

LUNCHROOM GUIDELINES

- A. The lunchroom guidelines are based on the following considerations:
1. The School is an educational institution. It is responsible for teaching students good eating habits which they will use throughout their lives. Students learn by example and through experience as well as from books. Therefore, it is important for the schools to teach nutrition education by means of the food they sell in their buildings as well as the lessons taught in their classrooms.
 2. The U.S. Dietary Goals prepared by the Senate Select Committee on Nutrition and Human Needs recognizes the relationship between diet and health. They provide an excellent guide for schools to follow in setting their own food standards. The Dietary Goals recommend an increase in the consumption of complex carbohydrates and naturally occurring sugars (fruits, vegetables, whole grains) and a decrease in the consumption of refined and processed sugar, fat and salt.
 3. Students should be allowed a choice in the foods available to them. However, all too often foods of questionable nutritional value compete with the school lunch program and the less nutritious foods are chosen before the more nutritious foods. Therefore, it is necessary to encourage the sale of foods high in nutritive value and phase out the sale of foods high in calories but low in nutrients. These more nutritious foods may be available in concession areas as well as with school meals.
- B. Food and drink items that have not been approved by the American School Food Service Association or the Ohio School Food Service Association will not be sold in the cafeteria.
- C. The lunchroom program will encourage students to eat more fruits, vegetables, and whole grain products.

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