

If you don't teach your children to eat wisely by the time they are six years old, they will probably stray from the path of good nutrition and end up having their bad eating habits nurtured by the high school cafeterias.

That was the feeling at the gathering of the 14 Women's Institutes from Waterloo South District at their annual meeting.

The issue was "Nutrition — Junk Foods — Which?", a panel discussion that climaxed the day's activities.

On the panel were Mr. Nick Speropoulos, principal of Glenview Park Secondary School, "still has hope for the eating of our adolescents"; Miss Bonnie Lacroix, Food Specialist from the Home Economics Branch, Ministry of Agriculture and Food; Mrs. Irene Ferrier, Public Health Supervisor, Waterloo County; Mrs. Marie Exelby, member of Little's Corners WI, speaking as a concerned mother; and Miss Mary Jane Henhoeffler, Waterloo County Dairy Princess. The moderator Mrs. Susan Shantz, Home Economist from the Ministry of Agriculture and Food, Waterloo County.

## Profit Operation

"I worked at a high school cafeteria for one year and I was quite aware that they had to operate at a profit," Mrs. Exelby said. "It just made me sick when I saw the kids pile up on Vacherins, cola and donuts. We gave them a choice, but just broke even on the nutritious foods. We made the money from the junk."

Mrs. Exelby said that when she questioned the cafeteria supervisor as to why junk food was even sold at the schools, the reply was simple — if we don't sell it to them here they will just go around the corner to the store and buy it there.

She also found disagreement with the fact, the student administrative council profits, in many schools, come from the cafeteria.

"I just don't feel that it is right to have a bunch of kids responsible for the food our children eat, just to make a profit," Mrs. Exelby said.

Public health supervisor, Irene Ferrier, agreed for the most part with Mrs. Exelby, but she had one optimistic view that was a bit more pleasing to the WI members' ears.

## What They Want

"The people who stock the cafeterias tell us that what they put in the cafeterias sell well because it is what the kids want," Mrs. Ferrier said.

"But we say, if the food is not readily available to them, but milk, fruit, salads and a hot meal is, the kids will buy the nutritious food and eat reasonably good lunches."

Mrs. Ferrier said that she knows this to be true because it was tried in a school and was a resounding success with only one or two complaints. However, the school was in the country and there was no Becker's nearby.

"What I would really like to know, is why do we want to treat school-age children differently from the way we treat the rest of the population," Mr. Speropoulos asked.

