

Wellness News to Watch

Georgia PTA Health & Wellness Committee
January 3, 2009



In this email: (Please distribute!)

- Let GA DOE hear from you about the new performance standards for Physical Education
- Great news from Fulton County Schools on Healthy Eating Program – can your district follow Fulton's lead?
- Speak out on Food Dyes
- LA blocks new fast food outlets
- National school cafeteria operator making lunches more nutritious

The Georgia Department of Education wants your feedback on the new Physical Education performance standards! Take a moment to complete the survey at this address <http://www.zoomerang.com/Survey/survey.zgi?p=WEB228FBC73ULX> – please distribute to your local unit members! To read the performance standards go to <http://www.georgiastandards.org>, scroll down the page and select Physical Education Standards.

Fulton schools embracing healthy eating program

Fulton County schools are learning that if you feed them, students will eat. Healthy foods, that is. http://www.ajc.com/services/content/health/stories/2008/12/17/gold_carrot_Fulton_schools.html

Parents Urged to Report Children's Reactions to Food Dyes

Watchdog Group Wants Ban on Yellow 5, Red 40, and Other Artificial Food Dyes Linked to Hyperactivity, Behavior Problems

WASHINGTON—The Center for Science in the Public Interest is asking America's parents for help in its campaign to convince the Food and Drug Administration that synthetic dyes, such as Yellow 5 and Red 40, don't belong in foods, especially those consumed by children. The dyes are being phased out in European countries because of important new evidence showing that the dyes, and perhaps the preservative sodium benzoate, cause hyperactivity and other behavior problems in children. Click here for more <http://www.cspinet.org/new/200808211.html>

LA blocks new fast-food outlets from poor areas

See article from USA Today http://www.usatoday.com/news/nation/2008-07-29-2576708112_x.htm

Schools take steps to give kids more fruits, vegetables at lunch

For every kid who's ever been told to eat more fruits and veggies, one of the nation's largest school cafeteria operators is developing a concept that could make lunchtime more nutritious. See USA Today article http://www.usatoday.com/money/industries/food/2008-12-17-kids-food-veggies-fruit_N.htm