

# **FOOD SHOULD BE SIMPLE**

**It is the belief of the Nutrition Department that “food should be simple” for our students to get the most benefit for their overall health and well-being.**

**In our complex society we have made food complex too. Food manufactures manipulate the gene structure of our food supply to get the most harvest (whether it be wheat or poultry), for the least amount of investment. We have extended shelf life of products by adding artificial preservatives. The list goes on and on in how food is being altered to extend either it’s shelf life or production quantity.**

**What do we mean by “food should be simple”? The best food for a body are those that are closest to their natural state. The types of foods we would like to promote have the following qualities:**

- \*Free from hydrogenated oils**
- \*Free from artificial dyes**
- \*Free from artificial preservatives**
- \*No added sugar/sugar substitutes (to include high-fructose corn syrup**
- \*Foods that are naturally raised and processed**
- \*Free from growth hormones/antibiotics**
- \*Foods that are not “highly processed”**
- \*Fresh fruits and vegetables**
- \*Whole grains**

**This will not be an easy undertaking, nor will it happen overnight, but we do look forward to the challenge. With your support we can make a difference in the long-term health and eating habits of the students in District 49 to give them the best start possible.**

**To quote the Secretary of USDA, Tom Vilsack on child nutrition/obesity: “If we don’t do our job (feeding the nations children properly), then they can’t do their job (get an education), if kids can’t do their job then the country can’t do its job: if that happens then we have nothing left.”**

**Thank you for allowing us the opportunity to share in your child’s life by serving them a nutritious meal.**

**Best Regards.**

**Monica Deines-Henderson,  
Nutrition Services Director**