



Do you know what is in your child's lunch? Michelle Obama's "Let's Move" Campaign



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The number of overweight kids has tripled in the last 30 years, and an alarming number of American children have high cholesterol, high blood pressure and diabetes. Working families stand to benefit greatly from Michelle Obama's "Let's Move" campaign to combat childhood obesity.

Unlike many public problems, this one has clear solutions-and Mrs. Obama's primary goals are right on target: improved school nutrition, better labeling of high-calories foods and drinks, support for farmers' markets, and a coordinated education campaign to help moms and dads instill good eating habits.

A family in McHenry, Illinois is leading a charge one vending machine at a time. If you happen to live within the boundaries of school district 155 (Crystal Lake South, Crystal Lake Central, Cary-Grove and Prairie Ridge high schools), rest assured that your child's choices are about to veer more Fruit2Day drinks and less Mountain Dew.

Healthy U vending machines, offer products with no trans-fats, partially hydrogenated oils, high fructose corn syrup or artificial sweeteners. The choices are also organic and locally sourced when possible. (Think Rock'n'Roll Gourmet's Hippy Chips, Pirate's Booty, and organic drinks).



T Hephner, Healthy U President and one of his healthy vending machines

The Healthy U president, pharmaceutical industry veteran T Hephner, launched the company in 2009 to provide an alternative to the high fructose corn syrup foods including Twinkies, and Ho-Ho's and provide gluten-free products and 20 different varieties of Cliff Bars.

"We started looking into organic food and nutritious foods. We noticed they weren't getting those options at school." Said Hephner. "We saw this as a real opportunity to bring in healthy snacks at school, and start teaching people about food and what goes into it". Hephner and his wife have four boys and they are currently working with their hometown school district to get the machines installed. "Chemicals in food should matter, not calories", said Hephner. "It's starting to work". As Hephner and his newest family business expand, they are hoping to get into Chicago Public Schools. "We are looking to expand nationwide, and would love to see more schools sign on to the idea of providing healthy snacks for kids."

Parents have good intentions, but also realize that you can lead a high school student to a healthy lunch, but you can't make him eat it. But with the well intentions behind education in Michelle Obama's plan and healthier options in vending machines, hopefully kids will make smart choices and feel better for it.