School Removed Processed Foods 7 Years Ago, Student Lunch Sales Increased

Kare11.com reports that almost nearly years ago Minneapolis Public Schools stopped serving processed foods and instead opted for whole foods. The school district reports selling 1.2 million more school meals because of the change.

We see some processed foods in the photos, but certainly, nothing like what our kids are usually subjected to in public schools.

Bertrand Weber learned of the importance of whole foods when his son was diagnosed with type 1 diabetes 31 years ago. Bertrand Weber became the director of the district's Culinary and Wellness Services and decided to introduce children to "whole chickens instead of nuggets and actual potatoes instead of tater tots."

> *That's when I started looking into school lunch and holy crap, we needed to do something."*
>
> *"They are baby steps but we are introducing them to whole grains, different flavors and textures. It's not always the most popular but every time we run a new menu item we see kids take a little more at a time." – Weber to Kare11.com*

Related: *Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*

> *Today's school lunch is not the lunch of our childhoods, especially in Minneapolis where chef @BertrandWeber has changed everything. Real food, real farms, real flavor. For every child. @janashortal sat down to talk with him, today on @kare11 at 6:30 #btn11 pic.twitter.com/EeoONVW1La*

— *bengarvin (@bengarvin)* *December 17, 2018*

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