



## How Menus Are Changing Fairfax School Cafeterias

As you read this month’s report on school nutrition, you may be struck by the complexity of the issue, from the funding aspect to making healthy changes in the menu that kids will actually eat. In addition to some eye-opening statistics on how school lunches are paid for, the members of LWVFA’s Schools Committee have outlined extensively the efforts of various entities to research and improve the nutritional value of the foods offered. Even something so simple as lowering the amount of sodium is up for debate. Not only is it possible to lower sodium so much that it is unhealthy, but it is also possible to lower it so much that kids won’t eat it. Among the issues discussed: the amount of additives and preservatives used, ways to increase the amount of locally grown food, how often the menu cycle changes, and the expansion of the availability of fruit and vegetable bars. In case you thought this was a simple matter, read on. (Page EF-1.)

### Calendar

#### May

- 2 LWVNCA Board meeting
- 3 LWVNCA Convention
- Briefing and At-Large meeting**
- 5 VOTER deadline
- Cinco de Mayo
- 6 Virginia cities & towns elections
- 8-14 Unit meetings**
- 11 Mother’s Day
- 17 McLean Community Center election
- 21 Board meeting**
- 26 Memorial Day/School holiday

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## Presidents' Message



Spring is finally here. Everybody we talked to was more than ready to see the dirty snow disappear. They welcomed the idea of brighter skies, flowers and green leaves. They were also eager for warmer days so they could fasten their car seat belts without having to adjust a bulky winter coat.

Spring is a busy time for the League. Besides our Annual Meeting and the LWV-VA Council, this is also when we begin planning our fall voter activities.

Voter engagement, registration and education are the core of what we do. That's why we're starting to organize now. We'll coordinate voter registration events with the Fairfax Office of Elections during the week of September 23 - 30. We hope you will help in one of these voter registration drives.

Do you know of locations in your area that have netted more unregistered voters or those who have moved and have forgotten to update their voter information? If so, we hope you will plan an event there this fall.

We were pleased with the success of last year's Candidate Meet and Greets. After we know who's on the ballot for local offices this year, we'll contact our partners and start planning the candidate events for this fall. When we have more details, we'll share them with you. We worked Meets and Greets last year and found them to be interesting and informative. We hope you'll participate in the Meet and Greet nearest you.

In the meantime, we plan to enjoy this spring and everything it has to offer. We hope you'll enjoy your favorite outdoor activity too, whether it's walking, golf, tennis, gardening or playing with your grandkids. And to all you Moms, we wish you a Happy Mother's Day.

*Julie and Helen*

## Dues are Due!

Please fill out the membership form on the back page of the *VOTER* and send in your check today!

## Workshop "Stop the Violence II" Scheduled

Legal Services of Northern Virginia is hosting an advanced continuing legal education workshop, entitled *Stop the Violence II: Including Children on Family Abuse Protective Orders* on April 28, 2014 from 3:30 to 6:30 p.m. in Courtroom 3K of the Fairfax County Courthouse. You may register online at [LSNV.org](http://LSNV.org) or by emailing: [lbaberlin@lsnv.org](mailto:lbaberlin@lsnv.org). Judges from the JDRC will be there.

## Domestic Violence Hotline 703-360-7273

### LWVFA Fairfax VOTER 2013 - 2014

This newsletter, partially funded by the League of Women Voters of Fairfax Area Education Fund, is published 10 times each year from September to June by:

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Please e-mail address corrections to the office  
or call 703-658-9150

# LWVFA Annual Meeting a Success

Fifty LWV members attended the Annual Meeting on April 5 at Clyde's in Tysons Corner. Liz Brooke was recognized for becoming a 50-year member and thanked for her service on the *Fairfax VOTER*. She and Anne Kanter were also recognized as former LWVFA Presidents. New members Ann Parham, Betty Ellerbee and Janice Kuch were welcomed.

Anne Thomas announced that we have received more funds from the estate of Frances Silver. Members were encouraged to emulate Fran Silver's generosity and remember the League with a bequest so the wonderful work we do can continue. Jane Pacelli presented the new budget and noted that it was similar to those in past years. Therese Martin presented a change in the bylaws that would require that all Board decisions be made at a meeting, whether in-person or electronic, and recorded by the secretary.

A Land Use Planning Update was approved as a recommended program. After the meeting, Anne Kanter volunteered to chair the update. Strong interest was also expressed in a program on Affordable Housing next year.

Delegate Jim LeMunyon spoke about efforts to bring transparency to Virginia's government and encouraged Leaguers to lobby for more.

Sidney Johnson discussed Voter Service activities. She noted that no photo ID will be needed for the spring elections so LWVFA members should not be discussing the new photo ID requirements until after those elections. The Partners in Outreach group will be meeting June 5; they are planning ways to reach under-represented populations. She showed a compact Voter Service display and encouraged members to set up voter outreach tables or displays at community centers, thrift stores, etc. where they have personal contacts. Contact Sidney if you would like to help: [VoterService@lwv-fairfax.org](mailto:VoterService@lwv-fairfax.org).

The slate of officers and elected directors was approved. For officers: Helen Kelly, Co-President, and Bill Thomas, Treasurer. For elected directors: Judy Helein, Program Co-Coordinator; Charleen Deasy, Unit Co-Coordinator; Barbara Nunes, Domestic Violence; Ginger Shea, Education. In addition, next year's Nominating Committee was elected: Gail Richmond, Chair, and Wendy Fox-Grage and Mia Merin, committee members.

The Action director position is vacant. Anyone wishing to fill this very important position should contact Dianne Blais, [dianneblais@aol.com](mailto:dianneblais@aol.com).

A special thank you goes out to Viveka Fuenzalida for finding this great venue and planning a wonderful meeting!

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## LeMunyon Lets in Some "Sunshine" at Annual Meeting

By Lois Page, Secretary

Delegate James LeMunyon, representing the 67<sup>th</sup> District in the Virginia House of Delegates, began his talk to the attendees at LWVFA's Annual Meeting by mentioning two adages representing his belief in transparency in government: "Sunshine is the best disinfectant" and "What gets measured gets improved."

LeMunyon is the new vice chair of the Freedom of Information Advisory Council for the Virginia Legislature. The Chair is Senator Richard Stuart from Senate District 28, the Montross area. The other members of the Council are not elected officials and they have a permanent staff person, Maria Everett, described as the "queen of FOIA."

When the Council meets later this month they will be considering Joint Resolution 96, which asks them to examine the 172 exemptions in Virginia law to FOIA

requests. The Council will consider if these exemptions should continue. Hearings will be completed by November of 2016. LeMunyon urged Leaguers to become involved in this process.

Some examples of what LeMunyon considers legitimate exemptions are proprietary business information (trade secrets), personal citizen information such as tax returns, active law enforcement investigations, and infrastructure details, for security purposes. Although he generally favors keeping as much in the open as possible, he admits that local governments find FOIA requests very disruptive. Virginia law requires them to be answered in five days. Some requests take a lot of time and research. However, "It's all public unless you can prove otherwise."

The Delegate pointed to other ongoing attempts to bring in more sunshine to government affairs. A significant bill passed in the House in 2011 makes it easier to find out how

members voted. Prior to this change, one had to look up the bill itself, by number, rather than the member's name. However, the same change has not been adopted by the Senate. LeMunyon feels some encouragement of a change there is in order!

In the transportation area, a bill passed in 2012 requires that money for a transportation project can be approved only if it has a congestion- reduction benefit. A pending improvement will rank projects according to this benefit and the rankings will be published. Motorists will be able to see how their favorite traffic back-up relief project is progressing.

He also described VDOT's attempts to repave after our disastrous pothole winter. VDOT has trucks that travel the roads and measure the vibrations the truck encounters. The higher the vibrations the higher the road is on the repaving list. The Council has encouraged VDOT to publish those rankings, which are being done only in NoVA so far, and to change the road numbers to names so the public can easily



identify them. He added that some streets do not appear in the rankings at all because they have not been checked. More transparency can lead to citizens' being able to point out the lapses.

The state is also trying to achieve more transparency in

the area of education, requiring that districts reveal the percentage of their budget that is spent on direct learning. The target minimum is 65.5%. Of course the definition of "direct learning" is often debated. The state is also seeking more understandable ways to convey a school's educational success. The legislature recently passed a plan to give schools a "grade," even though this was hotly debated. LeMunyon feels that parents and teachers in schools that get less than an A rating will start asking good questions about what will lead to improvement.

The Governor just signed LeMunyon's bill that encouraged the reporting of waste, abuse and fraud. Now every person in the Commonwealth, not just state employees, can report this to the Inspector General and receive 10% of whatever funds are recovered.

Delegate LeMunyon fielded a number of questions from attendees, some not related to transparency directly. He feels that adding a meals tax in Fairfax County needs to be looked at as part of a major tax reform. He added that he introduced five tax reform bills this session that went nowhere.

He agrees that Rt. 460 in the Virginia Beach area needs looking at, but a Transportation Accountability Commission will be doing so and has subpoena power. There is a sense in some circles that the port of Norfolk has the potential to become a major east coast hub in view of changes in the status of the Panama Canal, and the road was part of that vision.

He says the new ethics bill has not been signed yet (as of April 5) and may be amended. He thinks it makes some improvements but does not go far enough in dealing with intangible gifts.

Although Fairfax, described in legislative circles as Planning District 8, is on the low end of the percentage of state support for schools because of its high ability to sustain itself, it has received record-sized checks for education last year and this year from the state.

In closing, LeMunyon encouraged Leaguers to continue staying involved in government activity and transparency efforts.

# How Menus Are Changing in Fairfax School Cafeterias

By Ginger Shea with Gail Doughty

Food and Nutrition Services (FNS), Fairfax County Public Schools, employs over 1,300 professionals, including managers, team members, drivers, warehouse workers, and supervisors. School meals are planned to reflect the 2010 Dietary Guidelines for Americans, ChooseMyPlate.gov, and student preferences as determined at student taste parties.

FNS is a nonprofit \$87 million business. It serves low-cost, nutritious meals to approximately 140,000 customers daily at 238 schools and special centers, 8 day care centers and private schools, 15 senior citizen programs, 18 Meals-on-Wheels sites, 133 School-Age Child Care (SACC) programs, and 52 Family and Early Childhood Education Programs (Head Start). Lunch and à la carte items are available in all schools. Breakfast is offered in 172 schools and centers.

The food service program, as an extension of the educational programs of the schools, is operated under the federally funded National School Lunch Act and Child Nutrition Act. The federal laws regulating the food service programs are administered by the United States Department of Agriculture (USDA) through the regional office and implemented within the Commonwealth of Virginia by the State Department of Education.

The program's objective is to improve the health of students by providing a variety of tasty, high-quality, safe, nutritious foods that students will enjoy eating at a price affordable to them. The menus are planned by registered dietitians and chefs.

To reflect current science-based research, current Dietary Guidelines for Americans, Healthy Hunger-Free Kids Act and HealthierUS School Challenge, menus are planned with foods specified to have reduced saturated fat, zero trans fats, reduced sodium and sugar, and increased fiber. Special nutrition efforts include use of:

- Enriched and whole grain breads, cereals, pasta, grains, and tortilla chips.
- Whole grain and reduced-sugar cereal.
- Grade A frozen and canned vegetables.
- Fruit packed in light syrup or natural juice.
- A variety of fresh fruits and vegetables highlighting seasonal locally grown produce.
- A variety of vegetables including dark green, red/orange, and legumes offered weekly.
- A variety of 100 percent fruit juices fortified with calcium.



- Foods prepared with no added salt.
- Vegetable and animal proteins items that have reduced fat.
- Water-packed tuna or vacuum-packed salmon.
- Low sodium and low-fat cheeses.
- Variety of milk including 1 percent low-fat unflavored; flavored and unflavored fat-free milk.
- Turkey ham, turkey salami, ground turkey, and turkey hot dogs.

- Pork products limited to USDA commodities.
- No iodized salt packets available to customers.
- Low-calorie and low-fat salad dressings.
- Food items available with reduced or no artificial flavors, artificial colors, food dyes, Butylated Hydroxyanisole (BHA), Butylated Hydroxytoluene (BHT), Tertiary Butylhydroquinone (TBHQ), Monosodium Glutamate (MSG), High Fructose Corn Syrup, Potassium Bromate, and Sodium Benzoate.
- Soybean oil in food preparation; and no palm or tropical oils and no beef or pork tallow.
- No sulfites in fresh vegetables.
- Desserts as a component of lunch that are fruit based.

The first part of this report will cover the requirements from the U.S. Department of Agriculture. The second part will cover recent studies and changes affecting FNS in Fairfax County.

## The National School Lunch Program

In 1946, the National School Lunch Act created the modern school lunch program, although USDA had provided funds and food to schools for many years prior to 1946. In Fiscal Year 2012, more than 31.6 million children each day got their lunch through the National School Lunch Program.

Most of the support USDA provides to schools in the National School Lunch Program comes in the form of a cash reimbursement for each meal served. The current (July 1, 2014 through June 30, 2015) basic cash reimbursement rates if school food authorities served less than 60 percent free and reduced price lunches during the second preceding school year are:

<b>Free Lunches:</b>	<b>Reduced-price Lunches:</b>	<b>Paid Lunches:</b>
\$2.93	\$2.53	\$0.28
<b>Free Snacks:</b>	<b>Reduced-price Snacks:</b>	<b>Paid Snacks:</b>
\$0.80	\$0.40	\$0.07

Any child at a participating school may purchase a meal through the National School Lunch Program. Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals. Those with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals, for which students can be charged no more than 40 cents. (For the period July 1, 2013, through June 30, 2014, 130 percent of the poverty level is \$30,615 for a family of four; 185 percent is \$43,568.) For the past two years, FCPS has offered free meals to students eligible for reduced price meals.

## The School Breakfast Program

The School Breakfast Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It began as a pilot project in 1966, and was made permanent in 1975. The School Breakfast Program is administered at the Federal level by the Food and Nutrition Service. At the State level, the program is usually administered by State education agencies, which operate the program through agreements with local school food authorities in more than 89,000 schools and institutions.

Most of the support USDA provides to schools in the School Breakfast Program comes in the form of a cash

reimbursement for each breakfast served. The current (July 1, 2013 through June 30, 2014) basic cash reimbursement rates for non-severe need are: Free breakfasts \$1.58, reduced-price breakfasts, \$1.28, and paid breakfasts \$0.28.

Schools may qualify for higher “severe need” reimbursements if 40 percent or more of their lunches are served free or at a reduced price in the second preceding year. Severe need payments are up to 30 cents higher than the normal reimbursements for free and reduced-price breakfasts.

## Healthy Hunger-Free Kids Act of 2010

Improving child nutrition is the focal point of the Healthy, Hunger-Free Kids Act of 2010. The legislation authorizes funding and sets policy for USDA’s core child nutrition programs: the National School Lunch Program, the School Breakfast Program, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Summer Food Service Program, and the Child and Adult Care Food Program. Under the authorization of this act, USDA established new requirements for school lunch and breakfast programs.

## Comparison of Previous and Current Regulatory Requirements Under Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” (published January 26, 2012)

### Lunch

#### Fruit and Vegetables

**Previous** ½ - ¾ cup of fruit and vegetables combined per day

**Current** ¾ - 1 cup of vegetables plus ½ -1 cup of fruit per day. (Students are allowed to select ½ cup fruit or vegetable under Offer vs Serve.)

#### Vegetables

**Previous** No specifications as to type of vegetable subgroup

**Current** Weekly requirement for dark green, red/orange, beans/peas (legumes), starchy, and other (as defined in 2010 Dietary guidelines)

#### Meat/Meat Alternate (M/MA)

**Old** 1.5 - 2-oz equivalent daily minimum

**New** Grades K-5: 1 oz equivalent daily minimum (8-10 oz weekly)

Grades 6-8 : 1-oz equivalent daily minimum (9-10 oz weekly)

Grades 9-12: 2-oz equivalent minimum (10-12

ounces weekly)

### **Whole Grains**

**Previous** Encouraged

**New** At least half of the grains must be whole grain rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.

**Comments:** The School Nutrition Association (SNA) supports retaining the initial requirement that 50 percent of grains be whole grain rich, but not the later requirement that all grains must be whole grain rich by July 1, 2014. SNA, which is a professional association of school nutrition professionals, states, “While many students have adjusted to whole grain rich breads, schools nationwide have struggled to find specialty whole grain rich items, such as tortillas, biscuits and pastas, that students accept. Challenges include limited availability of whole grain rich products in rural areas and strong regional preferences for refined grains such as white rice or tortillas. Schools have experienced significant plate waste, increased costs, and declines in student participation due to student rejection of specific whole grain products.”

<http://docs.schoolnutrition.org/meetingsandevents/lac2014/docs/2014PositionPaperTalkingPoints.pdf>

### **Milk**

**Previous** 1 cup. Variety of fat contents allowed; flavor not restricted

**New** 1 cup. Must be fat free (unflavored/flavored) or 1 percent low fat (unflavored)

**Comments:** “Remarkably few randomized clinical trials have examined the effects of reduced-fat milk (0 percent to 2 percent fat content) compared with whole milk on weight gain or other health outcomes,” David S. Ludwig and Walter C. Willett write in *JAMA Pediatrics*.<sup>1</sup> Their article questions the scientific rationale for promoting reduced-fat milk consumption at these levels in children and adults and reconsiders the role of cow’s milk in human nutrition. CBS news reports that another study in the Archives of Disease in Childhood “echoed the *JAMA* study and showed that children who drank lower-fat milk were more likely to be overweight later in life.”<sup>2</sup>

### **Breakfast**

The previous and current requirements for **whole grains** and **milk** are the same as the lunch requirements.

### **Fruit**

**Previous** ½ cup per day (vegetable substitution allowed)

**Current** 1 cup per day (vegetable substitution allowed).

Note: Quantity required SY 2014-15. Students are

allowed to select ½ cup of fruit under OVS

### **Grains and Meat/Meat Alternate**

**Previous** 2 grains, or 2 meat/meat alternates or 1 of each per day.

**Current** Daily minimum and weekly ranges for grains:

Grades K-5: 1 oz equivalent daily minimum (7-10 oz weekly)

Grades 6-8 : 1 oz equivalent daily minimum (8-10 oz weekly)

Grades 9-12 : 1 oz equivalent daily minimum (9-10 oz weekly)

Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.

### **Nutrient Standards**

For the comparison for sodium, calories, saturated fat, and trans fat. (See Table 1, page EF-4.)

**Comments on Sodium**—SNA recommends suspending the implementation of sodium Target 2 pending the availability of scientific research that supports the reduction in daily sodium intake for children. SNA makes the following points:

- Schools are already making significant reductions in the sodium on school menus to meet the first sodium reduction target, which goes into effect in July 2014 (see below).
- The Institute of Medicine states that before advancing to Target 2, “it would be appropriate to assess progress and effects of the actions on student participation rates, food cost, safety and food service operations to determine a reasonable target for the next period. The committee recognizes that reducing the sodium content of school meals as specified and in a way that is well-accepted by students will present major challenges and may not be possible.” (*Source: “School Meals: Building Blocks for Healthy Children”*)
- Naturally occurring sodium present in milk, meats and other foods, make the later sodium targets extremely difficult to achieve. Popular and healthy choices such as low-fat, whole grain cheese pizza, macaroni and cheese and deli sandwiches could be stripped from school menus if manufacturers are unable to develop cheeses that meet these extreme standards.
- Many schools have already experienced increased

Previous Nutrient Standards	Current Standards K-12 (as of 7/1/12)		
<b>Sodium</b>	<b>Target 1: SY 2014-15</b>	<b>Target 2: SY 2017-18</b>	<b>Final target:</b>
<b>Reduce, no set targets</b>	Lunch	Lunch	<b>2022-23</b>
			Lunch
	≤1230mg (K-5);	≤935mg (K-5)	≤640mg (K-5);
	≤1360mg (6-8);	≤1035mg (6-8);	≤710mg (6-8);
	≤1420mg (9-12)	≤1080mg (9-12)	≤740mg (9-12)
	Breakfast	Breakfast	Breakfast
	≤540mg (K-5);	≤485mg (K-5);	≤430mg (K-5);
	≤600mg (6-8);	≤535mg (6-8);	≤470mg (6-8);
	≤640mg (9-12)	≤570mg (9-12)	≤500mg (9-12)
<b>Calories (min. only)</b>	<b>Calorie Ranges (min. &amp; max.)</b>		
	<i>Only food-based menu planning allowed</i>		
	Lunch:		
	550-650 (grades K-5)		
	600-700 (grades 6-8)		
	750-850 (grades 9-12) Breakfast:		
	350-500 (grades K-5)		
	400-550 (grades 6-8)		
<i>Traditional Menu Planning Lunch:</i>	450-600 (grades 9-12)		
633 (grades K-3)			
785 (grades 4-12)			
825 (optional grades 7-12) Breakfast:			
554 (grades K-12)			
<i>Enhanced Menu Planning</i>			
Lunch:			
664 (grades K-6)			
825 (grades 7-12)			
633 (optional grades K-3) Breakfast:			
554 (grades K-12)			
774 (optional grades 7-12)			
<i>Nutrient Based Menu Planning</i>			
Lunch:			
664 (grades K-6)			
825 (grades 7-12)			
633 (optional grades K-3) Breakfast:			
554 (grades K-12)			
618 (optional grades 7-12)			
<b>Saturated Fat</b>	<b>Saturated Fat</b>		
<10% of total calories	<10% of total calories		
<b>Trans Fat:</b> no limit	<b>New specification:</b> zero grams per serving (nutrition label)		

plate waste, increased costs, and declines in student participation as they have transitioned to lower-sodium foods.

- Before school meal programs are forced to make additional costly changes, more scientific research should be done into the efficacy of further reducing children’s sodium intake.

According to a study published in March by the *American Journal of Hypertension*, both low and high sodium intakes are associated with increased mortality.<sup>3</sup> Also in May 2013,

the Institute of Medicine issued a report that does not support reduction in sodium intake to below 2,300 mg per day. “These new studies support previous findings that reducing sodium from very high intake levels to moderate levels improves health,” said committee chair Brian Strom, George S. Pepper Professor of Public Health and Preventive Medicine at the University of Pennsylvania Perelman School of Medicine. “But they also suggest that lowering sodium intake too much may actually increase a person’s risk of some health problems.”

**Calories:** In Table 1, the previous calorie standards varied according to whether they were under traditional menu planning, enhanced menu planning, or nutrient-based menu planning. Under the Traditional Food-Based Menu Planning Approach, schools must comply with specific component and quantity requirements by offering five food items from four food components. These components are: meat/meat alternate, vegetables and/or fruits, grains/breads, and milk. The Enhanced Food-Based Menu Planning Approach was designed to increase calories from low-fat food sources. Nutrient Standard Menu Planning was a computer-based menu planning system that used computer software to analyze the specific nutrient content of menu items automatically while menus were being planned.

**Comments:** Some students and other observers question the calorie limits in the new guidelines. Rep. Steve King (R-Iowa) introduced a bill to repeal the cap on calories. King’s No Hungry Kids Act, H.R. 6418, was referred to committee.

### Fairfax County Public Schools Food and Nutrition Services

In addition to meeting the new USDA requirements for school meals, Fairfax County Public Schools has studied and implemented several other changes. Also, plans are underway for further improvements. In February 2012, the Superintendent’s Nutrition Task Force made several



proposals for change. In recent years a volunteer group called Real Food for Kids (RFFK) circulated a resolution to make a number of changes in the school meals. In April 2014, RFFK announced that it has received a \$25,000 grant from the Myles D. and J. Faye Sampson Foundation for the second year. This past year, RFFK has used Sampson funding to support events such as the launch of the Statesmen Station fresh food bar at Marshall High School, along with the associated awning design competition and student “wRap” rap; Food Day last October; and the 2014 Culinary Challenge, Feeding Academic Success, held last month.

In February 2013, FCPS initiated a contract with Prismatic Services, Inc., to complete a review of its FNS operation. *Food and Nutrition Service Study for Fairfax County Public Schools* was presented at a School Board work session November 11, 2013.

“School food programs are complex businesses with often finicky customers,” Prismatic wrote. On March 10, 2014, Susan Quinn, chief financial officer, Department of Financial Services, and Penny McConnell, director, Food and Nutrition Services,

presented the staff response to the Prismatic recommendations.

The following subjects were among the topics covered in the staff response.

**Additives and Preservatives**

FNS has worked continuously with manufacturers since receiving the recommendation by the Superintendent’s Nutrition Task Force to reduce artificial ingredients and preservatives. To date these have been reduced by 91 percent as compared with SY 2010-2011. (See Table 2.)

**Action Plan**

FNS recommends adding a section to FCPS Regulation 5008.2, Student Health and Wellness, to include nutrition standards including expectations related to the elimination of additives and preservatives. FNA plans to continue to reduce the number of occurrences by 95 percent as compared with SY 2010-2011.

	SY 2010-2011	SY 2011-2012		SY 2012	
		Feb-12	Apr-12	Oct-12	Apr-13
<b>Artificial Ingredient/Preservative</b>	<b>Number of Occurrences</b>				
Artificial Flavors	84	37	16	6	7
Red 40 Colorant	13	6	4	0	0
Yellow 5 & 6 Colorant	30	9	6	5	2
Blue Colorant	7	2	1	0	0
Butylated Hydroxyanisole (BHA)/ Butylated Hydroxytoluene (BHT)	12	5	6	6	5
Tertiary Butylhydroquinone (TBHQ)	11	4	2	0	0
Monosodium Glutamate (MSG)/autolyzed yeast	23	9	5	5	1
High Fructose Corn Syrup (HFCS)	44	9	7	4	4
Potassium Bromate	16	8	7	3	2
Sodium Benzoate	23	9	6	1	3
<b>Total</b>	<b>263</b>	<b>98</b>	<b>60</b>	<b>30</b>	<b>24</b>
<b>Cumulative Percentage Reduction</b>		<b>63%</b>	<b>77%</b>	<b>89%</b>	<b>91%</b>

SY 2014-15 91%  
 SY 2015-16 93%  
 SY 2016-17 95%

RFFK reports that it has presented a comprehensive (though not zero-tolerance) additives policy, developed with experts from the Center for Science in the Public Interest that should be included in all vendor contracts to ensure compliance. “It is our goal that, if all efforts have been expired over a reasonable time to find an acceptable replacement for a ‘banned’ additive, FNS should consider changing out the item altogether.”

**Local Purchase of Produce**

FNS prefers and purchases seasonal locally grown produce, when possible. The amount spent on seasonal locally grown produce has increased by 64 percent since 2010. Some examples of locally grown produce include tomatoes, zucchini, and apples purchased from farms in Virginia and Maryland. Some of the most popular fruit such as kiwi, bananas, and oranges are not grown locally.

The FNS action plan is to add language to FCPS Regulation 5008.2 to support

opportunities to integrate seasonal locally grown and school garden produce into the meals served to students based on availability, acceptability, and price. A preference statement regarding locally grown produce will be added to future bids for fruits and vegetables. FNS plans to increase the amount spent each year on seasonal locally grown produce by 3 percent as compared with the prior year in the next three years.

### Menu Cycle

Prismatic said the FNS menu cycle is two weeks. This is shorter than in many other school divisions. Prismatic recommends that FCPS should improve the variety of menu items by increasing the menu cycle from two weeks to four weeks.

FNS noted that the current two-week menu cycle has several items that are offered on alternate weeks expanding the length of the menu cycle. "There are two key entrees, chef salads, hummus, yogurt and peanut butter and jelly biteables offered daily. These options ensure that students at all grade levels have variety and can make selections to meet their personal, cultural, and therapeutic needs."

### Fruit and Vegetable Bars

FNS is currently piloting fruit and vegetable bars at Marshall and Edison High Schools, Lake Braddock Secondary, and South County Middle School in a self-serve venue. The fruit and vegetable bars typically include the variety available on the lunch menu.

All other schools, including the elementary schools, offer pre-portioned servings of fruits and vegetables to meet the federal meal pattern. Each of these schools also offers two to three fruit and vegetable options each day. Additionally, 12 high schools offer salad bars and 9 elementary schools participate in the federal fresh fruit and vegetable program.

Simple scratch recipes developed, tested, and evaluated by FNS Chef Paul Davis for the Marshall HS fresh-food pilot are now being prepared in a majority of the high and secondary schools. The Chef Specials, including the Asian and Mexican lines, are available on a rotating basis. The black bean and corn salad is on the monthly high school menu and is also featured in Thursday Chef Salads, served at all levels. The new yogurt parfait has been very popular but adds to the workload of the cafeteria workers.

Other Chef Specials include: black chicken quesadilla, Asian bowl, Southwestern chicken pizza, steak and cheese pizza, Mexican pizza, black bean and corn burrito, and BBQ

chicken pizza.

FNS plans to expand the fruit and vegetable bars to all middle and high schools by 2016-17.

### Vending Machine Products

All vending and a la carte sales in FCPS continue to exceed federal and state nutrient standards. The Smart Snacks in School, the new nutrition standards from USDA, are expected to be adopted for implementation in SY 2014-2015.

RFFK Executive Director JoAnne Hammermaster was invited to the White House on February 25, 2014, on the occasion of the announcement by First Lady Michelle Obama and U.S. Secretary of Agriculture Tom Vilsak of the new proposed policies. The new requirement addresses nutrient standards based on 2010 Dietary Guidelines for Americans and requires that all offerings meet specific calorie, total fat, saturated fat, trans fat, sodium, and sugar levels per portion.

Additionally, FNS is conducting a pilot program regarding the elimination of regular sodas in the after-school vending programs at seven high schools. The pilot schools include: Chantilly, Falls Church, Lake Braddock, Langley, Marshall, Thomas Jefferson, and West Potomac.

The new rules will help ensure that foods marketed to students align with the new standards for snacks and lunches put in place through the Healthy Hunger Free Kids Act of 2010.

After-school soda machines are not available at the



Sam Hammermaster (right) watches as First Lady Michelle Obama greets his mother, JoAnne Hammermaster.

elementary schools.

### School Store Rules

The current FCPS Policy 5003.3, Food Sales and Services,

precludes the sale of foods of minimal nutritional value during the school day and does not allow school sales such as PTA and student activity fundraisers to take place during the school day.

FNS plans to identify products of low nutritional value that do not meet the Smart Snacks in School standards and share with all school administrators and parent and student organizations engaged in fundraising. FNS will also assist in identifying low nutritional value products to various student and parent groups to support the Partnership for a Healthier Fairfax Initiative.

### Facility Update and Cafeteria Ambiance

“Cafeterias in the schools visited by Prismatic team member were found to be for the most part clean and well-maintained. However, they were also generally of a regimental, uninviting, and cold design with few, if any, decorations or other hints at ambiance.”

Some cafeteria managers spend their own money for seasonal decorations. However, Prismatic notes that FCPS education specifications regarding cafeteria/dining areas are largely silent on issues related to layout and ambiance. Here is a section of the report:

“Eating wholesome food in such a bleak mess hall atmosphere detracts from the food’s nutrition and health benefits. It also sends a contradictory message. While FNS is working to make the food served increasingly better for students, FCPS is not changing the gloomy, depressing, and cheerless surroundings in which students are to eat. One is a message of valuing students, the other is not. While the relationship between ambient environmental factors and food intake and digestion is not fully understood, a seminal, meta-analysis paper on the issue of ambiance found that “differences in ambiance influence food choice and intake amounts.” (Stroeble & DeCastro, 2004). Moreover:

*Various external factors such as social and physical surroundings, including the presence of other people and sound, temperature, smell, color, time, and distraction affect food intake and food choice. Food variables such as the temperature, smell, and color of the food also influence food intake and choice differently.*

*The literature suggests that there are major influences of ambiance on eating behavior and that the magnitude of the effect of ambiance may be underestimated. Changes in intake can be detected with different levels of the number of people present, food accessibility,*

*eating locations, food color, ambient temperatures and lighting, and temperature of foods, smell of food, time of consumption, and ambient sounds.*

The “mess hall look” is waning in most school districts across the United States. Instead, the following types of guidelines and philosophies have emerged:

- dining spaces should consist of a variety of ambiances, ranging from lively and spirited to subdued;
- fast food restaurant ideas should be copied, not avoided – use booths, cluster seating, and pedestal tables;
- massively large dining areas should be avoided in favor of smaller, zoned areas – students have only the breakfast and lunch periods to speak with their friends;
- seating for small groups should be provided and encouraged by using space dividers, acoustical baffles, and other means to create separate, smaller spaces and areas;
- Internet access should be provided in some areas, and lingering should be encouraged by providing opportunities for reading (Kindles, Nooks) and games (chess, cards, checkers);
- décor and seating should be rugged, colorful, and reflect school colors, themes, and insignia; and lighting and acoustics should be designed purposefully and carefully to create a welcoming and attractive atmosphere for students.

FNS currently coordinates with Design and Construction to purchase and install kitchen design and equipment to reflect educational specifications in new and renovated schools. Design and Construction, along with the school administrators, select the tables and chairs and cafeteria layout that significantly determine the cafeteria ambiance.

### Lunch Start Times

Fairfax County Public Schools serves lunch at 10:30 a.m. or earlier in 41 schools. Prismatic recommends that FCPS should adopt a division policy on lunch start times. “This is an area that will require School Board review and action. It is contrary to the guidelines of national organizations to begin offering lunch service within the first two hours of school and to offer it during what most adults would consider to be breakfast times.”

FNS reports that 66 schools currently have lunch scheduled within the two hours after school starts: some students have lunch at 10:15 a.m. FNS representatives will coordinate with

school administrators to determine possibilities for later lunch start times.

#### (Endnotes)

1 Ludwig, D.S., & Willett, B.K. (2013). Three Daily Servings of Reduced-Fat Milk: An Evidence-Based Recommendation? *JAMA Pediatrics*, (167)9, 788-789. doi:10.1001/jamapediatrics.2013.2408

2 Castillo, M. (2013, July). *Whole milk may be better for kids than skim milk*. Retrieved from <http://www.cbsnews.com/news/whole-milk-may-be-better-for-kids-than-skim-milk/>

3 Graudal, N., Jurgens, G, Baslund, B., & Alderman, M.H. (2014). Compared With Usual Sodium Intake, Low- and Excessive-Sodium Diets Are Associated With Increased Mortality: A Meta-Analysis. *American Journal of Hypertension*, doi: 10.1093/ajh/hpu028

## Study Questions

1. Do you think the LWVUS should study the school lunch and school breakfast programs?
2. Should whole milk be allowed in school cafeterias?
3. Do you agree that all salad dressings should be low calorie and low fat?
4. Do you agree that no iodized salt packets should be available in the cafeterias?
5. Do you agree with the policy of offering only low-sodium and low-fat cheeses?
6. Do you support the requirement that **all** grains must be whole grain rich by July 1, 2014?
7. The School Nutrition Association recommends suspending the implementation of the sodium Target 2 pending the availability of scientific research that supports the reduction in daily sodium intake for children. What is your opinion on this issue?
8. In September 2012, FCPS began offering lunch meals free to students who previously only qualified for reduced-price meals. As a result, from October on, the rates of participation among students eligible for reduced-price meals was higher in 2012-13 than 2011-2012. (Overall, student meal participation is lower in each month of 2012-13 in comparison with the same month of 2011-2012.) Do you think FCPS should continue to provide meals at no charge to reduced-price eligible students?

## Letter to the Editor . . .

League members attending the annual meeting in early April might have misinterpreted one of the speaker's comments about the use of full Social Security numbers on Virginia's voter registration forms. The State Board of Elections requires voter registration applicants to include their entire Social Security number on these forms because it is required by Article II, Section 2 of the Virginia Constitution. The Board doesn't have an option to require just the last four digits, as (for example) it does on absentee ballot application forms.

Does anyone else have the same question as I do: Why haven't we seen a constitutional amendment to change this?

*Therese Martin, Voter Advocacy Coordinator*

## Environment Committee Members Wanted

A new committee to study environmental issues is being formed now. Interested in participating? Topics covered will be determined by the committee members, so sign up now to make sure your voice is heard. Contact Rona Ackerman at [League@lwv-fairfax.org](mailto:League@lwv-fairfax.org) or 703-282-2262.

## Recycling Facts . . .

The average person generates over 4 pounds of trash every day and about 1.5 tons of solid waste per year. In 2009, Americans produced enough trash to circle the Earth 24 times. Over 75% of waste is recyclable, but we only recycle about 30% of it. (Source: dosomething.org)

## Photo ID and Voter Registration for Underrepresented Groups

The photo ID requirement for voting takes effect on July 1 this year. Publicity will start after the spring elections and primaries.

This year we need to contact people whom we do not always reach. They are likely to be the ones who need photo IDs, who have not updated their registrations, or who have not registered at all. We will develop informal partnerships with agencies and organizations whose clients are less likely to be engaged in civic life. Charities, thrift shops, social services, clinics, food pantries, Meals on Wheels...the list goes on.

Fairfax Area League members can offer these organizations the opportunity to display or distribute voter registration forms and County literature explaining the process for getting a photo ID. We will augment this literature with leaflets of our own. It may be useful to introduce ourselves with a our own versions of the following:

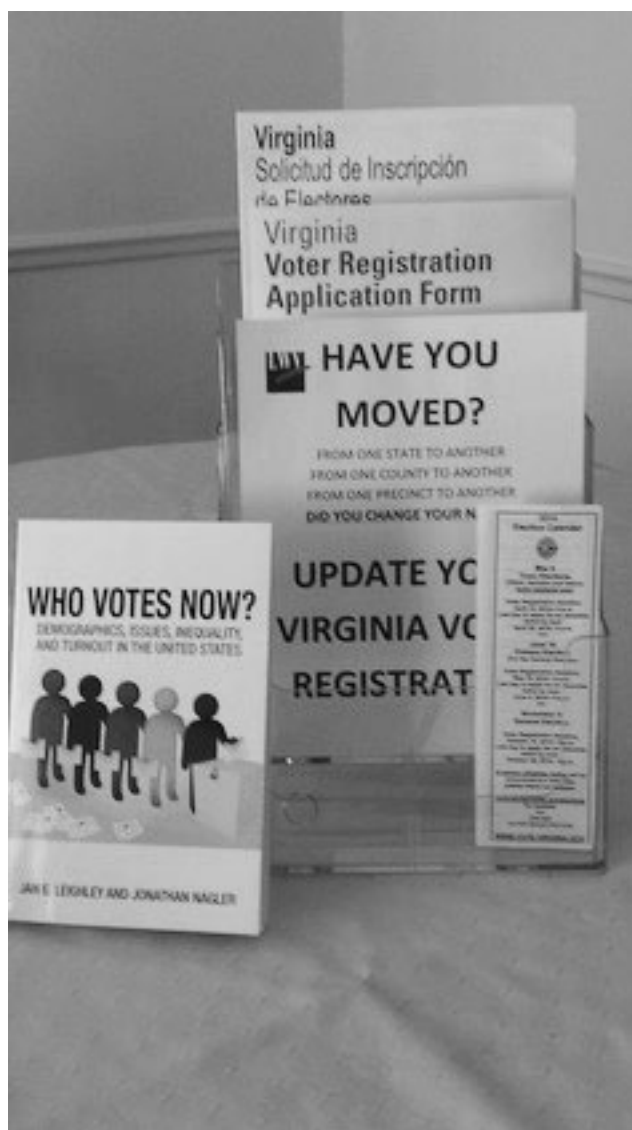
### Sample Script

Hello, I'm \_\_\_\_\_. I belong to the League of Women Voters. We have promoted better government for almost 100 years, and we are still nonpartisan and nonprofit. Our core mission is getting citizens involved in voting and civic life.

This year people need to know that they must bring a photo ID with them when they vote in November. We are inviting you to help inform them by displaying these leaflets that explain how to get a photo ID in your office. We are also including voter registration forms for people who may need those and information about registering online.

Both County literature and our own leaflets will be ready for the Kick Off this September 6. We expect to have a number of display stands with our own label on them to distribute to organizations that do not have display space. By then we will have had time to talk with our potential partners about the vital importance of educating the public about photo IDs and getting the unengaged or new residents to register.

The County will have several events during Northern Virginia Voter Registration Week from September 23 – 30. We will



join in that and continue to host our own tables at libraries, festivals, and fairs, as we always have. We hope that unaffiliated members will participate in these events.

Sidney Johnson, Voter Services Coordinator.  
703-476-0581  
[sidneyjohnson3@verizon.net](mailto:sidneyjohnson3@verizon.net)



# Kelly Testifies on Proposed County Budget

*[Editor's Note: This testimony was given by Co-president Kelly to the BOS on April 9, 2014.]*

Good evening, Chairman Bulova and members of the Board of Supervisors. I am Helen Kelly, Co-President of the League of Women Voters, speaking on behalf of our members and supporters in Fairfax County and Fairfax City. I thank you for the opportunity to speak to you today.

We commend you for maintaining Fairfax County's AAA bond rating, even in this challenging economy. We support the two-cent increase in the real estate tax and are happy to pay it. We also support a meals tax as a means of diversifying revenue sources available to the County. Twenty-five percent of the income from this tax would be paid by visitors – not by residents.

Even with these additional resources, we understand that you will probably have to make further cuts to the budget, and that they will be painful.

However, we urge you to not to cut funding for these budget categories:

➤ **Office of Elections** – We approve of the funding level in the 2015 Advertised Budget plus the \$6M for voting equipment in the 2016 reserve fund. Therefore, we oppose any proposals to reduce personnel and operating expenses. This funding is essential to purchase the necessary voting equipment, to allow time to train on it and to successfully manage the 2016 – and all elections – as one would expect of the largest and wealthiest county in the Commonwealth. This is also the only way to prevent the long lines we experienced in the 2012 election.

➤ **Juvenile and Domestic Relations Court** – Stronger Together is a visitation program for children and families who have experienced Domestic Violence. It provides a safe, secure place for children to visit with the non-custodial parent. This program is crucial for everyone, especially in cases where the victims of Domestic Violence are ordered by the court to continue visitation or exchange with the offender. Stronger Together also helps families going through high-stress divorces. Cuts to this program would negatively affect other County agencies, including the police. Before the start of such programs, people were murdered during these visits.

➤ **Schools** – Increasing the FCPS transfer from 2% to 3% would net our public schools about \$17M requiring less than a one-cent increase in the tax rate. We anticipate that the new FCPS Program Audit Manager will seek economies to provide some expense reductions and savings. We ask for this increase because school enrollment continues to rise. Some of our members remember the time when the County was building a classroom a day – and paid the taxes to support teachers' salaries and school construction. This resulted in quality schools that bring businesses and people to Fairfax County. We should not endanger that reputation now.

➤ **Libraries** – enhance the quality of life in our community, by providing books, research material, online resources and personnel who can help patrons find the materials they need. They should receive more – not less – funding. Libraries also provide an *educational* safety net for students with no computer at home. We urge you to ensure as many libraries as possible are open on Saturdays and Sundays. If necessary, we suggest forfeiting some morning weekday hours to make this possible. Maintaining weekend hours will mean that students whose working parents must drive them to the library will have enough time to do their homework.

Again, we urge you to fully fund the Office of Elections and the Stronger Together program, to increase the FCPS transfer to 3%, and to increase library funding for both personnel and materials. Supporting these services will help guarantee our constitutional right to vote, and will protect families in crisis. A slight increase in school funding will give Fairfax County students the education they deserve, and additional library funding will enhance our quality of life by providing information on any subject and free internet access for students and job-seekers from families who cannot afford a computer.

**Domestic Violence Hotline**  
**703-360-7273**

## This Month's Unit Meeting Locations

### Topic: How Menus Are Changing in Fairfax Cafeterias

Members and visitors are encouraged to attend any meeting convenient for them, including the "At Large Meeting" and briefing on Saturdays when a briefing is listed. As of April 1, 2014, the locations were correct; please use phone numbers to verify sites and advise of your intent to attend. Some meetings at restaurants may need reservations.

#### Saturday, May 3

##### **10 a.m. At-Large Unit and Briefing**

Packard Center  
(in Annandale Community Park)  
4026 Hummer Rd.  
Annandale 22003  
Contact: Judy, 703-725-9401

#### Thursday, May 8

##### **9 a.m. Reston Day (RD)**

1606 Greenbrier Ct.  
Reston 20190  
Contact: Nancy, 703-437-4419

##### **9:30 a.m. Springfield (SPF)**

Packard Center  
4026 Hummer Rd.  
Annandale 22003  
Contact: Nancy, 703-256-6570 or  
Peg, 703-256-9420

##### **1 p.m. Fairfax/Vienna (FX-V)**

Oakton Regional Library  
10304 Lynhaven Pl.  
Oakton 22124  
Contact: Bobby, 703-938-1486 or  
Liz, 703-281-3380

##### **7:45 p.m. Mt. Vernon Evening (MVE)**

Paul Spring Retirement  
Community  
Mt. Vernon Room  
7116 Fort Hunt Road  
Alexandria 22307  
Contact: Jane, 703-960-6820

#### Monday, May 12

##### **1:30 p.m. Greenspring (GSP)**

Hunters Crossing Classroom  
Spring Village Drive  
Springfield 22150  
Contact: Kay, 703-644-2670

#### Tuesday, May 13

##### **10:30 a.m. Centreville-Chantilly (CCD)**

Sully District Gov. Center  
4900 Stonecroft Blvd.  
Chantilly 20151  
Contact: Olga, 703-815-1897

#### Wednesday, May 14

##### **9:30 a.m. Mt. Vernon Day (MVD)**

Mt. Vernon Dist. Government  
Center  
2511 Parkers Lane  
Alexandria 22306  
Contact: Louise, 703-960-0073

##### **9:30 a.m. McLean Day (McL)**

Star Nut Café  
1445 Laughlin Ave.  
McLean 22101  
Contact: Peggy, 703-532-4417 or  
Sharone 703-734-1048

##### **10 a.m. Fairfax Station (FXS)**

8739 Cuttermille Pl.  
Springfield 22153  
Contact: Kathleen, 703-644-1555

##### **7:30 p.m. Reston Evening (RE)**

Reston Art Gallery at Heron  
House  
Lake Anne Village Center  
Reston 20190  
Contact: Lucy, 703-757-5893

## June Meetings:

### Gun Control



The League of Women Voters of the Fairfax Area (LWVFA)  
 4026-B Hummer Road, Annandale, VA 22003-2403  
 703-658-9150. Web address: www.lwv-fairfax.org

Non-Profit Org.  
 U.S. Postage Paid  
 Merrifield, VA  
 Permit No. 1202

**The LWVFA Fairfax VOTER ©  
 May, 2014  
 Julie Jones, Co-President  
 Helen Kelly, Co-President  
 Ron Page, Editor  
 Liz Brooke, Coordinator**

The League of Women Voters is a nonpartisan political organization that encourages the public to play an informed and active role in government. At the local, state, regional and national levels, the League works to influence public policy through education and advocacy. Any citizen of voting age, male or female, may become a member.

The League of Women Voters never supports or opposes candidates for office, or political parties, and any use of the League of Women Voters name in campaign advertising or literature has not been authorized by the League.

**LWVFA MEMBERSHIP APPLICATION**

(Dues year is July 1 through June 30. Current dues year ends June 30, 2014.)

**Membership Category:** Individual \$65 \_\_\_\_ ; Household (2 persons-1 VOTER) \$90 \_\_\_\_ ; Donation \$ \_\_\_\_  
 Student \$32.50 \_\_\_\_ ; (Coll. Attending \_\_\_\_\_)

**Membership is:** New \_\_\_\_ ; Renewal \_\_\_\_ ; Reinstate \_\_\_\_ ; Subsidy Requested \_\_\_\_

**We value membership. A subsidy fund is available, check block above and include whatever you can afford.**

**Dues are not tax deductible. Tax-deductible donations must be written on a separate check payable to LWVFA Ed. Fund.**

**Please Print Clearly!**

**Name** \_\_\_\_\_ **Unit** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip + 4** \_\_\_\_\_

**Phone (H)** \_\_\_\_\_ **(M)** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Thank you for checking off your interests:**

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> County Govt      | <input type="checkbox"/> Voting Procedures     | <input type="checkbox"/> Health Care       | <input type="checkbox"/> Schools            |
| <input type="checkbox"/> Fiscal           | <input type="checkbox"/> Environmental Quality | <input type="checkbox"/> Human Services    | <input type="checkbox"/> Other (Specify)    |
| <input type="checkbox"/> Public Libraries | <input type="checkbox"/> Land Use Planning     | <input type="checkbox"/> Judicial Systems  | <input type="checkbox"/> Affordable Housing |
| <input type="checkbox"/> Transportation   | <input type="checkbox"/> Water                 | <input type="checkbox"/> Juvenile Problems | <input type="checkbox"/> Domestic Violence  |

Mail to: LWVFA, 4026-B Hummer Road, Annandale, VA 22003-2403