**Banning Junk Food in Schools Is Not Effective**

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From teaching and learning to bullying prevention and safety, schools have more important issues to address than monitoring the sale of junk food. What students choose to eat is the responsibility of their parents, especially since kids consume the majority of their meals at home or outside of school. Furthermore, offering healthy lunches and snacks does not mean students will eat them. In reality, most of the junk food eaten on campus is brought in. Trying to eliminate it from schools is a waste of time and money. Education begins at home, and parents should concentrate on teaching young children good eating habits.

I feel a lot better after reading the newspaper this morning. The federal government has banned the sale of junk food in schools across this great nation.

Finally, our schools will have something to do that is productive instead of worrying about things like teaching and learning, curriculum development, accurate budgeting, state testing, teacher evaluation, bus safety, sex education, character schools, bullying prevention, safety and security, psychological counseling, social work, health screening, etc., etc., etc.

Monitoring the sale of junk food in schools?

Give me a break, please.

What a waste of time and energy, from the Capitol building in Washington to the corridors of every school in the nation. This is simply something that is not the headache of the schools. I worked in public schools for over four decades. And guess what? I really don't care what your kids eat. I don't care how much they weigh. I don't care if they develop lousy eating habits that will negatively affect them in future life.

How about the parents of these little cherubs of ours doing something instead of expecting the schools to raise their children for them? Schools would be a lot better off if we ask them to do what they are supposed to do—educate kids.

Schools are not meant to raise kids, nor will they ever be able to do that.

If schools serve healthy lunches, that does not necessarily mean that kids will eat them.... If there is junk out there, kids will find it.

Let's look at a few facts. Kids are not getting fat because of what they eat in school. They consume most of the food they consume at home or some place other than school.

Based upon a 180-day school year and three meals per day, a student consumes 180 lunches in school during a calendar year. That would move up to 360 meals per year if the student eats breakfast in school each day.

By the way, why are kids being fed breakfast in school? Shouldn't that meal be consumed at home in the presence of a caring and loving family? Given lunches only, a student would consume 180 meals in school and 730 other meals at home or elsewhere. That diminishes to 550 meals consumed outside the school for those who have breakfast and lunch in school.

**Junk Food Is Not Going Away**

If schools serve healthy lunches, that does not necessarily mean that kids will eat them. Some kids bring their own junk food with them from home. Some buy it from the corner store on the way to school. Some trade for it with their friends. If there is junk out there, kids will find it.

It is what kids do. Much more junk food is brought into a school each day than is sold in any vending machine in a school.

By the way, vending machines are in schools to help support things like sports and school activities, which are cut when budgets are slashed. If we properly fund those programs, we don't even need the vending machines. But that is another article.

We cannot expect our schools to solve all of the ills of society. How about we start taking responsibility for ourselves and our families?

Parents need to monitor what their children do every day. They should not expect the school or any other agency to do that.

Education begins at home. Teaching kids how to eat properly should begin long before the school years begin. Kids who eat healthy at home tend to eat healthy elsewhere.

Face it. Junk food is not going away. As a matter of fact, I like my chips on occasion. Trying to eliminate it from school or anywhere else for that matter is an abject waste of time and money.

Let's concentrate on teaching youngsters to make good decisions when it comes to food. That teaching begins at home.

Are you with me, Mom and Dad?

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