

Dr. Martin Karp, School Board Member

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} REVISED

SUBJECT: SCHOOL BOARD ENDORSEMENT OF MARCH 2020 AS NATIONAL NUTRITION MONTH® AND MARCH 2-6, 2020 AS NATIONAL SCHOOL BREAKFAST WEEK IN MIAMI-DADE COUNTY PUBLIC SCHOOLS

COMMITTEE: ACADEMICS, INNOVATION, EVALUATION & TECHNOLOGY

LINK TO STRATEGIC FRAMEWORK: SAFE, HEALTHY AND SUPPORTIVE LEARNING ENVIRONMENT

The primary goal of the Child Nutrition Program (CNP) is to improve the health and nutritional status of students. This year's National School Breakfast Week theme is "**School Breakfast – Out of this world**". The Department of Food and Nutrition has provided activities to school cafeteria managers to promote school breakfast. Food service personnel are encouraged to involve principals, teachers, students, parents and the community in planned activities during National School Breakfast Week and to reinforce the importance of a nutritious breakfast as a key component of good health.

This year's theme for National Nutrition Month®, sponsored by the Academy of Nutrition and Dietetics, is "**Eat Right, Bite by Bite**". The importance of making informed food choices and developing sound eating and physical activity habits is the focus of attention during March 2020, as National Nutrition Month®.

The occasion is a special week and month during which attention is focused on the school breakfast program and on the importance of making informed healthy food choices and developing sound eating and physical activity habits that support the District's Wellness Policy.

ACTION PROPOSED BY DR. MARTIN KARP:

That The School Board of Miami-Dade County, Florida, endorse March 2020 as National Nutrition Month® and March 2-6, 2012, as National School Breakfast Week.

**Revised²
H-14**