

A JOINT RESOLUTION instructing the Kentucky Board of Education to require that public schools in Kentucky provide at least 30-minute lunch periods for students in kindergarten through grade five so that students have sufficient time to consume the proper amount of food to fulfill their nutritional needs.

WHEREAS, longer lunch periods allow lunch to be an educational part of the day when students learn principles of nutrition, sanitation, safety, personal hygiene, food service management, courtesies and social graces, budgeting, accounting, food storage and handling, food preservation, and other important social skills and nutritional knowledge as envisioned by the National School Lunch Program; and

WHEREAS, more than one-third of children in Kentucky are overweight or obese, and Kentucky has one of the highest rates of child obesity in the nation; and

WHEREAS, more than half of the students in Kentucky are eligible for free and reduced price lunch programs; and

WHEREAS, some schools in Kentucky allow as little as 20 minutes for lunch, which includes time spent going to the cafeteria, waiting in line for lunch food, eating, and cleanup; and

WHEREAS, obesity has risen as school lunch times have decreased; and

WHEREAS, the American Academy of Pediatrics recommends at least 20 minutes of sitting time at lunch for children; and

WHEREAS, children with adequate time to sit for school lunch consume more nutritious foods, such as fruits and vegetables; and

WHEREAS, longer lunches are associated with lower rates of overweight children; and

WHEREAS, children with substantial nutritional intake perform better academically;

NOW, THEREFORE,

Be it resolved by the General Assembly of the Commonwealth of Kentucky:

➔Section 1. The Kentucky Board of Education shall promulgate or amend administrative regulations to require a minimum 30-minute lunch period so that public school students in kindergarten through grade five have adequate time, between the hours of 11 a.m. and 1 p.m. whenever feasible, to enjoy a complete meal.

➔Section 2. The Kentucky Board of Education shall promulgate or amend administrative regulations to allow a minimum of 30 minutes for lunch each day to be counted as instructional time for grades kindergarten through five.

➔Section 3. The Clerk of the House of Representatives shall send a copy of this Resolution to Dr. Steven L. Pruitt, Commissioner of Education, Kentucky Department of Education, 500 Mero Street, 1st Floor Capitol Plaza Tower, Frankfort, Kentucky 40601 and Patrick T. Padgett, Executive Vice President, Kentucky Medical Association, 4965 US Hwy 42, Suite 2000, Louisville, Kentucky 40222.