

The 2 minute Drill

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The Mission of The Center For Kids FIRST in Sport, Health, & Education is to keep all kids physically active, healthy, and playing for life. This newsletter is one of our tools to educate and inform kids, parents, teachers, coaches, and other interested adults about the effects of youth sports, exercise, and nutrition on our children and our culture.

5.3 million children between 6-17 are obese and overweight!

Are school lunches healthy?

- 27 million children take part in the National School Lunch Program.
- \$6 billion federal dollars goes to schools each year to offer low cost meals.
- \$800 million worth of cheese, whole milk, beef and pork are sent to schools—the heavy, high-saturated fat foods that contribute to obesity, diabetes, and heart disease.

Sugar and Your Health

- 10 teaspoons of sugar in a 12 oz soft drink
- 5 ½ teaspoons of sugar in a chocolate candy bar
- 3 ½ teaspoons of sugar in 1 cup of Fruit Loops
- 1 teaspoon of sugar per 1 tablespoon of catsup. The federal government once tried to classify catsup as a vegetable.

School lunch: what can you do?

- Learn what your children are eating
- Ask questions
- Challenge administrators, district officials, and school board members.
- Ask to see the commodities list for your district. Ask who orders the food.
- Insist that they reduce the amount of unhealthy foods and increase the amount of green vegetables and salad bar items.
- Lobby to have soft drinks and vending machines removed from your school.

School lunch in Switzerland

In Switzerland and Austria, school lunch lasts up to 90 minutes. Nutritious food is prepared on campus and teachers and students are seated family style at cloth-covered tables. Our lunch program must seem like a fast-food drive-through or a prison cafeteria compared to that!

Bet You Didn't Know

- **The average American eats more than 32 teaspoons of added sugar each day.**
- Researchers at Harvard University have shown that engaging in interesting mealtime conversation helps children become better readers.
- Your principal does not determine the lunch menu for your school cafeteria.

Behind The Scenes

- <http://fns.usda.gov/tn/healthy/changing.html> Free toolkit to help change ideas toward health & nutrition in schools.
- <http://departments.oxy.edu/uepi/schoolfoodschecklist.htm> A healthy school food policies checklist
- www.californiaprojectclean.org/consumer/takingfizz.html Taking the Fizz our of soda contracts: A Guide to community action.