

Healthy Hungry-free Kids Act of 2010

Earth
How

Wellness Tip

Reduce the stress in your life, try these easy tips...

1. Put your keys away in the same place every day.
2. Take 10 minutes before bed to tidy up.
3. Don't let your car's gas tank fall to the "empty zone".
4. Turn out the lights when you feel sleepy.
5. Walk around the block.

It's an exciting time to be part of school nutrition! In a major step toward providing all children with healthy food in schools, President Obama signed the Healthy, Hungry-Free Kids Act of 2010, into law on December 13, 2010.

The main goals of the legislation are to combat childhood hunger and obesity. The law will:

- Improve nutritional quality and safety of meals
- Increase access to child nutrition programs
- Increase meal reimbursement
- Provide school lunch price equity
- Promote environmental sustainability and farm-to-school programs

The USDA will work with states, school districts and communities to implement the provisions of the Act. The timing is different for each provision; however, a good rule of thumb is to assume that the new nutrition standards will need to be in place by October 2012.

On January 13, 2011, the USDA unveiled critical upgrades to the nutritional standards for school meals and is seeking input on the new rules through **April 13, 2011**. Our strategy is to continue to partner with your schools by working to phase in these new rules. This will put Chartwells and your district in a leadership position to meet the new USDA standards when they are finalized. The complete law can be found at:

http://www.schoolnutrition.org/uploadedFiles/School_Nutrition/106_LegislativeAction/PoliciesAndRegulations/Public%20Law%20111-296.pdf?n=4204

The proposed meal standards can be found at:

Earth Day is a day of appreciation for the Earth by United States Senator Gaylord Nelson, first held on April 22, 1970. Earth Day Network, an annual event, is held each year. April 22 corresponds to the vernal equinox in the Northern Hemisphere and autumn in the Southern Hemisphere. Earth Week, an entire week of events, is held each year. In 2009, the Mother Earth Day.

Check out these quick tips:

1. Reuse water everywhere.
2. Buy fruits and vegetables in season.
3. Turn off the lights. Unplug your computer. Turn off energy-saving devices (especially over the holidays).
4. Go to your local recycling center.
5. Bring your own reusable water bottle between classes.