

GOOD News

Such good news one hospital has set the tone and started the ball rolling

It will be a WONDERFUL day when ALL city, county, state properties and ALL school districts make the announcement to eliminate ALL vending machines. Even coffee machines are bad. They encourage sweeteners and artificial creamers, which are simply **CHALK** and **HIGH FRUCTOSE CORN SYRUP**. Read the label.

Wouldn't it be nice to see a *real live person* selling *REAL* milk, and *REAL* fresh fruit and veggies in a small concession stand at all these locations? I know it would not take up anymore space, than the machines do now, and, would not require all that electricity to operate them. What a boost to the environment that would be. Plus we would be promoting local produce.

I was in a car dealership the other day and noticed a sign on the managers office window announcing a wellness program they were encouraging all of their employees to join. Yet right around the corner, not five feet away were three vending machines dispensing, ice cream bars, 8 kinds of soda and all the junk food you can imagine. I really wanted to knock on his door and ask if he thought this was sending a MIXED message to his valued employees.

Did you know? A typical 8 oz serving of soda contains 27 grams of sugar. Multiply that by 4 (the number of calories per gram in sugar) and you have 108 calories from sugar.

The recommended daily allowance of sugar for a 2,000 calorie diet is ONLY 100 calories from ALL sugars. So one SMALL soda has put you over the moon already.

AND how many people actually buy a SMALL soda? The average soft drink size is 22 oz or three times the amount of sugar given above. And we wonder why we have a country addicted to sugar and such a high rate of death from obesity?

And what about the ingredients in soda? Here is an example to ponder.

Ingredients: Carbonated water, HIGH FRUCTOSE CORN SYRUP, Carmel color (directly related to mood swings and disruptive behaviors), phosphoric acid, artificial and natural flavors, sodium benzoate (preservative) caffeine.

I would include the EXCLUSION of diet drinks, sweet tea, flavored milk and fruit juices from all vending machines.

You are braver than you believe, and stronger than you seem, and smarter than you think.

- A.A. Milne