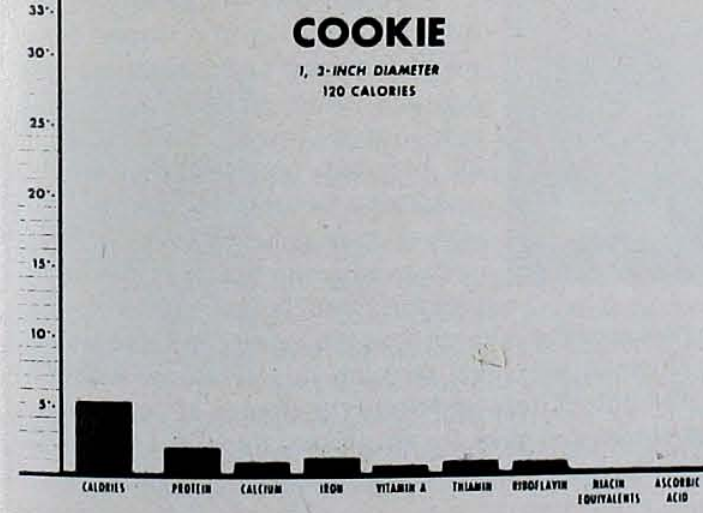
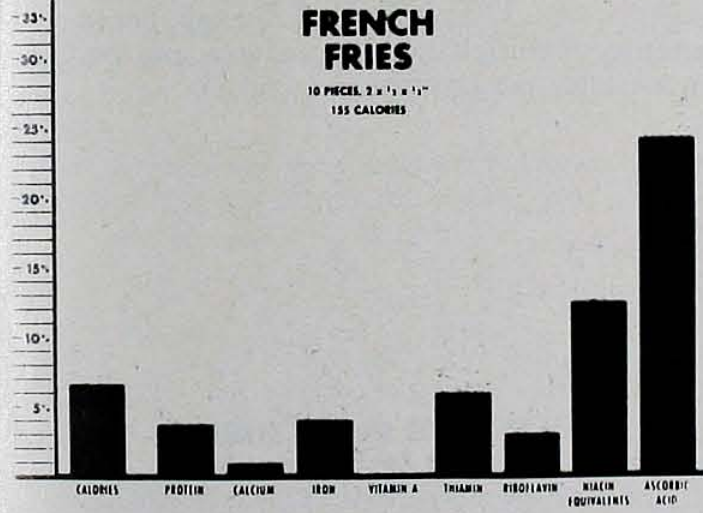
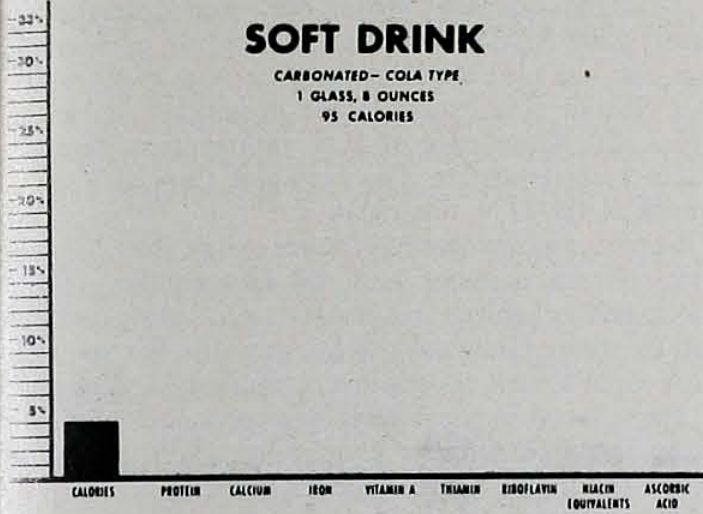
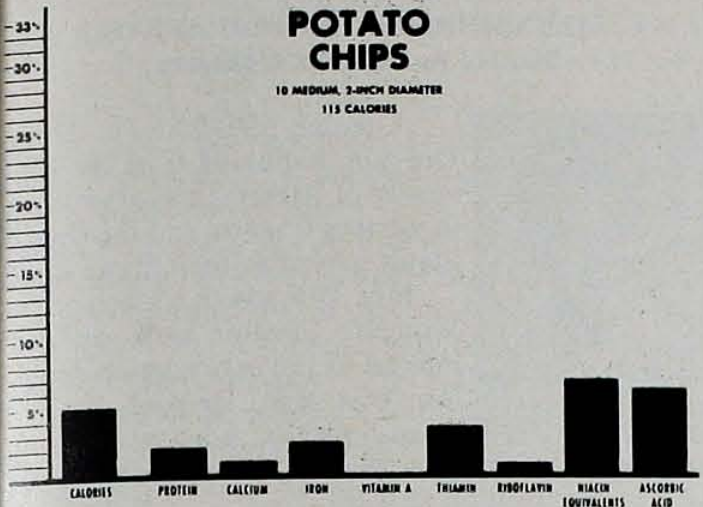


# Food — Which?



"We give the kids a choice about what they want to eat. We stock both kinds of foods and find that the junk does sell better.

"I would say that the kids with the parents who are nutrition-conscious will eat nutritiously well," Mr. Speropoulos said. "And the kids with parents who are not, will just follow their parents' example."

Mr. Speropoulos said that there are some things that people just don't realize about the operation of a high school cafeteria.

The first thing is that the cafeterias are expected to run at a profit — about \$2,000 annually for Glenview Park. The equipment in the cafeteria is paid for by the board of education and the cafeteria supervisor is paid with central funds, but payment for everything else comes from profits of the cafeteria.

"We serve one hot meal a day and give what we consider a nutritional offering, Mr. Speropoulos said. "But we also serve desserts and soft drinks and let students make their own choices."

Bonnie Lacroix would like to see the exit of all junk foods from the school cafeteria, since the number one nutrition problem in Canada is obesity.

"I really wouldn't object if the kids only ate the stuff once in a while," Miss Lacroix said. "Occasionally, i.e. — on their birthdays."

Mary Jane Henhoeffler, also a registered nurse, spends a great deal of her time speaking to the primary grades about nutrition — especially through dairy products. It is her feeling that by 15 years of age with a few years of a high school cafeteria under their belts the kids just aren't interested anymore.

But perhaps the most enlightening comment came from a delegate. "I thought that the school was supposed to be the one place where you could send your children that tried to be above reproach in every way. I guess that just isn't the case."

### What is Your Opinion?

Frankly speaking what do you think? There seems to be deep concern in Ontario about the noon day meals eaten by the students in secondary schools.

Where have we gone wrong? How do you feel about school cafeterias being placed in the position of money makers for athletics? They must pull their weight in profits for the food business at schools and subsidize extra curricular activities as well.

Do you think it is true that cafeterias promote the items that bring in the largest profits? What selection of foods do cafeterias really have? If, in fact, they all do have a hot meal as well as snacks, then who is to blame?

Is it money? Is the price of a meal beyond student budgets so they resort to snacks? Why do we hear that preference is shown for french fries and a coke as opposed to a sandwich and milk?

Do you feel dieting has any effect in the overall eating habits? Is it true, students would rather not eat at all or just snack to keep slim?

Do you think students and cafeteria operators have a knowledge of basic nutrition? Are they concerned about health?

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