

Problem

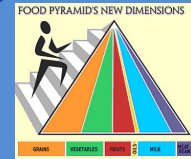
Many children in Massachusetts, including Worcester, are overweight or obese. School lunches contribute to this problem.

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 |