

# OPINION

## New regulations impact school nutrition

New USDA regulations recently implemented by secretary of Agriculture Sonny Perdue negatively affect nutrition guidelines for school lunches.

Since 2010, the USDA regulations maintained that carbs served in school meals must be at least 50% whole grain, flavored milks that are high in sugar and fats would be replaced with nonfat milk, and that the amount of sodium in meals would be limited.

The new guidelines essentially roll back the 2010 nutritional standards by decreasing restrictions around the amount of sodium, fat, and sugars that go into school meals. The argument is that the former guidelines were costing nutrition services at schools more



**Guest Commentary**

Carys Fritz

money, and that children were not interested in the healthier food items, leading to more food waste.

Money shouldn't be a reason to decrease the options of vegetables, fruits, whole grains and sodium regulations. While kids may be inclined to choose options with more sugar, sodium, and fat, it does not mean we shouldn't continue to offer a variety of fruits and vegetables, and encourage

healthier options through standards. Developing good eating habits takes time. Luckily, the rise of Farm to School and locally grown food procurement grants aim to increase locally-sourced foods in schools.

Laura Reiley, a journalist from the Washington Post, explains how these new nutrition guidelines disproportionately affect children who qualify for free and reduced meals.

"Kids can get more than half of their daily calories from school meals. About two-thirds of the 30 million children who eat school meals every day qualify as low-income and are getting meals free or for a reduced price. Low-income kids are disproportionately

affected by obesity and are less likely to be fed healthy meals at home, so the nutritional makeup of school meals is impactful."

Although nutrition standards may change, we still have the power as community members, educators, farmers, parents, and health professionals to make sure that children are being offered locally-sourced, healthy foods. With over one third of Wasco and Hood River County elementary school children being above a healthy weight, it is important that we think about the immediate and long term health outcomes for children. We encourage you to reach out to your local nutrition services director to see how these new guidelines will affect school meals,

and voice your support for keeping healthy and locally-sourced food available in schools.

We want individuals who are passionate about school nutrition to come together for a community task force that aims to support healthy foods in schools. If you are interested in participating or want more resources for local food providers, please reach out to us at Jump! In the Gorge via our website <https://www.jumpinthegorge.org/>.

*Carys Fritz is an AmeriCorps VISTA volunteer serving with North Central Public Health District, originally from Springfield, Illinois. She is passionate about public service, supporting the arts and being in the outdoors.*



### YOUR VOICE

#### OR legislators, stay put and work

**To the editor,**  
I am angry with our Oregon legislators who think walking out on their job, wasting taxpayer money and neglecting the many issues of importance to Oregonians is somehow Okay. It is not Okay. Last week all but one House Republican walked out, and there is talk about another walkout starting on Monday.

We Oregonians elected these people to do their jobs—to be in Salem every day during session, bringing their constituents' thoughts to the table, voting on bills, showing up and working every day.

Last year when Senate Republicans walked out to deny quorum on the Clean Energy Jobs bill, each one of them continued to collect his/her salary even though they didn't come to work for weeks, and in the process wasted tens of thousands of taxpayer dollars.

This has *not* been a single-issue approach. This week the walkers refused to vote on a bill relating to child welfare standards. Last year it was refusing to vote on the Student Success Act and climate action. Using this tactic once, let alone repeatedly, is a dereliction of duty and an insult and injury to Oregonians.

Civics 101: The legislature is supposed to work like this—if lawmakers don't like legislation, they're supposed to show up and try to make it better for their constituents. If they lose the vote, they can show up and try again next session.

Oregon senators and representatives, Republicans and Democrats, stay put and do your jobs. Walking out is wrong and costly and *not* what you are elected for. You are only aggravating the growing polarization of public opinion.

We elected you to solve problems, not make them worse!

**Debby Chenoweth**  
*Hood River*

#### Problems with Cap and Trade

**To the editor,**  
Rep. Daniel Bonham (R-The Dalles) released the following list of "problems" with the Cap and Trade bill:

1. This plan allows unelected bureaucrats to raise taxes and costs on consumers and businesses without a vote of the legislature.
2. The cost of this legislation lands on Oregonians to the tune of \$600-\$1000 per year per household.
3. The current proposed legislation creates an unfair advantage for politically-connected corporations to avoid the tax.
4. Cap & Trade will raise hundreds of millions in new revenue for the state without accountability or full disclosure—sections 4 through 31 of the bill are exempt from public records disclosure.
5. This program will allow massive outside influence from California speculators and corporations to come in and drive up costs.

**Rep. Daniel Bonham**  
*The Dalles*

#### Filling the swamp

**To the editor,**  
The sewage from Trump and the Republican party continues to raise the swamp. New and greater revelations eclipse a letter before the *Chronicle* can even print it.

In 1994 the Washington Post revealed 19 women accused then-Sen. Bob Packwood (R-Oregon) of sexual assault and harassment. Packwood denied it. However, then-Sen. Barbara Boxer (D-California)

demanded ethics hearings on Packwood's boorish behavior. Packwood's voluminous diary provided abundant evidence of his escapades as well as vigorous actions to obstruct justice.

As ethics chairman at the time, Sen. Mitch McConnell (R-Kentucky) described the evidence as "...habitual pattern of aggressive, blatantly sexual advances ... connected in some way to his power and authority as a Senator."

Like Packwood, Trump's own confessions, plus victim testimony, show crimes greater than Packwood's.

General Soleimani is a war criminal (Iranian military leader killed by the U.S. in Iraq.) We could have eliminated him at any time; however, Trump chose to (distract from) the impeachment trial. If two drunks are having a knife fight in a bar, and an innocent bystander dies

attempting to escape the melee, are not both drunks guilty of murder? Is Trump not partially responsible for the Ukrainian and Canadians in the doomed commercial flight escaping Iran? More than 100 U. S. Soldiers have Traumatic Brain Injury resulting from Trump's manipulation of the news cycle.

The evidence is overwhelming and complete of Trump's impeachment articles are far greater than Packwood's transgressions. Trump's betrayal exceeds that of Benedict Arnold, who tried to subvert the defense at West Point. The betrayal exceeds that of Aron Burr, who tried to sell out to Spain. Trump has accelerated his criminal behavior, adding witness intimidation, obstruction of justice, and vendettas against witnesses.

Russia has clearly begun disrupting the 2020 election by favoring Trump and his weak competitor.

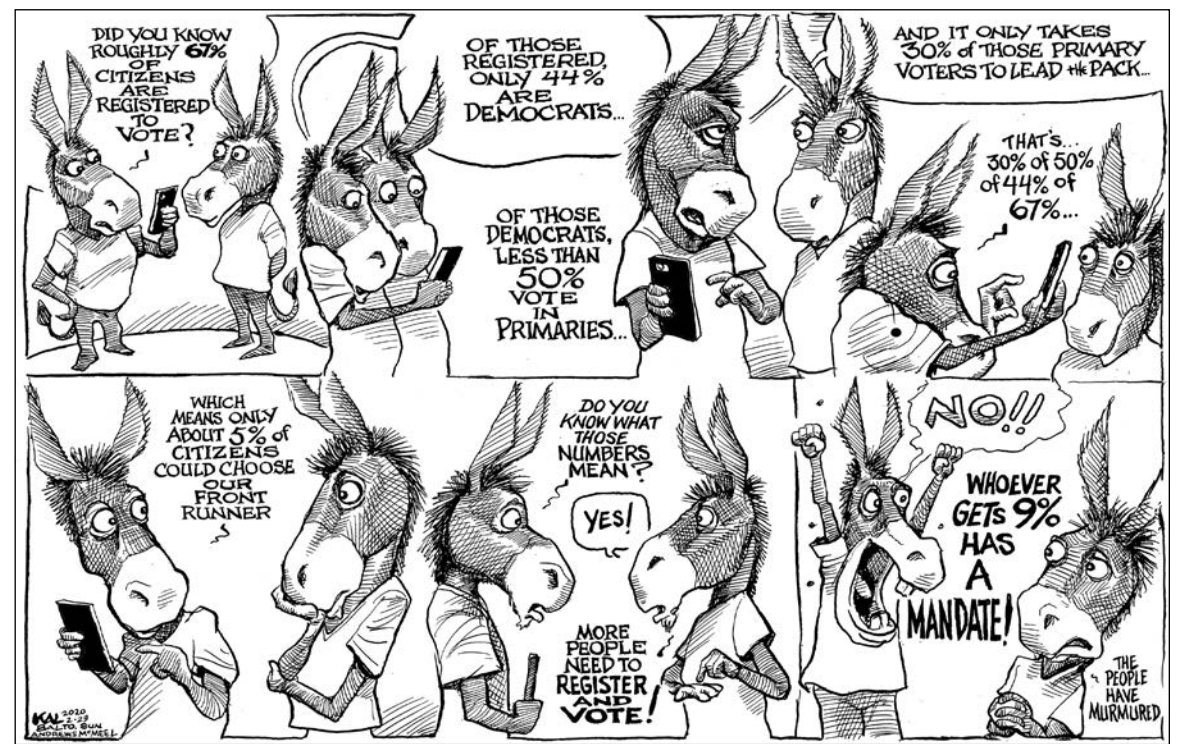
Trump fired Department of National Intelligence chief Admiral Joseph McGuire, just as Arnold tried to subvert the West Point defenses.

The recent flurry of pardons shows clear and continued betrayal. For those with the delusion Trump is good for their 401K, remember Michael Milken (who was pardoned) swindled more than a \$1 billion from investors.

Senator Susan Collins (R-Maine) has learned no lesson. Moscow Mitch—the grim reaper—leads the majority of Senate cowards.

We need the courage the embattled farmers showed on Concord Bridge in April 1775. Replace Trump, Jordan, Nunes, McConnell, Collins, Graham, and the Republican remainder with people of integrity and courage.

**Terry Armentrout**  
*The Dalles*



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**EDITORIAL GUIDELINES**

The Dalles Chronicle welcomes letters. They must be accurate, free from personal attacks, and include the writer's name and contact information for verification. Those without identification of the writer will not be published. Letters containing advertising will not be printed. Digital submissions are welcome and can be submitted online or emailed.

**400 WORDS**

Writers are limited to one letter per month and 400 words per letter. All letters are subject to editing. Letters to the editor and guest columns printed in *The Chronicle* do not necessarily reflect the opinion or approval of the newspaper.

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Opinion pieces may also be considered for guest editorial status, limited to 800 words.

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