



Articles about school food by Dana Woldow

April 19, 2012 Beyond Chron [Chef Ann Cooper Explains School Lunch](#)

The world's most famous school lunch lady, Chef Ann Cooper, does not pull her punches. In the April 16th episode of Ovation Network's new season of *In Search of Food* (repeating April 21st), host and award-winning chef Scott Pampuch heads to Boulder, Colorado, where Chef Ann runs the school meals program for Boulder Valley School District. Early on in the episode, Chef Ann heatedly tells us, "We need to live in a world where we're not spending more on our daily coffee than on school lunch." Here, she answers some questions about her work.

April 10, 2012 Beyond Chron [Lunch Money Comes Up Short](#)

Don't you hate it when you are excited to see a movie because the preview was great, only to discover those are the only good scenes in the movie ? That was my reaction to school lunch reformer Kate Adamick's new book, *Lunch Money: Serving Healthy School Food in a Sick Economy*. Adamick's best suggestions sound intriguing enough to justify \$19.95 for a book promising to show how these ideas could save our student nutrition department zillions of dollars. Sadly, for a school district like San Francisco, where the high cost of living drives labor expenses to among the highest in the nation, where school kitchens that can actually cook are few and far between, and where providing meals that meet the USDA's Gold Standard drives a \$3 million deficit for the school meal program, there are no easy fixes to be found in Adamick's book.

April 4, 2012 Beyond Chron ["Upstanders" Lessen the Stigma of School Meals](#)

The traditional image of a school bully was the kid threatening other kids into handing over their lunch money – but these days, bullying and school lunch have a whole other connection. While overt bullying of poor students by wealthier students is a problem at lunchtime in some communities, in other schools with multicultural populations, "lunchbox bullying" may occur when students bring food from their own culture which is unfamiliar to others. Then there is a less obvious, but still painful, kind of bullying in which students make loud derogatory (and often baseless) comments about the school's hot lunch, even as other students are lining up to get that free meal. The stigma attached to school lunch, and its effect on students, continues to be a problem in our public schools. Is it that kids don't want to eat the food, or that they don't want to be ridiculed for eating it?

April 3, 2012 Edible Schoolyard Project [How I Became a School Food Advocate](#)

Among the most important lessons I've learned about fixing school food are that just because one school can do something doesn't mean everyone can do it; that you need to make friends with your student nutrition director; that school food has its own language and you need to know how to talk the talk; and that fixing school food is a team sport and no one should try to do it alone. But most importantly, I've learned that just one person really can make a difference by finding other people who believe in your cause; by providing organization and leadership; and by overcoming obstacles rather than letting them defeat you. If you make the decision at the start

that, no matter what happens, you will never give up until you reach your goal, then there is nothing you can't do.

March 28, 2012 Beyond Chron [How Do School Meal Policies Affect JoJo?](#)

I am haunted by the image of one of my children's school friends whom we'll call JoJo, for privacy purposes. JoJo and a sibling were raised by a single parent in one of the roughest public housing projects in the city. The kids got free school meals, and they ate school breakfast and lunch every day because, most days, it was the only food they could count on for sure. In any discussion of issues that impact school meals, my first thought is always: "How does this affect JoJo?"

March 21, 2012 Beyond Chron [Food Trucks Near Schools: School Food Experts Weigh In](#)

Several years ago, San Francisco Unified School District began taking steps to combat the stigma. A swipe card system was installed in the cafeterias, so no one can tell just by looking who is getting free lunch. Cash a la carte choices were eliminated, and a wider choice of complete meals is now offered to all students. Fundraising food sales that competed with the school lunch program were eliminated and even the City got on board. In 2007, an SF city ordinance was passed keeping mobile food vendors 1,500 feet (about three blocks) from public middle and high schools. But now, "The City that Knows How" may be poised to reverse course. Proposed legislation before the Board of Supervisors would shorten that distance mobile to just one block. But don't take my word for it that bringing mobile food vendors closer to schools is a bad idea. I spoke with a number of the nation's leading authorities on school lunch programs to get their opinion on the proposed San Francisco ordinance change.

March 14, 2012 Beyond Chron [Parents Hungry for Information on "Pink Slime"](#)

It was recently reported that the USDA plans to allow its vendors to add 7 million pounds of "pink slime - a mix of fatty beef by-products and connective tissue, ground up and soaked in ammonium hydroxide" - to hamburger for use in the school lunch program. Now, parents all over the country are wondering, "is this stuff in my child's school lunch?" As a result, school districts all around the country have been issuing statements to the media to assure parents that there is no "pink slime" hidden in their child's school lunch. Not in San Francisco, though, where school district officials dragged their heels about informing parents, even though the district is pink slime free.

March 13, 2012 Beyond Chron [Mobile Vendor PR Straight From Big Soda Playbook](#)

When most San Franciscans hear "food trucks," they probably think of the burgeoning trade in artisan Korean tacos and local organic bahn mi, of enterprising immigrant vendors offering handcrafted ethnic specialties from colorful vehicles. But "food trucks" also include "roach coaches," purveyors of junk food, candy and sodas. That might be one reason why those fighting proposed state legislation limiting how close to schools mobile food vendors can park are sounding a lot like they're reading straight from Big Soda's play book. Could it be that the soda industry is actually lurking in the shadows, quietly orchestrating the opposition effort?

March 12, 2012 Beyond Chron [Proposed State Food Truck Legislation Modified](#)

A proposed state bill by Assemblyman Bill Monning (Carmel) which originally sought to keep mobile food vending trucks from parking 1,500 feet from all K-12 schools, and which drew the ire of the burgeoning gourmet food truck movement, has been modified by its author.

March 6, 2012 Beyond Chron [Wiener's Half-Baked Response to State Food Truck Bill](#)

Junk food was banned from SFUSD meal programs and vending machines by the SF Board of Education in 2003, but no sooner had that happened than "roach coaches" began arriving at schools as early as 7am to sell to kids; it was common to see students entering school with a breakfast of a Coke in one hand and a giant bag of Flamin' Hot Cheetos in the other. That's one reason why State Assembly member Bill Monning (Carmel) introduced AB1678 - because not every truck is selling the kind of healthful, organic and artisan food for which some San Francisco trucks are justly renowned. Even in San Francisco, "roach coaches" still exist, and they are sure to return to close proximity to the schools if they are legally allowed to do so.

February 21, 2012 Beyond Chron [Should Big Food Fund School Meal Studies?](#)

In the world of San Francisco school food, one of this year's most hotly anticipated events is the upcoming release of a study commissioned by the SF Food Bank; the purpose of the study is to find ways to get more kids to choose school meals. Many parents, students, and school food advocates hope the study will recommend the building of a bond-financed central kitchen, enabling scratch cooking right here in SF with seasonal ingredients procured from local farms; the facility could be staffed by workers trained to do more than just reheat frozen meals, and be headed by highly trained culinary professionals from SF's burgeoning stock of aspiring chefs. The vision of fresh, healthy, all natural scratch cooked school meals is one shared by nearly everyone interviewed for the study last year, so it may come as a shock to learn that much of the cost of the study was paid for with a grant from the ConAgra Foods Foundation.

February 14, 2012 Beyond Chron [Small Company Has a Big Heart](#)

So many of the recent stories about the American food system are depressing, from the elected officials who think schools shouldn't offer free lunches to needy kids, to the Big Food companies laying off thousands of workers to plow more money into advertising junk food. That's why this article about The Fruit Guys and their founder, Chris Mittelstaedt is so refreshing - it's a story about a Small Food company, one with a conscience, headed by a guy who isn't afraid to step up and help those in need, even when it isn't necessarily the wisest decision from a strictly business point of view. Junk food companies love to describe their offerings as "better for you", when in reality their baked chips and diet sodas are "better for you" only in the sense that it is "better for you" to be hit in the head with a brick twice rather than three times. Doing business with The Fruit Guys, whose sole products are fresh seasonal produce, really is "better for you."

February 6, 2012 Beyond Chron [Klout Clobbers Facebook Phobia](#)

It is hard to imagine doing advocacy work today without taking full advantage of social media, and yet, I have what Facebook "power users" tell me may be the world's only Facebook page that intentionally has no friends. The only reason I have an account at all is because it was mandatory for becoming an administrator of the Facebook page for PEACHSF, my better-school-food advocacy website. Having no desire to reconnect with people I knew in elementary school, and already spending far too much time at my computer each day, it seemed like a sane decision to

shun my personal page. But now, thanks to yet another social media experience called Klout, I am reconsidering.

January 30, 2012 Civil Eats [The Conundrum of the New School Lunch Regulations](#)

The six cents per lunch additional funding being offered is not enough to offset the increased cost, which has been estimated by the USDA as about 11 cents per meal. In San Francisco, our schools will just have to absorb the shortfall, as they always have, driving the deficit for our Student Nutrition department even higher. That's the conundrum. We want healthy food served at school—including the larger servings of fruits, vegetables, and whole grains mandated by the new regulations—but should we have to pay for them with our children's classroom funds?

January 20, 2012 Civil Eats [USDA's MyPlate Should Step Up to Marketing Plate](#)

Wouldn't it be great if eight-year-olds immediately thought of a banana, instead of a bag of chips, when they wanted a snack? My son and I made a video, entered it in the USDA MyPlate Fresh Fruit & Veggies Video Challenge, and won first prize. We were excited to win and had high hopes that our little video might be used to help encourage kids to eat more fruits and vegetables. But when I contacted the USDA to ask if the videos would ever be shown anywhere apart from the ChooseMyPlate website, I was told that while the videos would likely be used by other USDA departments, budget constraints prevented any further marketing efforts.

January 9, 2012 Beyond Chron [What Can We Learn From the LAUSD School Lunch Fiasco?](#)

The recent *Los Angeles Times* article revealing that LA Unified School District's new healthier lunch menu was being rejected by many students generated a tidal wave of snark from those who believe schools shouldn't be feeding hungry kids at all, let alone trying to offer them healthy food. It seemed like LAUSD was trying to do everything right: they spent over a year creating the new menu, developed a variety of new offerings drawn from the multitude of cultures represented by their students, taste tested it with kids, and promoted it heavily. How could it all have gone so wrong, and what lessons can be learned from the LA experience?

January 4, 2012 Civil Eats [Asking The Right Questions About School Food “Miracles” of 2011](#)

Every now and then, a story appears in the media gushing about a “school food miracle worker” apparently serving healthier, higher quality food than usually found in school lunch programs, and costing no more than what a typical school district spends on a less healthy meal. The reader is left wondering why all schools don't just do what the “miracle worker” does. But things are not always as they appear in the media. The “miracle worker” who seems to do more with less is usually doing more with more. Additional funding, student demographics, labor issues, and facilities are just some of the factors that can make or break a pilot innovation, and which get short shrift in media gushfests. How can you tell if your school can do what the “miracle” school does?

November 21, 2011 Beyond Chron [“Pizza is a Vegetable” Just One Slice of School Meal Regulation Pie](#)

Amid the snark-inducing “Pizza as vegetable” headlines caused by Congress gutting the USDA's new nutrition requirements for school meals, the headline the NY Daily News slapped on the

widely-reported Associated Press article got very little play, but more accurately described the problem. “GOP says healthier school lunches are too expensive” really captures the essence of the problem – not that tomato paste will still be considered to be the nutritional equivalent of a serving of broccoli or carrots, not that potatoes will continue to appear in many school cafeterias four or more days a week, but rather that the positive changes to school food which had been put forth by the USDA came without sufficient funding to cover their own cost.

October 24, 2011 Beyond Chron [The Real Cost of Serving Real Food](#)

It was only just two years ago that Alice Waters was pilloried in the court of public opinion for daring to suggest that \$5 was a reasonable amount for the Federal government to spend to cover the cost of a healthy school lunch for a low income child. The lunch Water envisioned would be full of locally grown, preferably organic fruits and vegetables from nearby farms, and cooked mostly from scratch right at school, or close by. Critics howled - five dollars? For a child’s school lunch? And yet, it turns out that \$5 may have been an underestimate of what a healthy school lunch really costs.

October 24, 2011 SF Chronicle [S.F.'s schools need central kitchen](#)

Did you skip lunch today? If so, then you may have experienced dizziness, headache, irritability, agitation, lack of concentration, even nausea in the early afternoon; all are beginning symptoms of hunger. Imagine being in 4th grade and feeling that way while trying to understand how to convert 32/68 to a percent, or the difference between "there", "their" and "they're". It's hard to learn with a growling stomach.

This article also ran in a slightly different form here:

October 11, 2011 Beyond Chron [Let's Do Lunch](#)

October 7, 2011 Beyond Chron [Measuring the “Success” of Healthy School Meals](#)

Higher school meal participation would be beneficial from a financial perspective, from an anti-hunger perspective and also from a social justice perspective. However, too much focus on increasing participation can come around to bite you in the end. It would be great to get more kids to choose school meals, but even if they don’t, isn’t it enough that the kids who were eating before, and who are continuing to rely on the school meals for most of their daily nourishment, are now getting a vastly better meal? After all, these are often the kids from the most challenged circumstances, the ones whose families don’t have something at home to tuck into a brown bag and send to school in their child's backpack.

September 8, 2011 Beyond Chron [Even With a Central Kitchen, Can SFUSD Afford to Cook?](#)

It has been said that you can’t put a price on children’s health, but you can put a price on good nutrition at school. Cafeterias moving back to scratch cooking their meals is all the rage these days, and for good reason. Scratch cooking is the only way for a school district to be able to control completely how much sugar, salt, and other additives go into the food; it is the most efficient way to make use of locally grown produce; and, scratch cooked meals look better, smell better, and often taste better than plastic-encased prefab meals. But the question remains - is this something the financially strapped SFUSD can afford to do?

August 23, 2011 Beyond Chron [Central Kitchen for SFUSD is Preferred Solution for Better School Meals](#)

On Monday August 15th, students at San Francisco's public schools got an unfriendly welcome back after summer vacation, when poor management at the production site of SFUSD's meal provider left most schools with no hot lunches for the first day of class. As a result, once again well-meaning voices are asking, "Why can't they just scratch cook at every school?" Like so many other obvious "fixes" for the perceived shortcomings of school meal programs, the solution is never that simple.

August 10, 2011 Beyond Chron [SFUSD Can't Afford Chipotle Menu on a McDonalds Budget](#)

Despite the salad bars, the fresh fruit and whole grains, reduced sugar, no trans fat, MSG, artificial colors and little to no HFCS, some SFUSD families still feel that the frozen, reheated meals from Preferred Meal Systems are not good enough. They would rather have meals cooked from scratch at every school, or at least a fresher meal from a vendor like Kid Chow, that can offer organic fruit and other higher quality ingredients. The problem is, with labor and overhead taking up such a large portion of the budget, SF schools can't afford Kid Chow, whose price for the summer lunch was almost twice what Preferred charges.

July 11, 2011 Beyond Chron [Unfunded Water Mandate Leaves Students High and Dry](#)

How long does it take to get a drink of water around here? For cafeteria patrons at some San Francisco public schools, the answer might be "Four years." The federal Healthy Hunger Free Kids Act requires schools to provide free drinking water with meals beginning at the start of the 2011-12 school year, but it is just another unfunded mandate. Do the Congressional budgeting geniuses really expect that financially dehydrated school districts will just use a divining rod to locate the money for prompt installation of water stations in all cafeterias?

June 23, 2011 Beyond Chron [Unpaid Meal Charges Cost SFUSD Over Half a Million Dollars](#)

In order to feed every child, SFUSD can't afford to continue paying for meals for students who should be receiving government-paid meals – and would be, if only they had a completed meal application on file – or for those whose parents can afford to pay, but don't. With the SFUSD still facing a budget deficit in the millions of dollars, and hundreds of teachers being laid off, schools must do a better job of reducing meal charges.

June 14, 2011 Beyond Chron [Jamie Oliver, You Should Be Ashamed of Yourself!](#)

To publicly attack and belittle a lifelong educator, a man who twice came out of retirement to help ailing school districts, and whose career serves as the very definition of "public service", just because that man had the courage to try to shield his school district from exactly the kind of staged melodrama and manipulation which viewers have pinpointed as the weakest aspect of this show, is unconscionable.

May 16 2011 Beyond Chron [Chocolate Milk in Schools: Ban it, Keep it, or Change it?](#)

It's time for a truce in the chocolate milk wars. Taking an inflexible hard line on chocolate milk – pro or con – only serves to divide advocates who need to support each other. School districts are big customers, and they can use their buying power to force the dairies they do business with to dial back the sugar.

April 11, 2011 Beyond Chron [He can cook, but can he fix education?](#)

When the second season of Food Revolution begins in mid-April, here's what I would like to see: Jamie dressed in his giant vegetable costume marching into the halls of Congress with a tray of precooked frozen and reheated meals from a nearby public school. Let Jamie chase our Senators through the halls of the Capitol Building and insist that they eat the kind of school lunch served to millions of children every day.

April 11, 2011 USA Today [Pay now, or pay more later](#)

Too many school cafeterias are forced to rely on corn dogs, Tater Tots and canned fruit because the money the government provides is not enough to buy the fresh wholesome food students need for good health. It's great that the new law sets higher standards, but how will schools cover the cost? Better nourished children learn better, but educators shouldn't have to choose between subsidizing student nutrition and paying for students' academic needs.

January 21, 2011 Beyond Chron [Liars and Bullies and Clueless Reporters, Oh My!](#)

Why won't Revolution Foods just tell the truth, that their better food costs more, and join the chorus of people calling for the federal government to fund the school meal program at a level which would make these kinds of meals possible for all kids? How does it help improve school food when Jamie Oliver's Food Revolution viewers are encouraged to blame the people who have no say at all over the program, but who are forced to operate within the constraints of the program?

November 16, 2010 Beyond Chron [Don't Balance Rec & Park's Budget On the Backs of Low-Income Students](#)

For those who find irony delicious, here's a tasty bite – the very same San Francisco Board of Supervisors which just passed the groundbreaking Healthy Meals legislation requiring children's meals with toys to meet certain minimal nutrition standards is also poised to approve new legislation today which could make it even easier for fast food vendors to sell their wares every school day to students as young as 11 years old.

September 15, 2010 Beyond Chron [USDA Needs a Taste of Reality About School Lunches](#)

The vigilance with which the USDA enforces the required “counting and claiming” of school meals seems extreme given that it is unlikely anyone is getting rich by scamming a free school lunch for their child, but this is just one of the ways in which the USDA appears out of touch with the realities of school cafeterias.

March 25, 2010 Beyond Chron [SFUSD Brings Equity to the Table](#)

For years there has been a stigma associated with eating school meals. The shame and embarrassment students feel when lining up for what their classmates may derisively refer to as “welfare food” discourages some from eating. It is heartening to see that even in the face of one of the largest budget disasters in recent memory, facing a two year deficit of \$113 million, the SFUSD is now piloting a new lunch setup - called the Super Choice Menu - aimed at banishing the stigma and removing the barriers keeping all students from having all choices available to them.

January 26, 2010 Beyond Chron [How Sweet is Advocates' Chocolate Milk Victory?](#)

Getting the local dairy to remove an unpopular substance from their chocolate milk may seem like a small victory, but for parents and students who wanted this change, it is very empowering. It proves that it is possible to get a large food company to change their product in response to consumer preference, and that is a victory to be savored.

August 30, 2009 SF Chronicle [Time for lunch - for kids' health](#)

On Labor Day, Sept. 7, every American is invited to take a stand for kids' health and send the message to Congress that our children deserve real food in their school meals. Slow Food USA has organized "Time for Lunch," a nationwide potluck to bring people together to share food and take action in support of better school lunches. There has never been a better time for anyone who has a child, wants a child, knows a child or ever was a child to come together with friends and neighbors and bring about change. It's time to share a meal, to sign a petition, to make your voice heard. It's Time for Lunch.

August 12, 2009 Beyond Chron [Let's Talk Honestly About Improving School Food](#)

When we talk about how much it would cost to do a farm to school model for procuring locally grown fruits and vegetables, let's be sure we add in all of the costs, not just the price paid to Farmer Brown. And when we talk about what it would cost to offer all of our students a freshly prepared organic meal, let's not use magical thinking and say that it can be done for little more than a typical school lunch, because it can't.

May 12, 2009 Beyond Chron [Dear Congress, We Would Like Better School Lunches](#)

A group of seniors in an American Democracy class at San Francisco's Abraham Lincoln High School have taken on a project to try to improve school meals. They began writing letters to their elected officials to ask for more funding for better school food; the students attended a town hall meeting held by Congresswoman Jackie Speier at a local elementary school. The efforts they have made to help every student at their school, especially at a time in their lives when they could just be coasting until graduation, deserve recognition and support.

April 15, 2009 Beyond Chron [Truancy and Obesity: Two Issues of Equity](#)

Both obesity and truancy disproportionately affect low income students of color, making both issues about equity. There is no one silver bullet that will prevent obesity, just as there is no one silver bullet that will fix the dropout problem, but does that mean because no one individual thing alone will fix the problem, we should not do each individual thing?

August 24, 2008 SF Chronicle [Now is time to fight for better school food](#)

Years ago, the city of Berkeley made a commitment to improve school food, with guidance and support from Waters and her Chez Panisse Foundation. Today, Berkeley school food is cooked from scratch using only fresh ingredients, often locally produced. Across the bay in San Francisco, junk food was expelled from schools in 2003, replaced with whole grains, fresh fruit and salad bars. But these improvements have been possible only because our school districts were willing to dip into their budgets, and our local communities also ponied up extra money, to fund better food.

August 12, 2008 Beyond Chron [City May Discontinue Kids' Free Summer Lunch Program](#)

For generations, students have complained about school food, calling it “mystery meat.” More recently, their elders have begun complaining too, as rates of childhood obesity and Type 2 diabetes reach new highs, and unhealthy school lunches are targeted as one cause. As Congress gets ready to debate possible changes to federal child nutrition programs, criticism of the byzantine structure of children’s meal program regulations is starting to be heard as well. But is anyone listening?

June 5, 2008 Beyond Chron [Speak Up for Better School Food](#)

Better nourished students are better able to learn, but school districts shouldn’t have to choose between subsidizing student nutrition and paying for students’ other academic needs. For years, school food advocates have moaned about the lack of money, about how government reimbursement goes up by pennies each year, while expenses for the meal program increase by dollars. Finally, there is a chance to complain to those who can do something to change the situation.

February 21, 2008 Beyond Chron [The 10 Dumbest Things About the National School Lunch Program](#)

If you thought the recent news about possibly tainted beef in school cafeterias indicated some problems with the NSLP and its overseer, the USDA, you’d be right. Failure to guarantee the safety of food served to schoolchildren is merely the latest problem to surface. The USDA devotes an enormous amount of effort to trying to make sure that families don’t “cheat” – as if anyone could get rich scamming free school meals for their kids! Wouldn’t it make more sense to forget the meal applications, forget verifying the accuracy of the income information on them, forget the lunch cards, and the counting and claiming, and the search for “cheaters”, and just feed the kids?

November 15, 2007 Beyond Chron [The Power of One Voice](#)

On Halloween, with the City focused on whether the Castro would explode, a minor miracle was unfolding across town in the Presidio, where a preschool was planning its first ever Halloween celebration - without candy! Almost as noteworthy as the absence of Snickers bars was the fact that this healthy holiday celebration came about entirely because of the unwavering commitment of one parent.

October 11, 2007 Beyond Chron [A Tale of Two Cities--Why School Food is Better in Berkeley](#)

Berkeley students have enjoyed fresher, healthier school lunches in the past couple of years, since celebrity chef Ann Cooper took over their meal program. San Francisco’s school food has improved in recent years too, but our schools can’t feed kids as well as Berkeley does. The reason is simple: Berkeley has much more money to spend on school food. One school district can afford to feed needy students organic food and freshly cooked meals, while another just across the bay cannot, because of an obscure funding stream from a property tax override that some communities approved in the late ’70s, called Meals for Needy Pupils.

September 7, 2007 Beyond Chron [Salad Days](#)

The shamefully low government reimbursement for meals served to low income students (57% of SFUSD students in 06-07), combined with the highest labor costs in the state (because it is

expensive to live here!) means that there is just not enough money available to pay for better food. Happily, Mayor Gavin Newsom and the Department of Children, Youth and their Families have provided grant money to open salad bars in up to 25 schools later this year.

February 8, 2007 Beyond Chron [Got Breakfast? Grab n Go Triples Participation at Balboa High School](#)

San Francisco's Balboa High School is in the second year of a pilot Grab n Go breakfast program which has succeeded in increasing participation in school breakfast among a population which is notoriously averse to starting the day with a healthy meal – teenagers. The convenience of Grab n Go makes it a winner with kids.

October 13, 2005 Beyond Chron [Mythbusters](#)

There is plenty of conventional wisdom about kids and food. "You can lead kids to water but you can't make them drink it." "Kids don't want to eat healthy food; they only like junk food." "High school kids won't eat breakfast." One by one, the San Francisco Unified School District is proving that these "truths" are just myths.

November 24, 2004 Beyond Chron [School Beat \(part 2\)](#)

Raising money for school activities by selling donuts to children already suffering from poor nutrition is no way to deal with the problem of underfunding. It hurts kids, and in the long run, it hurts schools too. Parents and students should form one great big extra-curricular club, and lobby our government for more money for schools. As an old bumper sticker from the 60s used to say, 'It will be a fine day when schools have all the money they need, and the military has to hold a bake sale to buy a bomber.'

November 17, 2004 Beyond Chron [School Beat \(part 1\)](#)

If the phrase "school lunch" conjures images of lumpy "mystery meat", soggy grey vegetables, and jello, think again. How about Mandarin chicken and vegetables or sweet and sour meatballs with green beans? Improving school lunches may seem like a no-brainer, but in the San Francisco schools, any change comes with its own politics.

April 4, 2003 SF Chronicle [One school's uncanny success with junk-food ban](#)

San Francisco's Aptos Middle School banished soda sales three months ago. Since then, our "a la carte" student cafe has gradually eliminated the rest of the junk food from the menu and replaced it with healthy choices. Conventional wisdom told us to await both student rebellion and financial disaster. Neither happened.

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