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Please Support Healthy Kids Meals in Vermont

95% of Vermont parents said they would pay more for healthy kids' meals and

89% were concerned or highly concerned about sugary drinks.

Children consume roughly

25% of their calories from eating out, and they eat nearly twice as many calories in a restaurant compared to a typical meal at home.

We are asking Vermont legislators to support the future health of Vermont's children by ensuring all restaurant kids meals marketed to our children meet healthy nutrition standards and offer healthy drinks as the default choice.

What Vermont parents say: When asked why they support a policy to establish nutrition standards for restaurant kids' meals in Vermont, including removing sugary drinks from kids' menus parents said:

"If kids don't learn healthy habits, they are less likely to eat healthy as adults."

"Water, milk, 100% juice is all they should have. We are responsible for what we feed them. So many adults eat poorly and pass it on to their kids."

"I think it is a great idea. They should drink water with their meals. They would be a lot healthier."

The only way to help parents make the 'healthy choice the easy choice' is to make it true everywhere. Otherwise, it is the parents' responsibility to figure it out everywhere they go, and parents are overwhelmed.

For each additional serving of soda or sweetened juice drink a child consumes per day, the child's chances of becoming overweight increases by a whopping 60%. **Nearly a third of Vermont's youth are overweight or obese.**

We worked with **7 restaurants** this fall to serve healthy kids meals. We created a **toolkit**, collected **14 healthy recipes** from the Vermont restaurants that worked with us and created 10 additional recipes that meet the nutrition standards both of traditional and non-traditional kids' meals items.

This legislation actually helps the restaurants that want to do it because it levels the playing field.



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Help make the healthy choice the easy choice

