School lunch program policy.

12.20.2017

NDI - Policy Blog Assignment.

I am extremely passionate about health and wellness and the future of our children I strongly support the implementation of the school lunch standards. According to an article that was published in The Washington Post, congress believes that the new standards will result in plate wasting. However congress possibly did not take into consideration that plate wasting may resulted from students not having enough time to eat their lunch and not merely because they don’t like the meals. According to a study conducted by Bergman and colleagues which examined lunch-period length and found that students with 30-minute lunch periods consumed more foods and nutrients than those with 20-minute lunch periods.

Students were significantly less likely to select a fruit if they had <20 minutes to eat their meal compared with having at least 25 minutes (44.4% vs 57.3%). Similarly, selection of fruits was significantly lower when students had between 20 and 24 minutes to eat compared with when students had at least 25 minutes (46.9% vs 57.3%). Many children from low income families rely on the lunch program for more than half of their energy intake. Changes that occurred in school lunches will greatly benefit each and every one that participate in the school lunch program.

 According to Center for Disease Control over weight and obesity affects about forty percent of children in some states. Children spend majority of their time at school week days, they are establishing habits and behavior that will last a life time. Research has demonstrated that the advancing of breakfast and lunch program in schools will not only increase children’s cognitive function but also increase academic achievement and school attendant. The new lunch standard is geared towards the reduction of obesity in children, by increasing fruits and vegetables, providing whole grain rich food and decrease fat intake will help children feel full which will prevent over eating and the incident of obesity among school children.

The new school lunch program is still a work in progress there are several factors that may affect the program such as poor infrastructure, some student unwilling to comply and not enough staffing. However this is a great implementation that will help in the fight against childhood obesity and other food and nutrient related disorders. Improving students’ knowledge of food and nutrition through education will provide the tools they need in the fight against obesity.

Source:

1. Dr. Steven Czinn. The Washington Post. New school lunch standards are working. So why does Congress want to knock them down? The Washington Post. March 8, 2016.
2. Bermman, Ethan. Time Spent by Schoolchildren to Eat Lunch. Journal of the Academy of Nutrition and Dietetics , Volume 100 , Issue 6 , 696 – 698
3. Briggs M, Mueller CG, Fleischhacker S; American Dietetic Association; School Nutrition Association; Society for Nutrition Education. Position of the American Dietetic Association, School Nutrition Association, and Society for Nutrition Education: comprehensive school nutrition services. J Am Diet Assoc. 2010 Nov; 110 (11):1738-49. PubMed PMID: 21061737.
4. Cohen JF, Jahn JL, Richardson S, Cluggish SA, Parker E, Rimm EB. Amount of Time to Eat Lunch Is Associated with Children's Selection and Consumption of School Meal Entrée, Fruits, Vegetables, and Milk. J Acad Nutr Diet. 2016 Jan; 116(1):123-8. doi: 10.1016/j.jand.2015.07.019. Epub 2015 Sep 11. PubMed PMID: 26372337; PubMed Central PMCID: PMC4698073.
5. Overweight and obesity. <https://www.cdc.gov/obesity/data/adult.html>. Page last reviewed: August 29, 2017, Page last updated: August 29, 2017