



August 2007

“Childhood obesity has reached epidemic proportions,” states the Ohio State University Extension Service. Many studies have been conducted by many different sources and all of them point to this epidemic resulting from poor food choices and lack of exercise. Last year the Westlake School Citizen Advisory Committee (CAC), under direction from Marsha Colombro, conducted a study titled “Healthy Foods Project.” The CAC reviewed the district’s health program; the roll of schools, home and nutrition, the current lunch programs and vending machines in place at various school sites. The CAC submitted their report and findings to the School Board this past June 2005.

In cooperation with the CAC, State of Ohio Educational Food Directives and our own initiative, Westlake High School Cafeteria is planning a new direction for the 2005-2006 school year. This direction will focus on healthier alternatives; offering more low-fat, low-calorie items; publishing more nutritional information; and elimination of high sugar, carbonated beverages. We will make these changes with the students’ tastes in mind – continuing our efforts to only serve updated menu ideas that incorporate fresh ingredients. A new menu item will be a hand-made to order deli sandwich board that includes choices of multi-grain breads and wraps, low fat deli meats and fresh vegetable toppings. We will continue to offer healthy salads, yogurt, fresh fruit along with our daily lunch special and other a la carte items.

This year Westlake High School Cafeteria would also like to implement a program that would focus on healthy food choices, education and exercise. We are in the planning stages of this program, but hope to include the school nurse, health teachers, gym teachers and parent volunteers. If you are interested in assisting us in the process, please contact our Head Cook, Mary Kay Auger, at 440.899.3075 x2034.

Please inform your children of the new nutritional changes that will take place at the Westlake High School Cafeteria during 2007-2008 school year as well as future school years.

If you have any questions, concerns or ideas, please feel free to contact Dave Puffer, Business Manager, at 440.250.1265 or Mary Kay Auger, Head Cook, at 440.899.3075 x2034. Thank you.

**WESTLAKE
CITY SCHOOLS**

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Elementary School**
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**Holly Lane
Elementary School**
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**Parkside
Intermediate School**
24525 Hilliard Rd.
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High School**
27830 Hilliard Rd.
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