



OUR ASK

Given the current state of public health in America, wherein over two-thirds of Americans are overweight or obese, more than 10 times as many children and adults are obese than they were three decades ago, 100 million individuals have diabetes or prediabetes, and heart disease remains our country's leading cause of preventable death, there is an urgent need for the foods being served in our schools, offices, universities, and hospitals to be more reflective of the federal dietary guidelines and the best nutrition evidence. With an increasing number of meals being served outside the home, food service companies and their contract institutions have a responsibility to quickly address the health crisis to which too many of their unhealthy foods contribute.

The volume of food served by food service companies and their institutions puts them in prime position to have a massive, widespread positive impact on the lives of their customers and the country more broadly, which is why we're calling on them to commit to a meaningful nutrition policy aimed at balancing their menus to be more in line with the recommendations of leading healthcare organizations, nutrition scientists, and public-health experts. Knowing that nearly 90% of Americans don't get the amount of fruits, vegetables, and whole grains recommended for optimal health, there is no excuse for continuing to serve too many meat and egg products high in cholesterol, calories, saturated fats, and sodium dominating the menus.

Our ask of Fairfax County Public Schools is to issue a public statement outlining your commitment to replace at least 20% of the meat, poultry, and egg products you purchase and serve with fruits, vegetables, legumes, whole grains, and other plant-proteins, including at least one warm, plant-based entrée per meal, over the course of the next two years.



SUGGESTED POLICIES

Below are some samples of commitments FCPS could make.

OPTION 1

One of the keys to a healthy diet is eating the USDA recommended number of servings of fruits, vegetables, grains, and plant based proteins such as beans, nuts and legumes. Of the food we currently buy and serve, we will replace 20 percent of the servings that are currently meat, poultry and egg products with vegetables, grains, fruits and plant-based proteins, in addition to a warm, plant-based entree at every meal, over the course of the next two years.

OPTION 2

We will shift 20% of the food we currently buy and serve from the meat, poultry and egg categories into plant-based alternatives - emphasizing fruits, vegetables, legumes, whole grains and other plant-proteins, offering at least one warm, plant-based entree at every meal, over the course of the next two years.

OPTION 3

One of the keys to a healthy diet is eating the USDA recommended number of servings of fruits, vegetables, grains, and plant based proteins such as beans, nuts and legumes. Of the food we currently buy and serve, we will move 20% of the servings that are not currently in the fruit, vegetable, grain or plant-protein categories into those categories, while also ensuring a warm, plant-based entree is offered at every meal, to help our customers eat healthier over the course of the next two years.