

## **RESOLUTION SUPPORTING WHOLE MILK CHOICE IN SCHOOLS**

**WHEREAS** our nation's future well-being relies on well-nourished children ready to learn at school.

**WHEREAS** our nation's schools have been required by the U.S. Department of Agriculture Food Nutrition Service regulations to offer only fat-free and low-fat milk and are prohibited from offering whole milk as a choice of beverage at lunch and breakfast.

**WHEREAS** whole milk is standardized to 3.25% fat with essential, bioavailable, fat-soluble vitamins and nutrients.

**WHEREAS** school trials showed students preferred whole milk 3 to 1 over low-fat, and milk waste was reduced by 95%.

**WHEREAS** whole milk sales are largest at retail, indicating more families choose whole milk.

**WHEREAS** numerous studies point to the positive to neutral effects of milkfat on health indicators.

**WHEREAS** whole milk contains a blend of fats at 3.25% that are shown to slow the rate of carbohydrate (lactose) absorption to reduce after-meal hunger cravings and reduce intolerance to lactose.

**WHEREAS** studies show children drinking whole milk had three times the essential Vitamin D absorption.

**WHEREAS** studies show children drinking whole milk had 40% less risk of being overweight.

**WHEREAS** moderate consumption of milkfat has been associated with improved mood and cognition.

**WHEREAS** offering milk choice to children reduces waste and reduces shifts to sugary or artificially-sweetened high fructose corn syrup 'a la carte' beverages.

**THEREFORE, now be it resolved** that the Killingly Board of Education calls upon the President, U.S. Congress, U.S. Secretaries of Agriculture, Education and Health and Human Services, Governor, State Legislature, State Departments of Education and Agriculture, and such administrators to re-examine the National School Lunch Program Rules and Smart Snacks Regulations regarding 'a la carte' beverages to allow whole milk as a beverage of choice that supports health, growth, immune function and learning-readiness while reducing waste.



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KILLINGLY BOARD OF EDUCATION

By: Norm Ferron – Chairperson

Dated at Killingly, CT this 28<sup>th</sup> day of September 2022