**The Lunch Tray’s**

**Food in the Classroom Manifesto**

Food in the classroom:

1. Overrides parental consent.

2. Infringes on parents' freedom to feed their own children as they see fit.

3. Contributes to childhood obesity, which now adversely affects one-third of America's children.

4. If used as a reward, runs counter to the recommendations of leading medical organizations and potentially sets children up for a lifelong struggle with eating.

5. Overrides children's own hunger cues, and encourages them to eat simply because food is presented to them.

6. Puts food-allergic children at risk, or else excludes them.

7. Deprives parents of the ability to enjoy their own treats with their children, if they are already fed sugar at school.

8. Is a lazy and unimaginative way to reward children, who would be as delighted to receive a myriad of non-food treats (if we even feel tangible rewards are needed for academic performance, another question entirely).

9. Undercuts the school's own nutrition education, if the food in question is not nutritious - and it rarely is.

10. Turns the school into an adversary, not an ally, for parents struggling to feed their children well.

**PLEASE STOP FEEDING OUR CHILDREN!**

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