119 Mattick Street

Tiller AB T7N 2R5

March 3l, 2017

Darren Blairton, Principal

Tiller Junior High School

PO Box 889

Tiller AB T7N 3H4

Dear Mr. Blairton:

My name is Tony Lazo and I am a grade nine student attending Tiller Junior High School. I am writing to you today in regard to the school food store, which is operated by students during the noon hour and after school. I speak on behalf of all students here at Tiller Junior High School because I am worried of everyone’s long term well being from consuming unhealthy foods bought from the school food store. I would like to makes changes to the school food store to encourage healthier eating and still be able maintain profits to pay for the grade nine spring trip.

The food store makes a wonderful addition to our school, it gives ninth graders the ability to practise responsibility and initiative by operating it, and it is very profitable from the variety of food that is available for purchase. The profit from our food store is used to fund many different school projects and it plays an integral role in funding the annual grade nine spring trip. However, the one downside of the store is that the foods being sold are void of nutritional value which negatively affects the health of our students. I am concerned that students may gain problems attributed to eating unhealthy, such as obesity, high blood pressure, high cholesterol, type two diabetes, heart disease, some cancers, osteoporosis and many more.

Changes need to be made in order to make the food store even better than it is now and encourage healthy eating among students without compromising sales and the appeal and flavour of the food. The most important thing we need to do is change the food selection in the store. Instead of the typical sugary drinks and candy bars, salty and savoury foods, we can introduce foods and drinks that balance the calorie, sugar, sodium and fat intake of teens. Lunch meals should have one serving of fruits and vegetables, one grain, one protein, a main, a small sweet treat and it should come with water, juice, smoothie or milk. An example of a well balanced lunch could contain a fruit salad, baked sweet potato fries, whole wheat sandwich with smoked salmon, egg and a variety of vegetables, a yogurt filled muffin with dark chocolate and blueberries and milk to drink. New snacks can also be added to the menu that are light and yet filling, such as a berry yogurt parfait, vegetables with hummus, whole fruit, lemon tuna with crackers and trail mix. In addition to changing the food selection, giving foods more creative names will increase chances of healthy eating. An example would be naming broccoli “mini trees” and giving carrots the name “x-ray vision carrots”.

I believe better advertising and presentation of healthy food is needed. Posters should be put around the school to encourage healthy eating. They should have funny memes, jokes and internet trends on them that will interest students. Also, fake celebrity endorsement posters can be creatively made to get students to eat healthy. Since people don’t like eating healthy foods, improving the appearance and sneaking extra boosts in food will increase sales and students will unknowingly eat better. For example, putting blended up tofu into chocolate pudding for added thickness and protein, putting fruit on bamboo skewers, shape fruits and vegetables using cookie cutters and adding minced vegetables in eggs and many others. These are just a few examples of the type of changes I endorse which will have a lasting impact on our student body.

Please remain open minded to the considerations I have on how to encourage teens to eat healthy and still be able to maintain profits to fund projects such as the annual grade nine spring trip. Thank you for taking your time to read my letter.  Should you wish to contact me with any questions, I can be reached at Tony.Lazo@gmail.com or at (780)-790-3355.

Sincerely,

Tony Lazo

Tony Lazo