

Diocesan

## School Lunch Supplement

Catholic Times

Friday, Oct. 9, 1953

# Lunch Program Serves, Preserves, Conserves

The Federal School Lunch Program serves as a special program in serving, preserving and conserving the health of our school children. The emphasis is placed upon the word "Serve." In the beginning the program was initiated to care for a need — the need to pro-

vide a more nutritional lunch for our growing boys and girls. In our school systems here in America, provision is made to give an opportunity for an education but an education that needed a further impetus in helping the pupil to make the

most of the opportunity afforded. Working on the fundamental principle that the body governs the mind, the wisdom of keeping the body in good working order was seen. The learning experience of a school lunch hour, the preserving of the health and a conserving of energy made those responsible for our school children to endorse the Federal School Lunch Program.

Parents and teachers recognized that our children are growing up and that the health and personal development of the child is essential to scholastic achievement. The School Lunch program is a new kind of health program—one that recognizes the inter-relationship of physical, mental and social well-being. There is a consistent integration of physical health with mental and social well-being. A well-balanced meal is a real tool in helping the teacher and the boys and girls in the classroom find ways of handling the many problems that growing up brings. The stage is set for the boys and girls to have a related experience that affords not only the nutritional need, but a mental and social need as well. The program truly serves the school in a three-fold way.

**Thirty-Six Schools in Program**  
During the past year there were 31 schools in the Diocese which held the National School Lunch contracts. The thirty-one schools served Type "A" lunches. The Type "A" pattern is designed to provide one-third of all the daily nutritional requirements.

The number of participating schools according to location in our diocese are as follows:  
Columbus ..... 19  
Outside Columbus ..... 17  
TOTAL ..... 36

**FOOD REIMBURSEMENT**  
As usual the funds appropriated for the National School Lunch Program were inadequate, due of course to the tremendous increase in participation. This situation of necessity cut the funds made available to each individual program. Therefore each school program was reviewed separately by the Chicago Regional Office and our Diocesan Office, before the 1952-53 applications for School Lunch were approved by the Government. Then, of necessity, a variable rate for Type A was set at — .07, .06, .05, .04 per meal, depending on specific needs of localities, and particularly upon the price charged to children. The charge made to children for the Type C program was set at .01 and .02. The total amount of cash reimbursement from the Treasurer of the United States paid to all schools in the Diocese for the year 1952-53 amounted to \$38,058.17.

**FAMILY RATES**  
Most of our schools have a family rate when there are more than two children of the same family in school. Some schools offer reduced rates if the children pay by the week. All needy children in the diocese were served free a hot Type A lunch each day.

**DIRECT SURPLUS COMMODITY DISTRIBUTION**  
The amounts and kinds of surplus commodities that were distributed to our schools this past year helped immeasurably to balance the individual program's budget, and above all, helped to keep the cost of the meal within the price range of the majority of the children. The diocesan office acts as the direct distribution center for the Columbus area. The total value of the surplus commodities received during the school year 1952-53 was \$72,015.28.

**DONATED LABOR**  
The great interest and time and energy given by the mothers and members of PTA and parish groups are among the reasons that we are able to keep our labor costs at a minimum, thereby enabling the schools to serve a Type A lunch within the price range of the majority of all school children. Besides donating one or two days (Continued on page 8)

## "Stew Good" to Miss at Any Time



## Official

To the Reverend Clergy,  
To the Members of the Religious Communities,  
And to the Faithful of the Diocese of Columbus.

I am happy to express my appreciation to the Pastors, Sisters and Parents of our school children for their continued participation in the Diocesan School Lunch Program. The Third Annual School Lunch Workshop to be held October 12, 1953 at St. Agatha School, affords me the opportunity of expressing a word of encouragement to those who have so zealously promoted this program. I realize that many parents sacrifice time and effort to make the school lunch program a success. Careful planning and much time are necessary to enable children to have the benefits of a well-balanced and nourishing meal.

Our devoted teachers give continued important support to the program not only in stressing the nutritional value of meals, but also in their supervision of the dining hall. The school is a place for living as well as learning. To make this living a beneficial experience in the life of a child, it is necessary to have the cooperation and participation of all the agencies responsible to the school working in close harmony. Such harmony will bring about the development of the true Christian citizen. The responsibility the child has in preserving his health is well taught in this harmonious atmosphere. The

home, the school and the state unite to give us a program that produces a worthy citizen and an alert child of God.

I wish to commend all those who have given so generously of their time and effort to the School Lunch Program in the Diocese. I congratulate them on a work done well. It is my fervent desire that this program continue to flourish and to expand. I trust further that all schools that can, will become a part of this school activity.

Devotedly in Christ,  
Michael J. Ready, D.D.  
Bishop of Columbus

## Program for the School Luncheon Workshop

9:30 a. m. Registration at St. Agatha's Cafeteria

10 a.m. Welcome—Father George Kennedy

Greetings—Father Bennett Applegate

Mr. Victor Warken, State Supervisor, State of Ohio, Department of Commodity Distribution.

Mr. O. F. Beyer, Area Field Supervisor, Food Distribution Branch, United States Department of Agriculture.

"Utilizing Donated Foods"—Miss Jeanette Hampton, United States Department of

Agriculture.  
12 noon Lunch—Type A School Lunch.

1 p.m.—"The Use of Basic Kitchen Equipment"—Mr. Harold Bolin, United States Department of Agriculture.

"How to Prepare Total Amounts of Foods"—Miss Jeanette Hampton.

Discussion Period.

"Preparing the School Lunch"—colored film.

Introduction of Diocesan Home Economist.