

Way We Were
April 3, 2013
Eat Well
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Eat Well

From now through April 28 the Park City Museum is hosting the interactive exhibit "Eat Well, Play Well" which strives to teach children and families about making healthy eating decisions, and regular, every day (and fun!) ways we burn calories. Although nutrition and fitness is a current hot topic, based on numerous Park Record articles, it is evident that Parkites have been interested in it for many years. As it is today, healthy eating for children takes precedence. The creation of health education for students arose about the same time as the beloved hot lunch program. As seen in the pictures, health education took on the form of posters in the classroom that promoted wise eating decisions. The bulletin boards allowed children to understand the necessity of making good choices while the hot lunch program enforced healthy eating by providing a homemade meal at least once a day.

On November 4, 1941 the Marsac School successfully re-implemented the hot lunch program thanks to the efforts of the Recreational Board and the school trustees after a period of going without it. Originally the meals were prepared in the Memorial Building kitchen and then transferred to the Marsac School.¹ Eventually preparations were made so that the hot lunch program could be prepared within the schools by reorganizing the school's structures, moving the 7th and 8th graders to the high school allowing those classrooms to be used as needed.

It took cooks six hours a day to prepare the hot lunch program for the students of Park City. According to the Park Record, all food was made fresh, not from a mix or package. To aid in the enforcement of healthy eating habits Park City Schools held a contract with the United States Government regulating nutritional standards. This contract stated that a certain amount of milk, protein, fats, fruits, and vegetables had to be served each day, sometimes coming from the United States Division Agriculture Surplus Commodities, and that the government agreed to pay six cents per student on the lunch program.²

The hot lunch program was sincerely appreciated by students. One in particular wrote a thank you letter to the cooks for the lunch in which he stated, "I like the lunches. I try to eat all my food. Thank you for all you have done for me to make our lunches taste good."³ The lunch program had such a positive impact on the lives of children that they remembered it for years to come. The Park Record discusses the hot lunch program well into the 60's, though it's unclear when it ended and when the school lunch program we have today began.

¹ Park Record, 30 October 1941

² Park Record, 16 November 1961

³ Park Record, 15 December 1960



1949.111.5

Caption: Students in line at the Marsac School for lunch, 1949.

Credit: Park City Historical Society & Museum, Kendall Webb Collection



1949.111.6

Caption: Students enjoying their hot lunch. A bulletin board promotes healthy eating.

Credit: Park City Historical Society & Museum, Kendall Webb Collection