

National School Lunch Awareness

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Next week brings both a state and national awareness to the quality, or lack thereof, in the school lunch program.

This fall, the Child Nutrition Act, which is the bill that governs the National School Lunch Program, is up for its review in Congress. With childhood obesity on the rise and a one in three chance that a child will develop diabetes in their lifetime, the need for real food in school has never been greater.

There is a potential available every day through a school lunch program to teach our children about quality foods and the role that food choices play in their health. For some children across the nation, a school lunch is the only guaranteed meal that they will have. It is a chance to touch their health lives. Why waste the opportunity?

Monday, September 7th has been declared a National Day of Action by Slow Food USA. There are over 200 Eat-ins planned across the country for citizens who are committed to having real food at school to bring awareness to the school lunch program.

Telluride has just recently formed a local chapter of Slow Food: Slow Food Telluride Region. The founding board consists of Jake Linzinmeir (chef of Blue Point, Excelsior and the X-café), Kris Holstrom (The New Community Coalition), Beth Roberts (Media Coordinator), Laurel Robinson and Lynn Mayer (Nutritionists).

In that Telluride and Telluridians are so involved in Film Festival activities, organizing an Eat-in here proved to be daunting. So instead, be on the lookout for a Slow Food table at Monday's Film Festival Picnic. It will provide an opportunity to learn more about the National School Lunch Program, where Telluride schools fit in the scheme, sign national petitions as well as an opportunity to join Slow Food Telluride. You can read more about the efforts at www.slowfoodusa.org/timeforlunch.

In addition, Wednesday, September 9th, has been declared by Colorado Governor Bill Ritter as Colorado Proud School Meal Day. This day has been set aside as a day to celebrate Colorado agriculture and to educate schoolchildren about healthy eating. "In order to encourage eating habits that will promote a lifetime of optimal health, it is essential to teach children about the importance of eating foods such as fruits, vegetables, whole grains, meats and dairy products. Proper nutrition is critical if our educational programs and our students are going to continue to excel."

It is a day to honor and bring awareness to our local farmers and the role they can play in adding value of our school lunch programs and how, in our using local produce, we can be adding to the local economy.

In the spirit of awareness, Kristine Hilbert (PTSO) and Scott Doser (Wilkinson Library Program Coordinator) have arranged for a showing of the movie "Two Angry Mom's" at the Wilkinson Library on Wednesday Sept 9th from 6-7:30 pm.

The two angry Moms are: Amy Kalafa and Susan Rubin. Amy had been stewing for years, packing her kids lunches from home and trying to get her community to pay attention to what kids are eating in school. When news of a national child health crisis began making headlines, Amy, an award-winning documentary filmmaker, decided to take the fight to film. Susan had been trying for a decade to work with her district on improving school food. Exasperated, Susan decided to

reach beyond her school district, and founded Better School Food, her own grassroots organization. Part exposé, part how-to, "Two Angry Mom's" chronicles the efforts of Susan and other leaders in the fledgling better school food movement as they take on the system nationwide.

We hope to see you, to enhance your awareness and gain your support in making the most of our pool of talent and wisdom in Telluride in the daily opportunity to touch our children's lives in a healthy way.

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