



SILVER SPRING CITIZENS ADVISORY BOARD

October 20, 2014

To:

Mr. Isiah Leggett
County Executive
101 Monroe Street 2nd Floor
Rockville, Maryland 20850

Ms. Greg Rice
Council President
100 Maryland Avenue
Rockville, Maryland 20850

Re:

<p style="text-align: center;">Advice from the Silver Spring Citizens Advisory Board re Real Food for Kids - Montgomery</p>
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The Silver Spring Citizens Advisory Board would like to bring to your attention the excellent work being performed by the group Real Food for Kids-Montgomery.

We are aware of their recent efforts that contributed to the eventual elimination of certain foods in school cafeterias that contain: Blue 2, Green 3, Red 3, Yellow 5 and Yellow 6 food dyes, aspartame, acesulfame-potassium, butylated hydroxyanisole, potassium bromate, propyl gallate, saccharin, sodium tripolyphosphate and tert-Butylhydroquinone. We applaud Real Food for Kids-Montgomery for starting the conversations about improving the healthiness of food in the school system.

The Silver Spring Citizens Advisory Board recognizes that the logical next steps are to see what work can be done beyond the school system in the Silver Spring and Takoma Park communities we represent. Several of our members are passionate to change the way our youth look at food and are interested in ways of effectuating this change beyond the public schools. As a society, the inroads organic foods have made into people's diets are hard to miss with farmer's markets springing up all over the region and organic food stores taking more of the market's share. We also know that good nutrition is key to developing young minds, improving learning in school, creating life-long healthy eating habits, and growing into productive members of society. The Silver Spring Citizen's Advisory Board would like to do its part in encouraging the trend of healthier eating for the children in our community.

We stress how critical is it to explore what work can be done in the community to promote healthier eating among children because we understand that changes in the school system alone will not lead to long-standing results that make the kids eat healthy. We understand that some students may reject the newest efforts to provide healthier school meals. So we also need to do work outside the school system to make sure that the kids have a bigger desire to eat the healthier food options that they get at school.

The work can include exploring the economic and environmental benefits to improving children's eating habits. For instance, we can look at how regional farms can supply the food for our children. Getting our food supply from regional farms can not only stimulate the local economy, but also reduce the need for carbon emitting modes of transportation by cutting down the time between when the food leaves farms and lands on a young child's plate. We can also consider a suggestion proposed by Real Foods for Kids-Montgomery to establish "Wellness



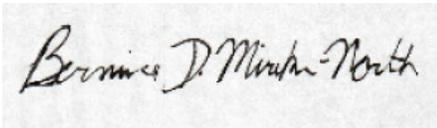
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Committees” with parent and community involvement to help advocate the importance of nutrition in our children's health in a multi-faceted approach.

We applaud groups like Real Food for Kids - Montgomery who work to make our communities better and healthier by working with our youth. We also applaud our public schools in heeding to the concerns of parents by working towards healthier food options in schools. However, we know it take many other efforts of the community to reach the goal of promoting healthier foods for kids in our community. We are willing to provide advice to the County on initiatives to not only make our kids eat healthier, but also make our community healthier in every other way imaginable.

Sincerely,

Bernice Mireku-North

A rectangular area containing a handwritten signature in black ink. The signature reads "Bernice D. Mireku-North" in a cursive script.

Chair, Silver Spring Citizens Advisory Board

cc: County Council Members