

Interview with Child Nutrition Director
Mrs. Caroline Williams
by Chawki Deida

My interview with Child Nutrition Director, Ms. Caroline Williams was very interesting and informative. She explained to me how she became involved with working with kids and feeding them healthy foods. We discussed how she began her involvement with Child Nutrition at her Church. I was surprised to learn that a normal day for her starts at 7:30 am. Her typical day begins with answering phone calls, going around to different schools observing and giving pointers and then back to the office. As our conversation continued she explained that the criteria required for a Child Nutrition Director is a 4 year degree in Business or Nutrition and also have experience in Business or Nutrition. I learned that a child nutrition director is responsible for the Administration of the Child Nutrition Program within a school district. This program includes the National School Lunch and School Breakfast Programs, the after school Snack Program, Summer food service program and other programs available through the US Department of Agriculture. The Child Nutrition Director is also responsible for the oversight of the Child Nutrition Program on behalf of the local Board of Education and directly supervises Child nutrition staff. It is their job to insure that the meals contain nutrient-rich foods from each of the following food groups: proteins, fruits, vegetables, grain products, and dairy products. Three or four of these will meet the requirements for a healthy meal. A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. Mrs. Williams explained to me how she once had to replace french fries with baked slices of potatoes, due to the number of calories in french fried potatoes. As a Child Nutrition Director the dietary needs of children is priority. She also told me about the program 'We Serve Education Every Day'. The United States Government created this program in 1946 to protect the health and well being of the nation's children. Schools must offer meals that are consistent with the Dietary Guidelines for