



Graphic by: Emma Howie

## Government interferes with school nutrition

### Staff editorial

Indiana high schools have been struggling to provide students with healthier choices for breakfast and lunch. They started by limiting our intake of caffeine. How far can they really go?

What about the last time we sat listening to people lecture us from 7:40 to 2:26 without a cup of coffee? What about the six minutes between classes? We as students have an issue with attendance and motivation as it is and the lack of caffeine is affecting us. But, the US government can't control what we eat the remaining 18 hours of our day, so why do they attempt to control the other six?

According to USDA, the United States Department of Agriculture, schools must offer at least one cup of milk daily for all age-grade groups as of March 2013. Schools must offer only fat-free or low-fat milk. That one cup of milk could be used to make a delicious cup of coffee.

Starting this school year, the Department of Education

launched a new lunch program where it would actually be cheaper to have more than one or two sides. Sounds crazy, right? But it is just another part of the plan to make us make healthier choices.

We should be able to consume the substances we choose. Making healthier food choices is only one part of being healthy. The other part is being active and taking care of our bodies. We know we can't change their minds about bringing caffeine back, but if they want us to be healthier they should make exercise more significant at school.

Most USDA members, government individuals, and administrators would side with the fact that too much sugar and caffeine can cause an educational disruption. It is true that spills can occur in classrooms, but students already bring alternatives such as energy drinks to school. USDA claims that it is their responsibility to keep us healthy, after all we are "obese."

If we decide how much caffeine we consume 18 hours of the day, we believe we should be able to decide for the other six.