoli and spinach.

### 4) Doesn't flavored milk have a higher sugar content than regular milk?

- The health benefits of K-12 students drinking flavored milk far outweighs the small amount of sugar added.
- The American Dietetic Association is cited on the Western Dairy Association Web site <http://westerndairyassociation.org/schools/flavored-milk/>

### 5) Do you allow outside fast food vendors as part of your school meal program? (If yes)

- We only work with vendors who meet our nutritional standards.
- This is a way to keep students on campus if you have an open campus.

- Here are some examples of districts who work with fast food vendors: Douglas County, Harrison and Adams 12

**(If no)**

- We can produce a similar product that meets the nutritional guidelines at a lower cost.
- By producing the meals ourselves we have greater control over ingredients and nutritional content.
- Here are some examples of districts who don't utilize fast food vendors: Aurora, St. Vrain and Denver

**6) What is CSNA's position on fast food vendors in school cafeterias.**

- That is a district by district decision

**7) How does the Colorado School Nutrition Association support efforts in your local district?**

- Expertise and resources
- Advocate for school nutrition programs at the state and federal levels
- We support school nutrition professionals in their daily work
- We offer career enhancement
- We partner and work with other state health and nutrition organizations to advocate for child nutrition
- We provide regional training
- CSNA showcases the excellent programs school districts are implementing