

SAMPLE MISSION STATEMENT

Insert School Name/PTA Name Here

PTA Nutrition and Health Committee

Our mission is to significantly improve the quality of food served to all children attending _____ and to create a healthier environment while they are at school.

Our goals include:

- 1) Partner with and ensure that Fairfax County Public School officials:
 - a. Eliminate all artificial dyes, preservatives and additives and remove all fully and partially hydrogenated oils and high fructose corn syrup from foods served to children in the cafeteria.
 - b. Increase the quantity of fresh, naturally-grown produce in the school lunch program on a daily basis, e.g., providing a salad bar.
 - c. Work with parents, the local business community, local farmers and chefs to determine and implement creative solutions to provide healthy food within budgetary constraints, including forming an official advisory committee of qualified community participants.
 - d. Remove non-nutrient dense a la carte items from the cafeteria, including but not limited to: ice cream, pop tarts, and Cheez-Itz crackers.
- 2) Work with our school administration to provide nutrition and fitness education to students on a regular basis.
- 3) Work with our teachers and room parents to provide and help implement ideas for healthier classroom celebrations and activities.
- 4) Work with our local community of farmers, chefs, grocery stores, and others to provide additional fresh food and nutrition education for our children.
- 5) Support fitness activities such as our Bike Train and our annual 5K.