

Dr. Martin Karp, Board Member

SUBJECT: REQUEST THAT THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, DIRECT THE SUPERINTENDENT TO EXPLORE THE FEASIBILITY OF GETTING FRUIT AND VEGETABLE SNACK VENDING MACHINES

COMMITTEE: INSTRUCTIONAL EXCELLENCE & COMMUNITY ENGAGEMENT

LINK TO DISTRICT STRATEGIC PLAN: IMPROVE STUDENT HEALTH

On September 26, 2009, *The Miami Herald* reported a new type of vending machine that distributes produce. The vending machine has healthy offerings such as bananas, celery, and carrots.

Today in Miami and throughout the USA childhood obesity is becoming an epidemic. Between 16 and 33 percent of children and adolescents are obese. Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths each year. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise. Offering healthy alternatives in vending machines can be a step in the right direction towards decreasing children's obesity.

The School Board of Miami-Dade County, Florida, recognizes the importance of children being healthy. In an effort to ensure that students receive a good portion of the recommended servings of fruits and vegetables while in school, it is requested that the Superintendent explore the feasibility of getting fruit and vegetable snack vending machines in the schools. This could be a great way to help students and staff stay healthy when time is limited.

**ACTION PROPOSED BY
DR. MARTIN KARP:**

That The School Board of Miami-Dade County, Florida, direct the Superintendent to look into the feasibility of getting fruit and vegetable snack machines in the schools.

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