

Bath County Schools



Meatless Monday

Dear Parents,

There is no better place to educate our children about health and nutrition than in our schools. We recognize that healthy eating habits start young and require nurturing. Therefore, we are pleased to announce that Bath County Schools are now participating in a health promotion program called “Meatless Monday”. Meatless Monday is a global movement that enables people of all ages to make positive changes in their diet — and their lives — simply by choosing not to eat meat one day a week. All meals served at Bath County Schools, including those on Meatless Monday, will meet all federal and state dietary guidelines.

Childhood obesity and type 2 diabetes are conditions which are affecting children at increasing rates, both of which have been linked to high fat intake from excess meat and processed meat consumption. Increased vegetable consumption, however, is associated with lower body weight, decreased risk of diabetes, stroke, heart disease, cancers and other chronic, preventable illnesses. Additionally, weight in childhood and adolescence predicts weight in adulthood, emphasizing the need to address obesity early.

Your school has signed up to participate in this school-based awareness campaign and is asking that you please encourage your child to partake. Having everyone on board with this campaign for healthy eating will help ensure its success.

For more information, contact Vickie Wells at (606) 674-6314 ext. 6640 or by email at vickie.wells@bath.kyschools.us

“Kids Are Our Business!”