

Dr. Martin Karp, Vice Chair

SUBJECT: SCHOOL BOARD ENDORSEMENT OF MARCH 2019 AS NATIONAL NUTRITION MONTH® AND MARCH 4-8, 2019 AS NATIONAL SCHOOL BREAKFAST WEEK IN MIAMI-DADE COUNTY PUBLIC SCHOOLS

COMMITTEE: ACADEMICS, INNOVATION, EVALUATION & TECHNOLOGY

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

The Miami-Dade County Public Schools' Department of Food and Nutrition in conjunction with the National School Nutrition Association and Academy of Nutrition and Dietetics encourages all schools to endorse the month of March 2019 as National Nutrition Month and March 4-8, 2019 as National School Breakfast Week. Attention is focused on the school breakfast program, the importance of making informed healthy food choices, and developing sound eating and physical activity habits as reflected in the District Wellness Policy.

The primary goal of the Child Nutrition Program is to improve the health and nutritional status of students. This year's National School Breakfast Week theme is "**Start Your Engines with School Breakfast**". 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.

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

This item has been reviewed and approved by the School Board Attorney's office as to form and legal sufficiency.

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

That The School Board of Miami-Dade County, Florida, endorse March 2019 as National Nutrition Month® and March 4-8, 2019, as National School Breakfast Week in Miami-Dade County Public Schools.

H-15