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**Food & Nutrition Education for All Children.**

LEGISLATIVE REQUST: Require the DOE to deliver nutrition education as part of its elementary, middle and high school curriculum on an annual basis.

BUDGET REQUEST: Continue to fund ($250K) the Food-Ed Hub at the Tisch Food Center, dedicated to developing policy to bringing food education to all public school children.

**WHY?**

* **Food**A screenshot of a cell phone

  Description automatically generated **Education Means Better Health and Academic Outcomes** According to a [National Wellness Policy Study](https://www.ihrp.uic.edu/files/NWPS_Working_on_Wellness_District_Report_SY2014-15.pdf), well-implemented nutrition education can help children obtain healthy weights and BMIs, increase fruit and vegetable consumption, develop positive attitudes towards those foods, and improve academic performance (23). Yet [research published by the Tisch Food Center](https://www.tc.columbia.edu/media/centers/tisch/NEP-Report-March-22-2018.pdf) shows that nearly half the city’s schools lack access to external food and nutrition education programs (25).
* **Food Education = Lower Medical Costs and Longer Life Expectancy:** Nutrition education programs are cost-effective, saving $900 - $12,000 for each additional life-year resulting from obesity prevention and were predicted to save $8 million in [direct medical costs](https://www.sciencedirect.com/science/article/pii/S1499404616308533?via%3Dihub#bib31) associated with obesity when implemented at elementary school (35).