

BAD News -- Really BAD News

This was published in 2011 and most unfortunately nothing has been done to change it!



To
YOUR
Good
Health

A MOST informative story regarding the vending machines in our schools.

It appears our school system wants to pass the buck and get OUT of the food business instead of fixing the debacle they created.

Sure wish they had printed the food values in those items so easily accessible to the young people who will soon be running this country.

Here's an idea -- BEFORE schools are allowed to PURCHASE those machines they should be required to teach the students how to read and fully understand food labels. And the vending companies should have to pay for all costs involved but NOT allowed to teach or INFLUENCE the content of the material taught.

And what about this idea? Those same vending companies should be required to sign a contract stating they would pay all health care costs related to illnesses caused by the consumption of sugars, sodium, trans fats and all food associated with such debilitating diseases such as diabetes and heart failure. They should be required to set aside in an escrow account 25% of the price of each item to help cover these future costs.

In Wichita high schools, swipe a card, push a button, get lunch
The Wichita Eagle 9-7-11

The article itself sounds benign enough *until* you know the following.

The federal school lunch guidelines currently being used by ours and many other school districts are UNHEALTHY and cause scores of health problems.

The **SUGAR** in chocolate and other flavored milks.

NITRATES and **SODIUM** in the turkey sandwich.

The **TRANS FATS** and **SODIUM** in the chips

How much do you know about the harm these additives can cause? It is in your own best interest to find out. After all it is your tax dollar that supports our schools and our escalating health care costs.