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Roseburg nutritionist Tammera Karr of Holistic Nutrition for the Whole You asks students about their eating habits during a Food Day presentation at Roseburg High School Thursday morning. National Food Day promotes healthy, affordable and sustainable food.

# Nutritionist dishes up a lesson

*Roseburg High cooking students hear guest speaker on Food Day*

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To mark Food Day, Roseburg High School students were served nutritional advice.

Holistic nutritionist Tammera Karr of Holistic Nutrition for the Whole You in Roseburg spoke to students in cooking classes Thursday about controlling their diets.

The food choices students make will affect their ability to meet goals now and someday will influence their children, she said.

"They need to understand what they're eating now makes a difference on their whole life," Karr said. "High school students have been making their own dietary decisions for a while now. They are more in a position of control."

Food Day advocates, a mix of public and private organizations, promote Oct. 24 as a day to celebrate healthy eating. Think Local Umpqua

and NeighborWorks Umpqua collaborated with Karr to bring the event to schools. Karr spent the week speaking at Douglas County high schools.

"A lot of those kids are not necessarily aware or interested. We want to expand their minds," said Gabby Pauling, community food developer for NeighborWorks Umpqua. "We are trying to target health and cooking classes because they have some kind of interest or open mind to learning about incorporating a healthy diet."

Roseburg High cooking teacher Colleen Gillem said bringing in a nutritionist gave students a fresh perspective on healthy eating.

Kids eat out more than they did in the past because they have busier lifestyles, however, society is concerned about this trend, Gillem said.

Karr said most school meals are not much better than fast food.

"School budgets are too

reliant on national food providers and commercial cooks, instead of local foods," Karr said.

Karr cited fish sticks as an example. She said some companies are making them from fish-farmed Atlantic salmon that is shipped to the United States. The fish live in polluted tidal waters and are fed GMO corn, which is not approved for human consumption but is fed to livestock and used in many vegetable oils, she said.

Roseburg schools nutrition services director, Kris Parker, said the high school does not serve fish sticks, however, it does contract with a food-service company, France-based Sodexo. Many school districts contract for food services because the companies help schools comply with federal nutrition regulations, he said.

Still, the school hires local cooks and buys local foods, Parker said.

"The dilemma is that many foods are not available year-

round. If we purchase just from Douglas County, we are going to be limited," he said. "The other part is cost. We try our best to utilize local foods here, but we are limited."

Parker said the district has increased servings of whole-grain, low-fat and low-sodium foods to meet federal standards. It also now serves more fruits and vegetables and nixed its cafeteria partnership with Little Caesars.

Karr said she doesn't know how much students will take away from what she said. "If they change one thing in their life, they will be healthier."

Freshman Scheherazade Beamer said she's aware of the importance of a healthy diet.

"It's a big problem for kids my age," she said. "I play soccer, so I have to eat good to play good."

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