

51,463 Making Use Of Lunch Program In Health District

School Lunch Room Important Part of School Activities

The school lunchroom, in the past few years has become an integral part of every school community. It has been accepted for its practical contribution to better child health which, in turn, means improved learning capacity. Years ago the school lunchroom program had to be carried on under serious handicaps, usually resulting from the lack of adequate equipment and space. It used to be merely a food serving station of hot-dogs and cokes, also offering for sale abundance of candy, soft drinks and other unsuitable foods, which were sold to make a profit. Fortunately, in the past few years many of these obstacles have been overcome and much progress is being carried out today. Most lunchrooms now are very valuable in putting into practice health rules and social manners—taught in class rooms.

Today the major purposes of the school cafeteria are: (1) to supply the children with wholesome food at cost. (2) to teach by example and precept the essential principals of a well balanced diet.

A child who comes to school tired, hungry or who does not have an adequate lunch at noon period is seriously handicapped physically and mentally. Many times meals at home consist of carbohydrates only. Supervision of the quality of the food offered for sale at noon is important. Nutritional classes and the teaching of food value serve a useful purpose.

The school age is the period of physical and mental growth and development. A generous diet, consisting of such staple articles of food, as milk, eggs, fresh fruits, meats, vegetables, bread and butter meets the needs of the growing child. Evidence is accumulating of the beneficial effect in the child's physical condition by addition of milk and hot dishes to his lunch. Undernourished need milk. Some schools serve milk or fruit juices at recess in addition to regular noon day lunch.

It may be interesting to learn that the Pasquotank-Perquimans-Camden-Chowan Health District has a total population of 51,463. At present there are fifteen schools having lunch rooms, namely: Central, Newland, S. L. Sheep, Weeksville, and Training School of Pasquotank County; Hertford Grammar, Winfall, and Perquimans High School, of Perquimans County; Shiloh, Camden, and South Mills of Camden County; Rocky Hock, Chowan High School, Edenton High School and Edenton Colored High School of Chowan County. At present work is underway on seven new cafeterias throughout the Health District.

Of the total population of the Health District approximately 10,900 are school children. Of this number 6,984 attend a school having lunch room facilities. A total of 3,215 lunches are served daily in the fifteen schools. These figures do not include the St. Teachers College of Elizabeth City which has an enrollment of approximately 500 and serves an average of 350 meals three times daily. These lunches are served at approximate cost of 15-20 cents. There are, however, many free lunches served. These lunches are being paid for by private donations or funds provided by civic organizations.

In some instances these school lunch rooms not only prepare and serve lunches to the student body,

but are a part of their community—serving as a gathering place for organizational meetings and other community affairs.

In addition to serving good wholesome meals for the students, most all are carrying out a good sanitation program. The personnel employed in these cafeterias can be highly complimented for the excellent job they are doing in providing a "good square meal" for our future citizens.

POCAHONTAS MEETS FRIDAY
Chowanoke Council, No. 54, Degree of Pocahontas, will meet Friday night at 8 o'clock in the Red Men hall. All members are urged to attend.

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