

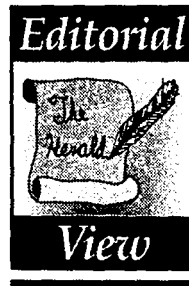
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# Schools should 5038 ban junk food

It's bad enough that so many adults allow themselves to become obese, but when our children suffer a similar problem, it's time to take action.

The latest report released by Children First for Oregon says one of Oregon's biggest challenges is fighting childhood obesity.



They are advocating a combined strategy of improved nutrition and increased physical activity.

Oft times, it doesn't matter how much the parents try to influence their children's eating habits.

They can't monitor what they eat at school.

And I don't mean in the school cafeteria, or the lunches they bring from home in a brown paper bag.

It's the junk food that is available on campus that is often the undoing for so many young people.

It's hard to resist those Pepsi and Coke machines, which generally come with a cash incentive for the school district. In the case of one district, it meant a new athletic scoreboard, with the soft drink company's name boldly emblazoned on it.

That flies in the face of reason.

If school districts truly care about the health and welfare of their students, they won't make junk food available. They won't compromise for the sake of a few dollars.

Oregon First goes even further. Not only do they say schools should ban the sales of soda and candy during school hours, but they must protect students from aggressive junk food advertising by prohibiting those ads on school property.

That would mean goodbye new scoreboard . . . and empty-calorie-filled vending machines.

Not a big loss . . . —MS