

## Board Meeting – February 21, 2023

### Item. VI. Consent Calendar Recommendations

#### F. Adoption of Board Resolution 30: to Recognize National Nutrition Month, March 2023

The Superintendent recommends that the County Board adopt Board Resolution No. 30 as part of the regular County Board meeting on February 21, 2023; and further recommends that the Board designates the month of March as National Nutrition Month, recognizing the important role of registered dietitians, nutritionists and other nutrition professionals, health care providers, health educators, caregivers and other educators and professionals for their efforts to promote healthy eating through education and improving access to healthy local foods, while reducing food loss and waste; The Superintendent further recommends that the County Board of Education recognizes the importance of existing child nutrition programs for their role in addressing the nutritional needs of students and increasing the hunger safety net for children; The Superintendent recommends that the County Board of Education supports the implementation of the Whole School, Whole Community, Whole Child model to effectively address the needs of the Whole Child.

Board Resolution No. 30 is shown on the following page.

## NEXT STEPS:

- Send out a LACOE Communication to the 80 districts to encourage districts, schools and community organizations to observe this month with appropriate programs and activities to help spread the important message.
- LACOE Nutrition and Wellness Programs unit will provide a virtual learning opportunity for LEA administrators, educators, and staff in March to highlight the importance of nutrition safety net programs and share strategies to improve access to healthy foods.
- LACOE will collaborate with select LEAs to showcase the important work of Registered Dietitians and school nutrition services staff to promote healthy eating.

## **BOARD RESOLUTION**

No. 30: 2022-2023

### **National Nutrition Month (March)**

- WHEREAS** the Los Angeles County Board of Education and the Los Angeles County Office of Education (LACOE) are committed to the health and wellbeing of all students, and closing equity gaps in both health and academic achievement; and
- WHEREAS** food is the substance by which life is sustained. The type, quality and amount of food that individuals consume play a vital role in their overall health, wellbeing, growth, learning and achievement; and
- WHEREAS** food choices and food waste play a large role in planetary health by determining the CO2 emissions from the food system; and
- WHEREAS** households living below the federal poverty line experience higher rates of health disparities including obesity, diet-related chronic diseases and food insecurity, which can lead to negative health consequences and hamper achievement and engagement; and
- WHEREAS** a variety of systemic and societal issues contribute to nutrition insecurity, especially among households with children; and
- WHEREAS** proper nutrition and food security are associated with increased physical, mental and social emotional health, decreased chronic illness, increased attendance, increased attention span/concentration, increased cognition, increased retention, increased student engagement and achievement, higher standardized academic test scores and decreased anxiety and depression; and
- WHEREAS** one of the fundamental goals of education is to equip students with knowledge and skills to make informed decisions to improve their health and quality of life; and
- WHEREAS** the Academy of Nutrition and Dietetics established National Nutrition Month to raise awareness and promote proper nutrition across the lifespan; and

**NOW, THEREFORE, BE IT RESOLVED** that the Los Angeles County Board of Education designates the month of March as National Nutrition Month, recognizing the important role of registered dietitians, nutritionists and other nutrition professionals, health care providers, health educators, caregivers and other educators and professionals for their efforts to promote healthy eating through education and improving access to healthy local foods, while reducing food loss and waste.

**NOW, THEREFORE, BE IT FURTHER RESOLVED** that the Los Angeles County Board of Education recognizes the importance of existing child nutrition programs for their role in addressing the nutritional needs of students and increasing the hunger safety net for children.

**NOW, THEREFORE, BE IT FURTHER RESOLVED** that the Los Angeles County Board of Education supports the implementation of the Whole School, Whole Community, Whole Child model to effectively address the needs of the Whole Child.

**ADOPTED** this 21<sup>st</sup> day of February 2023, by the Los Angeles County Board of Education in Downey, California.



Debra Duardo, M.S.W., Ed.D.  
Superintendent



James Cross  
Board President