

Most of my notes in the margins are questions I would possibly bring up in the meeting. As I read through the wellness policy, I have to admit, I was surprised how strict it was. As an uniformed parent, I could have easily been guilty of breaking the wellness policy guidelines by sending sugary foods to school for an event. I think awareness of school policy needs to increase among parents, faculty, and students. Since reading the policy, I have noticed posters and things at the school that focus on nutrition and health. Obesity and unhealthy habits are a big problem, but the schools can only do so much. What the school does have control over is the food that is provided in the cafeteria. I have noticed that you do try offer a more balanced meal at lunch. One idea that I came across that I thought was interesting was to have a student/parent taste test of new healthy entrees that could be served at either school lunch or breakfast. This may help identify meals that the students won't just throw in the trash.

I'm sorry, but I will not be able to attend the meeting. I did just read over the wellness policy, and I have one suggestion--in section D:4, it talks about the 6 times a year that sugary foods and beverages are allowed in the classroom. In parentheses it lists diet soda as an appropriate beverage to offer the students. I would suggest eliminating any soda at all from that list. Diet soda contains aspartame, which is a neurotoxin, and from my research is even worse than sugar.

The recent documentary "Fed Up" addresses the childhood obesity epidemic. Sugary beverages, especially soda, are one of the main culprits. Substituting diet soda does not really teach kids to avoid soda in general. Many health problems can be traced to diet soda, as well as regular soda.

I even feel like juice is not ideal, because it is a concentrated amount of sugar without the fiber to slow the absorption of the sugar, like a whole piece of fruit would offer. It still causes spikes in blood sugar, and overproduction of insulin, which leads to body fat storage. But 100% juice is definitely better than any type of soda.

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