



FOR IMMEDIATE RELEASE

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## **If Spelman College students had eaten healthy meals in Elementary and High School they would still have their Sports Program.**

The Administration of Spelman College – a historically black women’s college in Atlanta has eliminated their collegiate sports program because one out of two students is either obese or has Diabetes.

This sad situation has occurred because these students did not develop healthy eating habits while they were in Elementary and High School.

A new book by Barry Schuster provides a step-by-step program to eliminate unhealthy eating habits in the 50 million students now in American K-12 schools – and also creates Billions of Dollars of new revenue for public schools facing the current budget crisis.

It is a sad fact that a large number of students today do not take part in the school breakfast and lunch program – which now provides the healthiest meals students will receive.

Based on the “Healthy, Hunger Free Kids Act of 2010” that is being implemented every American school– the school breakfast and lunch provides healthy, nutritious meals that can reduce the spread of chronic illnesses such as Diabetes that are students are facing today.

According to the Robert Wood Johnson Foundation, by year2025- over 60% of school students could develop these debilitating diseases – which will cost our country Trillions of Dollars a year to treat.

Because more and more students are relying on the schools for their meals, schools and now have an opportunity to influence the students in healthy meal choices – which will short-circuit the epidemic of obesity and chronic illnesses that students face.

In his new book, **“Superman is Not Coming to Your School – Lessons in Dramatically Increasing Revenue for Every School District in America”** – author Barry Schuster lays out a program to help schools benefit from the tremendous additional revenue that the Food Service Department can provide.

According to Schuster, a typical school district of 50,000 students has potential additional revenue to the schools of over \$20 Million dollars each year. A District with 100,000 students can have additional revenue of \$50 Million dollars per year! And once a School Food Service program becomes highly effective and efficient – additional streams of Food Service revenue become available that can bring in many more Millions of Dollars per year to help schools bridge the funding gap they are facing.

This money will help schools continue program such as Arts, Music, and Sports that are being eliminated due to the budget crisis schools are facing.

In addition to the health and monetary benefits of Mr. Schuster’s program, it also provides an opportunity for employment of up to 100,000 Veterans returning from military service in Iraq and Afghanistan.

For more information contact Barry Schuster, Founder of the **Center for Food Service Research** at (682) 422-7797, or email: [Media@CFFSR.org](mailto:Media@CFFSR.org).

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