

Vending Machines in Schools • No. 156 • 1/05

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General

Kubik, Martha Y., Leslie A. Lytle, Peter J. Hannan, Cheryl L. Perry, and Mary Story. **The Association of the School Food Environment with Dietary Behaviors of Young Adults.** *Journal of Public Health*, v. 93, no. 7, p. 1168, July 2003. (6 pages)

This study “examined the association between young adolescents’ dietary behaviors and school vending machines, à la carte programs, and fried potatoes being served at school lunch.” The results were mixed; however, researchers found a negative correlation between vending machines and fruit consumption.

Murray, Robert D., Howard L. Taras, Barbara L. Frankowski, and Jane W. McGrath, Cynthia J. Mears, and Thomas L. Young. **Soft Drinks in Schools.** *Pediatrics*, v. 113, no. 1, p. 152, January 2004. (3 pages)

This “policy statement is intended to inform pediatricians and other health care professionals, parents, superintendents, and school board members about nutritional concerns regarding soft drink consumption in schools.” It gives a background on the situation, states the problem, and offers recommendations for the community.

Unhealthy Food Bulk of School Vending Machine Choices. *Nation's Health*, v. 34, no. 5, p. 7, June/July 2004. (1 page)

A short article that summarizes two publications: a survey by the Center for Science in the Public Interest assessing the nutritional value of vending machines in more than 200 schools across the nation and a report by the U.S. Government Accounting Office on foods that compete

with federal school lunch programs. (See Suggested Internet Resources for the full survey and report)

Childhood Obesity

Arnst, Catherine and David Kiley. **The Kids Are Not All Right.** *Business Week*, no. 3903, p. 56, October 11, 2004. (2 pages)

This article provides a quick summary of the Institute of Medicine’s “Preventing Childhood Obesity” report released in September 2004 (see Suggested Internet Resources for full text of the report). In addition to describing the increased awareness in Congress on the seriousness of the situation, the author also gives an excellent example of how the New York City school system convinced manufacturers to reduce the fat and sodium content in school food.

Hurst, Marianne D. **Arkansas Pupils’ Body Weights Add Up.** *Education Week*, v. 24, no. 3, p. 1, September 15, 2004. (3 pages)

Author reviews a statewide study of Arkansas public school students’ body-mass index, revealing that 38 percent are overweight or at risk of becoming overweight. The “study clearly indicates that children of every age, gender, economic status, and ethnic group across the state are vulnerable.” This study has drawn national attention.

Hurst, Marianne D. **Momentum Builds to Confront Child Obesity.** *Education Week*, v. 24, no. 7, p. 5, October 13, 2004. (2 pages)

Article identifies a variety of federal and state legislation proposed to address childhood obesity. Author summarizes several reports released in the fall of 2004 and

highlights the efforts of several states to regulate vending machines in schools.

Sutherland, Rachel, Tim Gill, and Colin Binns. **Do Parents, Teachers and Health Professionals Support School-Based Obesity Prevention?** *Nutrition & Dietetics*, v. 61, no. 3, p. 137, September 2004. (8 pages)

Australian researchers present the findings from their study “aimed to investigate the attitudes of parents, teachers and health professionals on factors contributing to childhood obesity and the role of the school in preventing childhood obesity.”

Corporate Marketing

Gould, Izzy. **Some Schools Sell Right to Name Facilities.** *Tampa Tribune*, p. 1, SPORTS, December 21, 2004. (4 pages)

During times of tight budgets, schools are increasingly turning over school gymnasium and stadium naming rights and exclusive beverage contracts to corporations in return for funding to maintain school programs. This article explores the issues surrounding this form of school financing.

Simon, Michele. **Powerful Industry Peddles Fat, Sugar in Schools.** *National Catholic Reporter*, v. 41, no. 5, p. 6, November 19, 2004. (1 page)

Author notes trends in corporate lobbying to maintain lucrative vending machine contracts with schools across the nation. Article reveals the effects that the industry has had on modifying legislation in regulating foods and beverages in schools.

Financial Effects

Cholo, Ana Beatriz. **City Schools to Lose Their Fizz; Board Vote Likely to Replace Coke with Healthier Drinks.** *Chicago Tribune*, p. 1, NEWS, October 27, 2004. (4 pages)

The Chicago Board of Education decided in April 2004 not to renew a school vending machine contract with Coca-Cola. The author discusses the pros and cons of this decision.

McDonough, Susan. **Alameda Schools Raise Lunch Prices.** *The Oakland Tribune*, MORE LOCAL NEWS, August 13, 2004. (2 pages)

The article addresses the increase in food, labor and transportation costs, pressuring schools to raise lunch prices. Identifies typical additional sources of revenue, including vending machines, and notes the limitations of federal support.

Shaw, Linda. **Schools' Ban on Junk Food Takes Bite Out of Budget.** *The Seattle Times*, Fourth Edition, p. A1, ROP ZONE, NEWS, November 26, 2004. (5 pages)

Some Washington school districts have implemented new policies banning the sale of candy and soda. The author reveals the financial effect the policies have had on student activities subsidized by the profits from the sales.

Spake, Amanda. **Learning About Fat.** *U.S. News & World Report*, v. 137, no. 12, p. 35, October 11, 2004. (2 pages)

This article gives a brief overview about the Institute of Medicine's report and ways in which schools are beginning to address the issue of childhood obesity. Author gives an example of a high school in Minneapolis that successfully marketed water in vending machines, nearly tripling their profits.

Government Legislation and Regulations

Booth-Thomas, Cathy. **The Cafeteria Crusader.** *Time*, v. 164, no. 24, p. 36, 2 p., December 13, 2004. (2 pages)

Texas statistics reveal that over a third of all school-age children in the state are overweight or obese, far worse than the national rate of 10% to 15%. In response, Texas Agricultural Commissioner Susan Combs imposed new rules banning junk food in schools. This article gives an overview of her methodologies.

Hardy, Lawrence. **Congress Requires School Wellness Plans.** *American School Board Journal*, v. 191, no. 9, p. 8, September 2004. (1 page)

An article that describes the U.S. Congressional mandate that all school districts develop a wellness plan by 2006 in order to reduce childhood obesity. In addition, it touches on recent “child nutrition legislation to expand a program to provide fresh fruit and vegetables to school children.”

Mishra, Raja. **School Lunch Bill Targets Obesity, Bill Aims for Healthier School Lunches.** *The Boston Globe*, Third Edition, p. A1, October 25, 2004. (4 pages)

The author writes about a new bill proposed by Massachusetts lawmakers and tentatively endorsed by the state's Department of Education to “ban soft drinks from schools, mandate low-fat school lunches, and stock school vending machines, many students' primary food source, with healthy items only.”

Healthful Alternatives

Bauza, Margarita. **Schools Put Healthy Food on the Menu.** *The Detroit News*, p. 1A, FRONT, December 2, 2004. (4 pages)

In this article, the author explores how Detroit area schools are addressing obesity and diabetes through menu review teams and free fresh fruit programs. She also gives advice to parents seeking to improve their children's food choices.

Kirk, Roger L. **Healthy Vending.** *American School Board Journal*, v. 192, no. 1, p. 16-18, January 2005. (3 pages)

Fayette County Public Schools knew that they would soon need to make a decision whether or not to renew their vending contracts. Through a veteran negotiator, the school district successfully developed a contract balancing nutrition in vending offerings and financial limitations. This excellent article describes the process employed.

Milk Vending Machines Flow Into Schools of Dairy Country. *Obesity & Diabetes Week*, p. 77, December 27, 2004. (2 pages)

Article describes how schools across the nation, particularly in Dairyland, are replacing sodas with milk. Nutritionists are backing the move given that "milk provides calcium, potassium, vitamins A and D and protein." Critics say that "people want variety" and soda makers already produce sugar-free diet varieties.

Newbury, Umut. **Teaching Kids about Real Food.** *Mother Earth News*, no. 207, p. 24, December 2004/January 2005. (1 page)

Article reviews a variety of programs and initiatives to improve school nutrition and help children make healthy food choices. Author provides websites for programs.

Stewart, Kimberly Lord. **School Lunches.** *Better Nutrition*, v. 66, no. 9, p. 38, September 2004. (5 pages)

Describes the Menu for Change program designed by Gary Hirshberg, president and CEO of the Stonyfield Farm yogurt company, to improve school lunch programs. The article describes the results of Hirshberg's efforts and how others can get involved in making changes at home and in school. Includes programs for vending machines.



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Suggested Internet Resources. (Accessed January 11, 2005)

Commission on School Nutrition and Physical Activity, Denver Public Schools

<<http://dcsnpa.dpsk12.org/>>

The Commission's helpful website with offers links from their home page to their "Final Report" on how to stem childhood obesity in the schools, maintaining their mission of health and wellbeing for all the Denver Public School students. In addition, the link to the "Links Library" provides readers with a broad range of quality websites on obesity.

Dispensing Junk: How School Vending Undermines Efforts to Feed Children Well. Center for Science in the Public Interest

<http://www.cspinet.org/new/pdf/dispensing_junk.pdf>

A survey of over 200 schools from twenty-four states analyzing the nutritional content of vending machine products. Authors express concern over statistics and competition that vending machines create with school lunch and breakfast programs.

Preventing Childhood Obesity: Health in the Balance, Institute of Medicine of the National Academies

<<http://www.nap.edu/books/0309091969/html/>>

Preventing Childhood Obesity is cited in numerous articles and "provides a broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, medical, and dietary factors responsible for its increased prevalence. Explores the underlying causes and the actions needed to initiate, support, and sustain the societal and lifestyle changes that can reverse the trend among our children and youth."

School Meal Programs: Competitive Foods Are Available in Many Schools; Actions Taken to Restrict Them Differ by State and Locality, Government Accountability Office, April 23, 2004

<<http://www.gao.gov/new.items/d04673.pdf>>

This report (GAO-04-67) identifies what is a competitive food, what are the federal restrictions on their sale, what is known about the competitive food, to what extent are they available in schools, and what is being done at the state and local level to end the sale of competitive foods. To answer these questions, researchers "reviewed a variety of data sources, including legislation, policies, and studies" addressing this issue.

Vending Machines in Schools. National Conference of State Legislatures.

<<http://www.ncsl.org/programs/health/vending.htm>>

A current look at the issue of vending machines in schools. This handy website describes in detail significant laws and legislation for each state.

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