

I just finished reading an article in the CBC entitled, '[89% of kids' food products low on nutritional value: study](#)'. This story hit home. First off, I have kids. They eat the same food I eat; we don't buy 'kids' food' as opposed to people food. It's not that I have never purchased 'kids' food' but I tell them it falls into the junk food category and that it is a special treat.

The story reminded me of the changes that the B.C. Ministry of Education recently brought in. In an attempt to cut down on the amount of junk food that kids are eating they now have [guide lines](#) (PDF) for what can and cannot be sold at school fundraising events such as lunches and bake sales. I have no problem with my kids eating healthy food at school. However, at my daughter's school, the principal decided that parents should no longer bring in home baked goods but instead the parents should purchase healthy prepackaged food. On the annual Sports Day, I picked up some bars and other 'kids' food' from the parent run concession and took them home to look at the nutritional value they offered. I compared them to the nutritional value of the cookies I often bake when called upon to support fundraising efforts. It turns out the cookies I bake are healthier than the prepackaged 'kids' food' you can get at the supermarket. Surprised?

As the year came to an end, I wrote my thoughts about home-baked goods vs. the individually wrapped prepackaged goods that were sold at the Sports Day and passed them on to the principal. I stated that I thought we should support parents in bringing healthy home baked goods to school events rather than supporting large corporations that sell single-sized individually wrapped packaged foods. Here is a quote from that letter, "Life is busy. When parents are willing to take the time to bake, cook or otherwise prepare food from scratch rather than picking up packaged foods that lack nutritional value and contribute to our garbage issues, I believe that we as a society should be thankful and supportive."

