

114TH CONGRESS
1ST SESSION

H. R. 3800

To amend section 9A of the Richard B. Russell National School Lunch Act to require that local school wellness policies include a requirement that students receive 50 hours of school nutrition education per school year.

IN THE HOUSE OF REPRESENTATIVES

OCTOBER 22, 2015

Mr. CARTWRIGHT (for himself, Mr. BRADY of Pennsylvania, Ms. BROWN of Florida, Mr. CAPUANO, Mr. CARSON of Indiana, Mr. COHEN, Mr. CONYERS, Mr. DELANEY, Mr. ELLISON, Mr. FATTAH, Mr. GRIJALVA, Mr. HASTINGS, Mr. HINOJOSA, Mr. HONDA, Mr. LYNCH, Mr. MCGOVERN, Mrs. NAPOLITANO, Mr. NOLAN, Ms. NORTON, Mr. O'ROURKE, Mr. PAYNE, Mr. POCAN, Mr. RANGEL, Mr. TAKANO, Mr. VARGAS, Mr. VELA, Mr. YOHIO, Mr. LOWENTHAL, Mr. SWALWELL of California, Ms. CLARKE of New York, Ms. JACKSON LEE, Ms. ESHOO, and Mr. PETERS) introduced the following bill; which was referred to the Committee on Education and the Workforce

A BILL

To amend section 9A of the Richard B. Russell National School Lunch Act to require that local school wellness policies include a requirement that students receive 50 hours of school nutrition education per school year.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

1 **SECTION 1. SHORT TITLE.**

2 This Act may be cited as the “Nutrition Education
3 Act”.

4 **SEC. 2. FINDINGS.**

5 Congress finds the following:

6 (1) Section 9A of the Richard B. Russell Na-
7 tional School Lunch Act (42 U.S.C. 1758b) requires
8 all local educational agencies participating in a pro-
9 gram authorized by the Richard B. Russell National
10 School Lunch Act (42 U.S.C. 1751 et seq.) or the
11 Child Nutrition Act of 1966 (42 U.S.C. 1771 et
12 seq.) to establish a local school wellness policy for
13 schools under the jurisdiction of local educational
14 agencies that include nutrition promotion and edu-
15 cation. However, there are no specific requirements
16 regarding the amount of time or type of classes that
17 school children have to spend or take in nutrition
18 education.

19 (2) Some schools include in their health edu-
20 cation classes some general information about nutri-
21 tion, but there are no specific guidelines of what the
22 minimum requirements should be. The mean number
23 of hours spent on nutrition education in the first 4
24 years of school is only 13 hours per year. A min-
25 imum of 50 hours per year are thought to be nec-
26 essary to influence behavior.

1 (3) Each local educational agency participating
2 in a program authorized by the Richard B. Russell
3 National School Lunch Act (42 U.S.C. 1751 et seq.)
4 or the Child Nutrition Act of 1966 (42 U.S.C. 1771
5 et seq.) should have a minimum requirement for
6 amount of time per year students should spend on
7 nutrition education and the type of instruction that
8 should be provided as part of such education.

9 **SEC. 3. SCHOOL NUTRITION EDUCATION REQUIREMENT.**

10 (a) AMENDMENTS.—Section 9A(b) of the Richard B.
11 Russell National School Lunch Act (42 U.S.C. 1758b(b))
12 is amended—

13 (1) in paragraph (1), by striking “nutrition
14 promotion and education, physical activity,” and in-
15 serting “physical activity”;

16 (2) by redesignating paragraphs (2) through
17 (5) as paragraphs (3) through (6), respectively; and

18 (3) by inserting after paragraph (1), the fol-
19 lowing:

20 “(2) a requirement for 50 hours of school nutri-
21 tion education during a school year for each student
22 at a school under the jurisdiction of the local edu-
23 cational agency, which includes instruction that—

1 “(A) is consistent with sections 9 and 17
2 of this Act, and sections 4 and 10 of the Child
3 Nutrition Act of 1966 (42 U.S.C. 1773, 1779);

4 “(B) is offered at each grade level as part
5 of a sequential, comprehensive, standards-based
6 program designed to provide students with the
7 knowledge and skills necessary to promote and
8 protect their health;

9 “(C) is part of not only health education
10 classes, but is also encouraged to be incor-
11 porated into classroom instruction in subjects
12 such as math, science, language arts, social
13 sciences, and elective subjects;

14 “(D) includes enjoyable, developmentally
15 appropriate, culturally relevant, participatory
16 activities, such as contests, promotions, taste
17 testing, farm visits, and school gardens;

18 “(E) promotes fruits, vegetables, whole
19 grain products, low-fat and fat-free dairy prod-
20 ucts, healthy food preparation methods, and
21 health-enhancing nutrition practices;

22 “(F) emphasizes caloric balance between
23 food intake and energy expenditure;

1 “(G) coordinates with school meal pro-
2 grams, other school foods programs, and nutri-
3 tion-related community services;

4 “(H) teaches media literacy with an em-
5 phasis on food marketing;

6 “(I) provides training for teachers and
7 other staff in nutrition education; and

8 “(J) establishes a process to evaluate the
9 effectiveness of the requirements of school nu-
10 trition education described in subparagraphs
11 (A) through (I);”.

12 (b) EFFECTIVE DATE.—The amendments made by
13 subsection (a) shall take effect at the beginning of the
14 school year following the date of the enactment of this Act,
15 but not earlier than 3 months after the date of the enact-
16 ment of this Act.

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