

Problem

Many children in Massachusetts, including Worcester, are overweight or obese. School lunches contribute to this problem.

Facts

- 28.9 % of MA children are obese or overweight.
- Children often choose unhealthy over healthy food.
- Only 30% of MA public schools have a wellness policy that meets federal standards
- One Worcester Public School meal can contain between 1000 and 1500 calories

Solutions

1. Administration and Parents
 - Work with the school board to come up with a new, healthier meal plan
 - Show promotional video to educate about children's nutrition
2. Children
 - Promote healthy living styles and educate the children about proper nutrition
 - Encourage them to eat fruits and veggies, not sugary, fatty foods



Assessment

- A health education survey
- Longitudinal study of current students

Benefits

- Children will be less likely to have health problems such as diabetes and obesity
- Children will gain healthier routines and eating habits

Costs

- A La Carte menus make 1000+ dollars a year and will decrease school's annual income if removed
- The administration would have to hire more teachers for health education

Monday's Menu	Tuesday's Menu	Wednesday's Menu	Thursday's Menu	Friday's Menu
Chicken Nuggets	Spaghetti with Meat Sauce	Hot Dog	Cheeseburger	Pizza
Potato Rounds	Garden Vegetable	Tator Tots	Corn	Cheese Bread
Corn Muffin	Fruit Juice	Fresh Fruit	Fruit Juice	Tomato Sauce
Fruit Juice	Gelatin	Mustard	Mustard	Tossed Salad
Barbecue Sauce	Garlic Bread	Ketchup	Ketchup	Italian Dressing
Milk	Milk	Milk	Milk	Milk

Charts

	Monday	Tuesday	Wednesday	Thursday	Friday	RDA
Calories (kcal)	1688	887	880	1189	651	1641
Protein (gm)	67	45	28	51	22	34
Carbohydrates (gm)	174	120	81	158	77	130
Vitamin A (mcg RAE)	197.4	200	134.1	270.3	292.8	600
Vitamin C (mg)	80.7	102.1	81	88	51.3	45
Vitamin E (mg)	4.8	4.8	0.8	1.6	11.2	11
Vitamin B6 (mg)	1.5	0.9	0.6	0.7	0.8	1
Vitamin B12 (mcg)	2	2.7	2.2	3.8	1.1	1.8
Iron (mg)	8.4	6.8	4.7	7.9	7.8	8