

117TH CONGRESS  
1ST SESSION

# H. R. 5308

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.

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## IN THE HOUSE OF REPRESENTATIVES

SEPTEMBER 21, 2021

Mr. CARTWRIGHT (for himself, Mr. CASE, Mrs. HAYES, Mr. LOWENTHAL, Ms. MOORE of Wisconsin, Mr. PETERS, and Ms. SCANLON) introduced the following bill; which was referred to the Committee on Education and Labor

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## 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,*

3       **SECTION 1. SHORT TITLE.**

4       This Act may be cited as the “Nutrition Education  
5       Act”.

6       **SEC. 2. FINDINGS.**

7       Congress finds the following:

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

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

22          (3) Each local educational agency participating  
23          in a program authorized by the Richard B. Russell  
24          National School Lunch Act (42 U.S.C. 1751 et seq.)  
25          or the Child Nutrition Act of 1966 (42 U.S.C. 1771

1 et seq.) should have a minimum requirement for  
2 amount of time per year students should spend on  
3 nutrition education and the type of instruction that  
4 should be provided as part of such education.

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

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

9 (1) in paragraph (1), by striking “nutrition  
10 promotion and education, physical activity,” and in-  
11 serting “physical activity”;

12 (2) by redesignating paragraphs (2) through  
13 (5) as paragraphs (3) through (6), respectively; and

14 (3) by inserting after paragraph (1), the fol-  
15 lowing:

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

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

23 “(B) is offered at each grade level as part  
24 of a sequential, comprehensive, standards-based  
25 program designed to provide students with the

1 knowledge and skills necessary to promote and  
2 protect their health;

3 “(C) is part of not only health education  
4 classes, but is also encouraged to be incor-  
5 porated into classroom instruction in subjects  
6 such as math, science, language arts, social  
7 sciences, and elective subjects;

8 “(D) includes enjoyable, developmentally  
9 appropriate, culturally relevant, participatory  
10 activities, such as contests, promotions, taste  
11 testing, farm visits, and school gardens;

12 “(E) promotes fruits, vegetables, whole  
13 grain products, low-fat and fat-free dairy prod-  
14 ucts, healthy food preparation methods, and  
15 health-enhancing nutrition practices;

16 “(F) emphasizes caloric balance between  
17 food intake and energy expenditure;

18 “(G) coordinates with school meal pro-  
19 grams, other school foods programs, and nutri-  
20 tion-related community services;

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

23 “(I) provides training for teachers and  
24 other staff in nutrition education; and

1           “(J) establishes a process to evaluate the  
2           effectiveness of the requirements of school nu-  
3           trition education described in subparagraphs  
4           (A) through (I);”.

5           (b) EFFECTIVE DATE.—The amendments made by  
6           subsection (a) shall take effect at the beginning of the  
7           school year following the date of the enactment of this Act,  
8           but not earlier than 3 months after the date of the enact-  
9           ment of this Act.

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