



State of New Mexico

Office of the Governor

Bill Richardson
Governor

For Immediate Release
January 27, 2006

Contact: Gilbert Gallegos
(Santa Fe) 505-476-2217

Governor Richardson Takes Action to Get Junk Food out of Schools, Keep Students Healthy

New Mexico's Rules Among Toughest in Country; Part of "Year of the Child" Agenda

(Santa Fe, NM) -- Governor Bill Richardson today finalized tough, new anti-junk food rules designed to keep New Mexico students ready to learn, in the classroom and out of the doctor's office. The Governor spoke today at Cleveland Middle School in Albuquerque to two health classes at the school.

"In order for our kids to be ready to learn, they have to be healthy," said Governor Richardson. "The rules we have signed today will get all junk food vending out of our elementary schools and will put the snacks in our middle and high schools on a diet. I am proud that New Mexico's anti-junk food rules are among the toughest in the nation."

These sensible rules regulating vending machines in New Mexico schools include:

- Banning all junk food vending from elementary schools, and only allowing healthy beverages, like 2-percent milk, soy milk and water after the last lunch period.
- Eliminating all carbonated drinks from middle schools and requiring that middle and high school vending machines have healthy snacks and beverages that meet health requirements.
- New Mexico has also established rules for a la carte items in schools. A la carte food in New Mexico schools are limited to no more than 16 grams of fat, 30 grams of sugar and 400 calories. These rules were developed by the state Department of Health and Action for Healthy Kids.

Cleveland Middle School is a statewide model for healthy snacks and access to physical education classes.