

# Advocate For School Breakfast Addresses Concerns

**JOYCE BUPP**  
 York Co. Correspondent  
 BALTIMORE (Maryland) —  
 "Breakfast is the most important part of the day," insists Dr. Doris Derelian, adding "that statement has lived on since the 1950s, but we had no real backup data for it." Now there is factual data to

back up those beliefs about the importance of eating breakfast, according to Dr. Derelian, the featured speaker at the annual breakfast meeting of the Baltimore-area Dairy and Food Nutrition Council of the Southeast. The annual meeting, to which the Dairy and Food Nutrition Council hosts area nutri-

tion professionals and educators, was held February 14 at the Airport Marriott Hotel.

A Lawrence, Massachusetts research study conducted in 1987 compared achievement and testing scores of children following the introduction that year of the school breakfast program. Both tardiness and absences in the school were reduced considerably, while achievement scores increased.

"With school breakfasts, kids worked faster, had fewer mistakes, provided more original answers on open-ended tests and had more physical energy," related Derelian, a bubbly, enthusiastic disciple of good nutrition. Current president of the American Dietetic Association, she is president of Health Professions Training, Fallbrook, California, and has a doctorate from the University of California at Los Angeles.

It is a fallacy that only kids from low-income families skip breakfast, Dr. Derelian emphasizes. The twin factors of not enough time in the morning and too many other competing activities create missed or low-nutrient breakfasts daily for millions of children from families at all socioeconomic levels.

"Transient hunger" is how Derelian labels the problem, as opposed to the chronic malnourished or undernourished child often seen in news reports of third-world or warring countries. A study done by the National Dairy Council found that between 28 to 33 percent of children arrive at

school daily having consumed no breakfast.

Physical symptoms of skipped breakfasts include stomach pains and headaches, muscle tension, fatigue and sleepiness. Psychological and social symptoms range from anxiety and nervousness to fidgeting, anger, indecisiveness, confusion and general unhappiness.

"A 'brat' in school may only be experiencing these symptoms of hunger," Dr. Derelian warns. "Teachers have become good at detecting them."

Even children who do eat breakfast at home often experience the classic "mid-morning" slump, especially if proteins and fats are not included in the breakfast. For that reason, Dr. Derelian encourages the use of whole milk for children's breakfasts. Proteins and fats, both components of whole milk, take longer to get into the blood stream than do sugars and carbohydrates, such as might be found in cereals or toast.

A promoter of school breakfast programs, Dr. Derelian noted that the cost, usually in the range of one dollar, is generally lower than grabbing breakfast for a child enroute to school at a fast food drive-through and supportive of family values because it encourages good nutritional habits. School breakfasts, by law, must include servings from all the basic food groups.

"School breakfast participation is low because parents don't know or don't understand the program," noted Dr. Derelian. "It's too often viewed with the stigma that school breakfast is a program for the poor."

"The most difficult educational subjects are generally taught in the morning - and that's when kids haven't eaten," she lamented. "Kids need energy."

The Upper Chesapeake Bay division of the Dairy Food and Nutrition Council of the Southeast is headquartered at the Sykesville, Maryland, offices of the Coastal Division of Mid-America Dairy-men, Inc., and funded by regional producer-members of the nationwide dairy cooperative.

A reorganization meeting of the board of directors of the Upper Chesapeake Bay division of the Dairy Food and Nutrition Council of the Southeast was held following the annual breakfast meeting. Officers re-elected were Jesse Bural, Sr., Monrovia, president; David Patrick, Woodbine, vice-president; Joyce Bupp, Seven Valleys, Pennsylvania, secretary; and Gary Brauning, Finksburg, treasurer. Also serving on the board are Ralph Strock, Baltimore, William Stauffer, Sykesville, and Pennsylvania members, Robert Grove, Greencastle, Paul Waybright, Gettysburg, Elvin Rohrer, Cochranville, and Emory Kilgore, Airville.



Dr. Doris Derelian, an advocate of the school breakfast program, promotes the use of whole milk in diets of children to enhance their learning abilities.

**FURNITURE**

CLOSED SUNDAYS, NEW YEAR, EASTER MONDAY, ASCENSION DAY, WED MONDAY, OCT. 11; THANKSGIVING, CHRISTMAS & DECEMBER 26TH.

**FISHER'S FURNITURE, INC.**

NEW AND USED FURNITURE  
 USED COAL & WOOD HEATERS  
 COUNTRY FURNITURE & ANTIQUES

BUS. HRS: MON.-THURS. 8-5 FRI. 8-8, SAT. 8-12

BOX 57  
 1129 GEORGETOWN RD.  
 BART, PA 17503

**DOE'S PRIDE™ NATURAL GOAT MILK SOAP**

- It's especially GENTLE on your skin
- It's NATURAL and PURE
- There's NO allergy-producing fragrance, dye, color or preservative added

SEND FOR FREE INFORMATION or CALL TOLL FREE NUMBER  
**1-800-542-7180**

**HOME SOAP WORKS**  
 P.O. Box 317, Millington, NJ 07946  
 (908) 604-2170

**TRACTORS and things on the COMBINES GROW**

Tractors, Combines and Things on the Grow has the seal of approval from The American Farm Bureau and The National Corn Growers Association.

**AN ACTION PACKED CHILDRENS VIDEO**

Call 1-800-808-FARM now to order this entertaining and educational video!  
 \$19.95 + \$3.95 shipping & handling each.  
 VISA / MC / AMEX

Your child will want to watch it over and over again.

FARM EQUIPMENT DEALERS AND OTHER RESALE INQUIRIES WELCOME

**GOOD FOOD OUTLET STORES**

See Our Original Line Of Golden Barrel Products Plus All Kinds Of Beans, Candies, Dried Fruit, Snack Mixes, Etc. At Reduced Prices

**GOLDEN BARREL PRODUCTS**

- ★ BAKING MOLASSES
- ★ BARBADOS MOLASSES
- ★ BLACKSTRAP MOLASSES
- ★ CORN SYRUPS
- ★ HIGH FRUCTOSE SYRUPS
- ★ MAPLE SYRUP
- ★ PANCAKE & WAFFLE SYRUPS
- ★ SORGHUM SYRUP
- ★ LIQUID & DRY SUGARS
- ★ PANCAKE & WAFFLE SYRUPS
- ★ CANOLA OIL
- ★ COCONUT OIL
- ★ CORN OIL
- ★ COTTONSEED OIL
- ★ OLIVE OIL
- ★ PEANUT OIL
- ★ VEGETABLE OIL
- ★ SHOO-FLY PIE MIX
- ★ FUNNEL CAKE MIX
- ★ PANCAKE & WAFFLE MIX
- ★ ASSORTMENT OF CANDIES
- ★ DRIED FRUIT
- ★ SNACK MIXES
- ★ BEANS
- ★ HONEY
- ★ PEANUT BUTTER
- ★ BAUMAN APPLE BUTTERS
- ★ KAUFFMAN PRESERVES
- ★ SPRING GLEN RELISHES

If your local store does not have it, SEND FOR FREE BROCHURE

Processors Of Syrups, Molasses, Cooking Oils, Funnel Cake Mix, Pancake & Waffle Mix & Shoofly Pie Mix

**GOOD FOOD OUTLET**

— Located At Good Food, Inc. —  
 W. Main St., Box 160, Honey Brook, PA 19344  
 215-273-3776 1-800-327-4406

— Located At L & S Sweeteners —  
 388 E. Main St., Leola, PA 17540.  
 717-656-3486 1-800-633-2676  
 - WE UPS DAILY -

VISA, M&C, MasterCard logos

**SPECIALS FOR MARCH**

**GOLDEN BARREL BLACKSTRAP MOLASSES**  
 16 oz. Regularly \$1.19  
 NOW **\$.99**

**GOLDEN BARREL CANOLA OIL**  
 32 oz.  
 SPECIAL PRICE **\$.99**

**GOOD OLD FASHIONED SHOOFLY PIE MIX**  
 With Syrup Regularly \$1.99  
 NOW **\$1.59**

**ZOOKIES MOLASSES COOKIES**  
 1 Dozen Regularly \$2.49  
 NOW **\$2.29**

**HOME HEATING OIL USERS**

Save money & stay warm this winter  
 For Indoor & Outdoor Oil Tanks

Use **FPPF POLAR POWER FUEL ADDITIVE**

(32 oz. treats up to 240 Gal.)

- Cleans Tank Nozzle
- Removes Sludge & Varnish
- Creates a Better Burn - Cleaner Flame
- More Efficient Fuel Usage
- Prevents Waxing & Gelling in Freezing Temp.
- Disperses Water and Much More

NEW AND IMPROVED

**SOLD AT**

**MILLER DIESEL INC.**  
 6030 Jonestown Rd. Hbg. PA 17112  
 (717) 545-5931