

Study: Schools provide healthier lunches than parents

By Roberto A. Ferdman, Washington Post

It might be time to reconsider the lunchbox.

A study carried out by researchers at Virginia Tech concluded that preschoolers and kindergartners tend to eat healthier lunches when the food is chosen by their school, not their parents. The study, which surveyed more than 1,300 lunches at three schools in Virginia, found that parents frequently pack things like chips, sweets, and sugary drinks—all of which are not allowed under the National School Lunch Program.

Parents, it turns out, appear to do just the opposite. More than 60 percent of meals packed at home had one dessert (nearly 20 percent had two or more); just under 60 percent had savory snacks, like chips; and roughly 40 percent had a soda or sugar-added juice. School meals, meanwhile, were more likely to contain fruits, vegetables, naturally sweetened juices, and milk.

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