

RESOLUTION 2006-47

In support of “Elementary Breakfast” that will expand the implementation of breakfast meals to all elementary children at no cost, regardless of family income.

WHEREAS, research shows that students who eat school breakfast eat more fruits, drink more, milk and consume less saturated fats than those who don’t eat breakfast or have breakfast at home; and

WHEREAS, students who eat breakfast have higher math scores and are not likely to have to repeat a grade; and,

WHEREAS, New Mexico ranks number two in food insecurity in the United States, fourteen percent of New Mexicans are food insecure or hungry and almost 20 percent of our children regularly miss meals because of inadequate family income; and,

WHEREAS, sixty-two percent of New Mexico adults are overweight or obese which is a direct correlation to the high rate of food insecurity and hunger; breakfast served to all children allows students to have a healthy and nutritious breakfast meeting $\frac{1}{4}$ of the essential nutrients; and,

WHEREAS, many New Mexico families are defined as “working poor” on tight budgets, not able to afford nutritious breakfast at home or the money to purchase them at school; and,

WHEREAS, children are not ready to eat breakfast when they wake up and those living in rural New Mexico face long commutes to school or long periods of time between breakfast at home and school lunch make breakfast at school an important option for all children regardless of income; and,

WHEREAS, participation in school breakfast is directly related to improved math grades, attendance and punctuality, and reducing frustration; and,

WHEREAS, breakfast to elementary students should be expanded to all elementary children at no charge regardless of family income, expanding New Mexico’s national ranking of number two of school breakfast served; and,

WHEREAS, breakfast remains an important tool to promote a healthy childhood weight;

NOW, THEREFORE, BE IT RESOLVED by the governing body of the town of Silver City that the town of Silver City agrees to join the New Mexico School Nutrition Association, New Mexico Food and Agriculture Policy Council, New Mexico Action for Healthy Kids, New Mexico Department of Agriculture, NM Task Force to End Hunger, and New Mexico State University, in supporting Elementary Breakfast legislation this 12th Day of December, 2006.

TOWN OF SILVER CITY

By _____
James R. Marshall, Mayor

ATTEST:

Simon Wheaton-Smith, Town Clerk