

## School Lunches Research Paper

What's wrong with the US food system? Why is half the world starving while the other half battles obesity? Who decides our food issues, and why can't we do better with labeling, safety, or school food? These are complex questions that are hard to answer in an engaging way for a broad audience. But everybody eats, and food politics affects us all. Marion Nestle, whom Michael Pollan ranked as the #2 most powerful foodie in America (after Michelle Obama) in *Forbes*, has always used cartoons in her public presentations to communicate how politics—shaped by government, corporate marketing, economics, and geography—influences food choice. Cartoons do more than entertain; the best get right to the core of complicated concepts and powerfully convey what might otherwise take pages to explain. In *Eat Drink Vote*, Nestle teams up with The Cartoonist Group syndicate to present more than 250 of her favorite cartoons on issues ranging from dietary advice to genetic engineering to childhood obesity. Using the cartoons as illustration and commentary, she engagingly summarizes some of today's most pressing issues in food politics. While encouraging readers to vote with their forks for healthier diets, this book insists that it's also necessary to vote with votes to make it easier for everyone to make healthier dietary choices.

There's a problem with school lunch in America. Big Food companies have largely replaced the nation's school cooks by supplying cafeterias with cheap, precooked hamburger patties and chicken nuggets chock-full of industrial fillers. Yet it's no secret that meals cooked from scratch with nutritious, locally sourced ingredients are better for children, workers, and the environment. So why not empower "lunch ladies" to do more than just unbox and reheat factory-made food? And why not organize together to make healthy, ethically sourced, free school lunches a reality for all children? The *Labor of Lunch* aims to spark a progressive movement that will transform food in American schools, and with it the lives of thousands of low-paid cafeteria workers and the millions of children they feed. By providing a feminist history of the US National School Lunch Program, Jennifer E. Gaddis recasts the humble school lunch as an important and often overlooked form of public care. Through vivid narration and moral heft, *The Labor of Lunch* offers a stirring call to action and a blueprint for school lunch reforms capable of delivering a healthier, more equitable, caring, and sustainable future.

When school teacher Mrs. Q forgot her lunch one day, she had no idea she was about to embark on an odyssey to uncover the truth about public school lunches. Shocked by what her students were served, she resolved to eat school lunch for an entire year, chronicling her experience anonymously on a blog that received thousands of hits daily, and was lauded by such food activists as Mark Bittman, Jamie Oliver, and Marion Nestle. Here, Mrs. Q reveals her identity for the first time in an eye-opening account of school lunches in America. Along the way, she provides invaluable resources for parents and health advocates who wish to help reform school lunch, making this a must-read for anyone concerned about children's health issues.

Food and Nutrition Information and Educational Materials Center Catalog

Building Blocks for Healthy Children

Special Milk Program Evaluation and National School Lunch Program Survey

An Illustrated Guide to Food Politics

How Food Away from Home Affects Children's Diet Quality

ERS.

Includes semitechnical and technical publications formerly issued as its Agricultural handbooks, Agriculture information bulletins, Miscellaneous publications, and Circulars.

Approximately 600 references arranged by accession numbers. Each entry gives bibliographical information, contact, unit, agency concerned, authority, and abstract. Subject, agency/organization, Congressional indexes.

Over 42 million meals-31.2 million lunches and 11 million breakfasts-were served on a typical school day in fiscal year 2009 to children through USDA's National School Lunch and School Breakfast Programs. School food authorities (SFAs) operate local school feeding programs and deliver the meals to the schools. SFAs must serve appealing, healthful meals while covering food, labor, and other operating costs, a challenge that may be more difficult for some SFAs than for others due to differences in costs per meal across locations. Analysis of data on school costs per meal from a large, nationally representative sample reveals that geographic variation is important. In the 2002-03 school year, SFAs in the Southwestern United States had, on average, consistently lower food service costs per meal than did SFAs in other regions. Urban locations had lower costs per meal than did their rural and suburban counterparts. Wage and benefit rates, food expenditures per meal, and SFA characteristics such as the mix of breakfasts and lunches served each contributed to the differences in food service costs per meal across locations. The importance of these factors varied by location.

Economic Research Report Number 104

Resources in Education

School Meals

Fed Up with Lunch: The School Lunch Project

Eat Drink Vote

Improving Diets and Nutrition

*Participation in the School Breakfast Program (SBP) is much less common than participation in the Nat. School Lunch Program, even among children with access to both programs. This report examines participation in the SBP among 3rd grade public school students, as well as the impacts of the program on food insecurity and children's risk of skipping breakfast. Students are more likely to participate when breakfast is served in the classroom, when time available for breakfast in school is longer, and when they come from lower income or time-constrained households.*

*Children with access to the SBP are more likely to eat breakfast in the morning and that program access may enhance food security among families at the margin of food insecurity. Illus.*

*Provided are over 500 citations with abstracts of food-related documents released by the General Accounting Office, Office of Technology Assessment, Congressional Budget Office,*

*Congressional Reserch Service, and Congressional Committees from July 1973 through September 1977. Topics are: domestic feeding programs; food safety and quality; nutrition education;*

*nutrition surveillance; farm structure; food production-resources; farm marketing and distribution; price supports, set asides, marketing orders, target prices; food aid and development assistance; trade policies and promotion; population control; internal organization and policies; food policy determination; procurement and specifications; and financial auditing. Appended are abstracts of congressional documents on food, federal information sources and systems on food, recurring reports to the Congress on food, federal program evaluations on food, and major food legislation. Subject. agency/organization, and congressional indexes are included.*

*The National School Lunch Program (NSLP) is the Nation's second largest food and nutrition assistance program. In 2006, it operated in over 101,000 public and nonprofit private schools and provided over 28 million low-cost or free lunches to children on a typical school day at a Federal cost of \$8 billion for the year. This report provides background information on the NSLP, including historical trends and participant characteristics. It also addresses steps being taken to meet challenges facing administrators of the program, including tradeoffs between nutritional quality of foods served, costs, and participation, as well as between program access and program integrity.*

*References to Reports and Other Documents Issued by the U.S. General Accounting Office*

*Reports, Legislation and Information Sources : a Guide Issued by the Comptroller General*

*Nutrition Committee News*

*A List of References*

*School Breakfast Program*

*The School Lunch Program of District I, Region I, Schools in Houston and Fillmore Counties of Minnesota*

Based on 2 days of dietary data and panel data methods, this study includes estimates of how each child's consumption of food away from home, food from school (which includes all foods available for purchase at schools, not only those offered as part of USDA reimbursable meals), and caloric sweetened beverages affects that child's diet quality and calorie consumption. Compared with meals and snacks prepared at home, food prepared away from home increases caloric intake of children, especially older children. Each food-away-from-home meal adds 108 more calories to daily total intake among children ages 13-18 than a snack or meal from home; all food from school is estimated to add 145 more calories. Both food away from home and all food from school also lower the daily diet quality of older children (as measured by the 2005 Healthy Eating Index). Among younger children, who are more likely than older children to eat a USDA school meal and face a more healthful school food environment, the effect of food from school on caloric intake and diet quality does not differ significantly from that of food from home.

Whether kids love or hate the food served there, the American school lunchroom is the stage for one of the most popular yet flawed social welfare programs in our nation's history. *School Lunch Politics* covers this complex and fascinating part of American culture, from its origins in early twentieth-century nutrition science, through the establishment of the National School Lunch Program in 1946, to the transformation of school meals into a poverty program during the 1970s and 1980s. Susan Levine investigates the politics and culture of food; most specifically, who decides what American children should be eating, what policies develop from those decisions, and how these policies might be better implemented. Even now, the school lunch program remains problematic, a juggling act between modern beliefs about food, nutrition science, and public welfare. Levine points to the program menus' dependence on agricultural surplus commodities more than on children's nutritional needs, and she discusses the political policy barriers that have limited the number of children receiving meals and which children were served. But she also shows why the school lunch program has outlasted almost every other twentieth-century federal welfare initiative. In the midst of privatization, federal budget cuts, and suspect nutritional guidelines where even ketchup might be categorized as a vegetable, the program remains popular and feeds children who would otherwise go hungry. As politicians and the media talk about a national obesity epidemic, *School Lunch Politics* is a timely arrival to the food policy debates shaping American health, welfare, and equality. Some images inside the book are unavailable due to digital copyright restrictions.

Emotional, physical and social well-being describe human health from birth. Good health goes hand in hand with the ability to handle stress for the future. However, biological factors such as diet, life experiences such as drug abuse, bullying, burnout and social factors such as family and community support at the school stage tend to mold health problems, affecting academic achievements. This book is a compilation of current scientific information about the challenges that students, families and teachers face regarding health and academic achievements. Contributions also relate to how physical activity, psychosocial support and other interventions can be made to understand resilience and vulnerability to school desertion. This book will be of interest to readers from broad professional fields, non-specialist readers, and those involved in education policy.

Food Service Programs for Children

Why We Need Real Food and Real Jobs in American Public Schools

School Food Service Journal

Participation and Impacts

The Surprising History of America's Favorite Welfare Program

The Healing Power of Food and Diet - Curing Yourself Through Ancient Dietary Practices

***There is an urgent need to better understand the causes and consequences of obesity, and to learn what works to prevent or reduce obesity. This volume accurately and***

**conveniently summarizes the findings and insights of obesity-related research from the full range of social sciences including anthropology, economics, government, psychology, and sociology. It is an excellent resource for researchers in these areas, both bringing them up to date on the relevant research in their own discipline and allowing them to quickly and easily understand the cutting-edge research being produced in other disciplines. The Oxford Handbook of the Social Science of Obesity is a critical reference for obesity researchers and is also valuable for public health officials, policymakers, nutritionists, and medical practitioners. The first section of the book explains how each social science discipline models human behavior (in particular, diet and physical activity), and summarizes the major research literatures on obesity in that discipline. The second section provides important practical information for researchers, including a guide to publicly available social science data on obesity and an overview of the challenges to causal inference in obesity research. The third part of the book synthesizes social science research on specific causes and correlates of obesity, such as food advertising, food prices, and peers. The fourth section summarizes social science research on the consequences of obesity, such as lower wages, job absenteeism, and discrimination. The fifth and final section reviews the social science literature on obesity treatment and prevention, such as food taxes, school-based interventions, and medical treatments such as anti-obesity drugs and bariatric surgery.**

**Includes bibliography and indexes / subject, personal author, corporate author, title, and media index.**

**Nutrition-sensitive, food-based approaches towards hunger and malnutrition are effective, sustainable and long-term solutions. This book discusses the policy, strategic, methodological, technical and programmatic issues associated with such approaches, proposes "best practices" for the design, targeting, implementation and evaluation of specific nutrition-sensitive, food-based interventions and for improved methodologies for evaluating their efficacy and cost-effectiveness, and provides practical lessons for advancing nutrition-sensitive food-based approaches for improving nutrition at policy and programme level.**

**Resources in education**

**Marketing Research Report**

**References to Reports and Other Documents Issued by the U.S. General Accounting Office, January 1977-December 1980**

**The Labor of Lunch**

**Implementing school food and nutrition policies**

**Lunch Lessons**

The National School Lunch Program Background, Trends, and Issues

Schools play an important role in promoting healthy diets and good nutrition and can create an enabling environment for children. However, the school food environment is often not conducive to a healthy diet. To address this challenge, and to support Member States in implementing policy measures, as recommended by the Framework for Action from the 2014 Second International Conference on Nutrition, the World Health Organization (WHO) is in the process of developing evidence-informed policy guidelines on the food environment, including school food and nutrition interventions and policies with a focus on five interventions and policies that influence the school food environment. These five include nutrition standards or rules, direct food provision, marketing restrictions, nudging interventions and pricing policies. This review on contextual factors to be considered in the implementation of school food and nutrition policies was prepared as part of the required process for WHO guideline development.

Remember how simple school lunches used to be? You'd have something from every major food group, run around the playground for a while, and you looked and felt fine. But today it's not so simple. Schools are actually feeding the American crisis of childhood obesity and malnutrition. Most cafeterias serve a veritable buffet of processed, fried, and sugary foods, and although many schools have attempted to improve, they are still not measuring up: 78 percent of the school lunch programs in America do not meet the USDA's nutritional guidelines. Chef Ann Cooper has emerged as one of the nation's most influential and most respected advocates for changing how our kids eat. In fact, she is something of a renegade lunch lady, minus the hairnet and scooper of mashed potatoes. Ann has worked to transform cafeterias into culinary classrooms. In Lunch Lessons, she and Lisa Holmes spell out how parents and school employees can help instill healthy habits in children. They explain the basics of good childhood nutrition and suggest dozens of tasty, home-tested recipes for breakfast, lunch, and snacks. The pages are also packed with recommendations on how to eliminate potential hazards from the home, bring gardening and composting into daily life, and how to support businesses that provide local, organic food. Yet learning about nutrition and changing the way you run your home will not cure the plague of obesity and poor health for this generation of children. Only parental activism can spark widespread change. With inspirational examples and analysis, Lunch Lessons is more than just a recipe book—it gives readers the tools to transform the way children everywhere interact with food.

Economic Research Report Number 117

Food Service in the Nation's Schools

Annual Index

The National School Lunch Program Background, Trends, and Issues

School Meal Program Participation and Its Association with Dietary Patterns and Childhood Obesity

Reference to U.S. General Accounting Office (GAO) documents related to food, nutrition, or agriculture, and released in various years as stated. Intended for in-depth research or general browsing. Arranged according to accession numbers. Each entry gives such information as title, author, agencies concerned, GAO contact, Congressional relevance, and lengthy abstract. Subject, agency/organization, and Congressional indexes.

Table of Contents Introduction Why You Should Never "Diet!" One Food Foods Which "Oppose" Each Other Foods That Complement Each Other The Necessity of Fat in Your Diet The Myth of Calories Conclusion Author Bio Publisher Introduction I decided to write this book when I saw a number of my friends following fatty diets with no proteins, low calories, no carbohydrates or anything else being promoted by any sort of person who called himself a dietitian and had good PR behind him. And I began to think. If these people were put in situations when they could not get food to eat, and had to survive with their body starving, they would not treat food with such casual contempt. However, they were starving their bodies of essential nutrients out of sheer ignorance. They wanted to get thin. Many of them were genetically programmed towards obesity. Others began gaining weight due to the body reaching a stage when it was in such a desperate condition that malnutrition had set in. And that is why it was putting on weight as a last resort in order to protect the body from any sort of future starvation. This book is going to tell you all about ancient food eating practices followed by the wise men of yore. If you say, I cannot do without my potato chips, or my sugar fix, well, you are not ready to live a lifestyle which were followed by our ancestors all over the world, millenniums ago. They ate nourishing food. And they were thankful for what they got. They did not bother much about silly newfangled ideas about calories and in the amounts of calories required to keep you healthy and strong. This of course is a fallacy and is a silly myth, which I am going to explain to you later on, but at the moment I am going to tell you more about how foods were used to heal a number of diseases down the ages, and naturally.

Ensuring that the food provided to children in schools is consistent with current dietary recommendations is an important national focus. Various laws and regulations govern the operation of school meal programs. In 1995, Nutrition Standards and Meal Requirements were put in place to ensure that all meals offered would be high in nutritional quality. School Meals reviews and provides recommendations to update the nutrition standard and the meal requirements for the National School Breakfast and Lunch Programs. The recommendations reflect new developments in nutrition science, increase the availability of key food groups in the school meal programs, and allow these programs to better meet the nutritional needs of children, foster healthy eating habits, and safeguard children's health. School Meals sets standards for menu planning that focus on food groups, calories, saturated fat, and sodium and that incorporate Dietary Guidelines for Americans and the Dietary Reference Intakes. This book will be used as a guide for school food authorities, food producers, policy leaders, state/local governments, and parents.

A Preliminary Report

Catalog. Supplement

How One Anonymous Teacher Revealed the Truth About School Lunches - And How We Can Change Them!

Food

An Annotated Bibliography

School Foodservice Costs: Location Matters