

## ***Traveling With Trista*** column published in SNS 8/15/07

### **LUNCH LADY LAND**

By Trista Butler (age 10)

"Woke up in the morning.  
Put on my new plastic glove.  
Served some re-heated salsbury steak  
With a little slice of love.  
Got no clue what the chicken pot pie  
Is made of.  
Just know everything's doing fine  
Down here in Lunch Lady Land."

My family started reading ingredients on food when we started getting alerts about unsafe food last year. One of the alerts is about fast food strawberry milkshakes — my favorite treat. I was surprised that it had bad chemicals like is in paint thinner and other things. I was also surprised that it had no milk or strawberries. What replaced them was sugar, sweet whey, high-fructose corn syrup, guar gum, monoglycerides and diglycerides, cellulose gum, sodium phosphate, carrageenan, citric acid, E129 and artificial strawberry flavor.

And what does that "artificial strawberry flavor" contain?

Just these few yummy chemicals: amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl, dipropyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl- 2-butanone (10% solution in alcohol), ionone, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone, methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptine carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, undecalactone, red dye, vanillin and solvent. Isn't that gross?! :(

In America, one of the richest countries in the world and the one that spends the most on health care, a baby born in the United States will live an average of 77.9 years. That life expectancy ranks 42nd in the world, down from 11th twenty years ago.

For the first time in history children will live shorter lives than their parents! There is a nearly 40% risk of acquiring Type 2 Diabetes. :(

October 15th - 19th will be the week of The Two Angry Moms National School Lunch-In. It will be held at the same time as the School Nutrition Association's (SNA) annual National School Lunch Week. It follows the USDA guideline suggesting "that every parent should go to school and have lunch with their child."

The Two Angry Moms web site says:

\*While you're at the lunchroom read more than the menu.

- Ask to see a list of ingredients for every item in the cafeteria.
- Read labels, check out what's in the vending machines.
- Don't be fooled by health claims and "low calorie" branding.

How much of the food being served is real food and how much of it includes flavorings, artificial sweeteners, preservatives, binders and

unpronounceable ingredients?

- Find out from your child if this is normal fare or if the school is sprucing things up to make a good impression for your visit. (<http://www.angrymoms.org> )\*

"Now, all the angry foods  
Just leave me alone  
And we all live together  
In a happy home  
Thanks to  
Sloppy joe.  
Slop, sloppy joe."

**from Lunch Lady Land** *by Adam Sandler*