

The World Health Organization recently declared processed meats—such as pepperoni, hot dogs, bacon, sausage, and deli meats—“carcinogenic to humans.” The organization has even classified processed meats in the same category as asbestos, tobacco products, and other carcinogens. The association of processed meat consumption and increased cancer risk is most notable for colorectal cancer.

The WHO report, published in *Lancet Oncology* is based on research from more than 800 studies looking at the cancer-causing properties of processed meats. The authors highlighted a meta-analysis that found each 50 gram portion of processed meat—approximately the size of a typical hot dog—eaten daily increases the risk of colorectal cancer by 18 percent. Despite the scientific consensus about the cancer risks associated with processed meats, they are still widely consumed in the United States, especially by children.

Therefore, during Colorectal Cancer Awareness Month, we are asking school food service directors to proactively plan for the removal of processed meats from their menus. There are many alternative menu items for schools to consider in lieu of processed meat.

To help ease the transition, enclosed are several resources:

- **Educational infographics** that summarize the dangers of processed meat, including hot dogs
- **A 5-step how-to guide** detailing how to successfully remove processed meat in your school
- **Student-approved recipes** and products that don't include processed meat

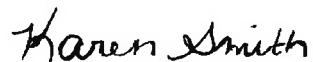
We know that making changes to the menu can take time, so we encourage you to pledge to make changes over time. Here are some ways to pledge your support:

- **Eat a Banana Dog:** Start an awareness campaign by celebrating National Drop the Hot Dog Month. We'll send you a kit to serve Banana Dogs to your students any time in March! More information is enclosed.
- **Go Bananas:** Commit to taking one processed meat entrée off the menu. We'll send you a certificate for you to highlight your good work.
- **Top Banana:** Commit to removing all processed meat from the menu. We'll send you a certificate and share your good work with your local media.

Thank you for all you do for our nation's children. Please stand with us to prevent and protect our young people from the risk of colorectal cancer. Our team of dietitians and physicians stand by to make this transition easy and fun! Together, we can conquer this terrible disease.

We welcome you to be in touch with us about any questions you might have, and also would like to know if your school will commit to removing processed meat. You can contact us at ksmith@pcrm.org or 202-527-7341.

Sincerely,

A handwritten signature in black ink that reads "Karen Smith". The signature is written in a cursive, flowing style.

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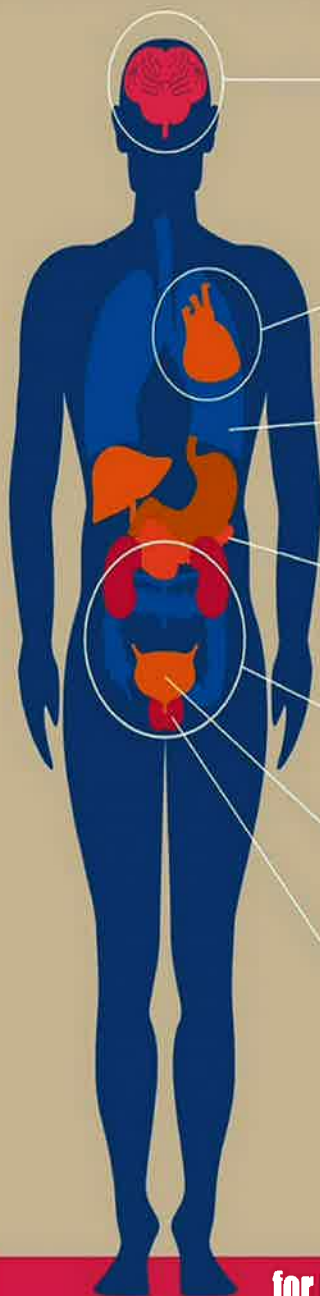
PhysiciansCommittee

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DANGERS of PROCESSED MEAT



HIGHER STROKE RISK

A 2012 American Heart Association study linked stroke risk to processed meat consumption, with risk increasing by 13% for every daily serving.



INCREASED RISK OF DEATH

In 2013, the American Journal of Epidemiology reported that processed meat products are linked to increased risk of death.



DOUBLE THE RISK OF LUNG DISEASE

A 2007 study found that men who eat processed meat daily have more than double the risk of developing lung disease compared with men who rarely or never eat processed meat.



DOUBLE THE RISK OF HEART DISEASE, CANCER, & DIABETES

A 2014 Harvard study found that processed meat raises women's risk of cancer, heart disease, and diabetes. And a 2012 British Medical Journal Open study linked processed meat consumption to increased risk of heart disease.



INCREASED RISK OF COLORECTAL CANCER & EARLY DEATH

In 2013, the American Cancer Society found that colorectal cancer survivors who consume the most red or processed meat are more likely to die over a 7.5-year follow-up.



INCREASED RISK OF BLADDER CANCER

A 2010 NIH study found that consumption of processed meat increases risk for bladder cancer.



INCREASED RISK OF PROSTATE CANCER

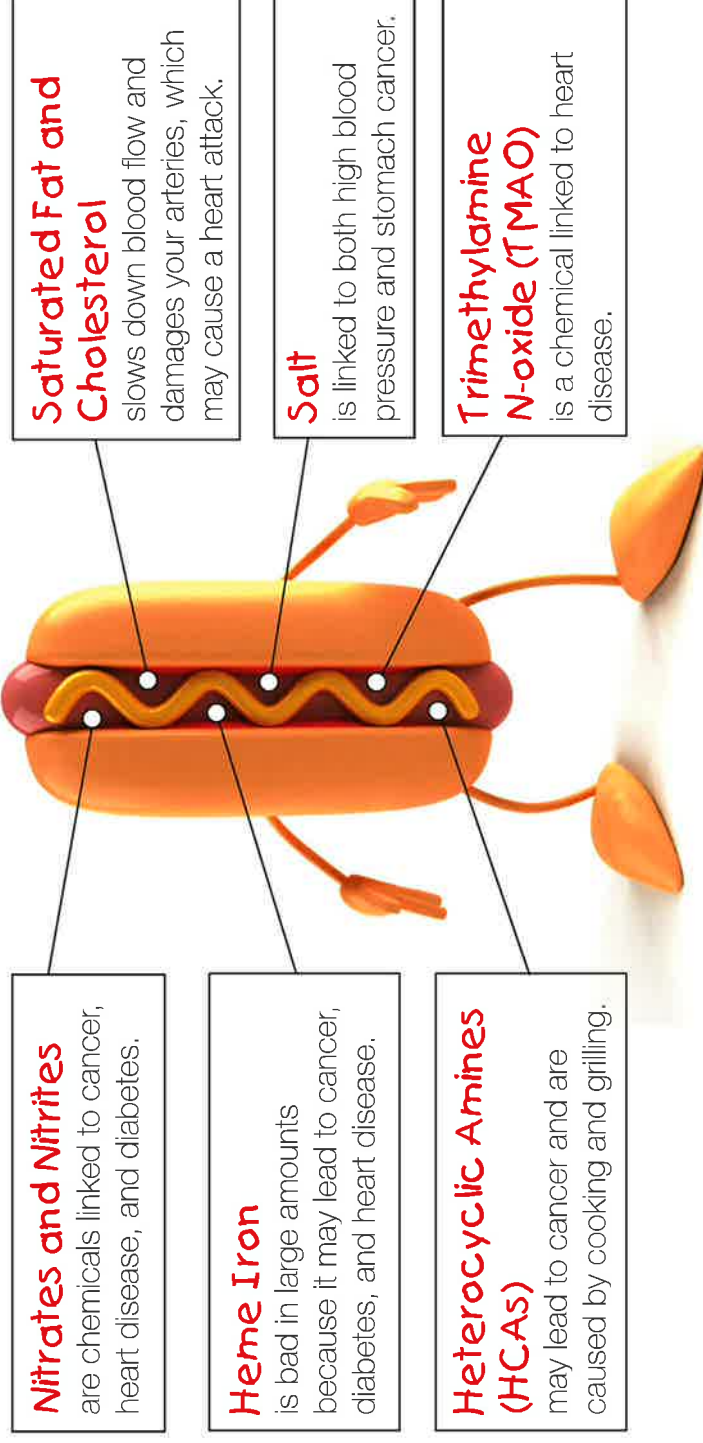
A 2009 NIH study found that processed meat increases prostate cancer risk. Every 10 grams of processed meat consumed raises prostate cancer risk by 10%.

A 2013 Harvard study found that men who consume the most processed meat have more abnormalities in sperm count, size, and shape.

for more information, please visit PCRM.org/DropTheDog

Anatomy of a Hot Dog

What's in a hot dog, and why is it bad for my health?



A hot dog is a type of processed meat.

Processed meats are meat products which have been preserved with additives or cured, smoked, or salted to improve color, taste, and durability.

Why should I be worried?

Cancer: Eating processed meat increases your risk for colorectal cancer.

Heart Disease: Studies show just one hot dog a day increases your risk for heart disease.

Type 2 Diabetes: Eating processed meat has an impact on the cells of our body and can play a role with getting diabetes.

Processed meats are linked to cancer, heart disease, and diabetes.

Examples include the following:



For more information, references, and resources, visit

www.DropTheDog.org

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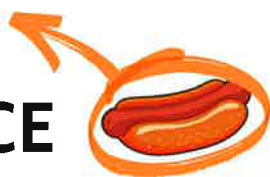
Five Steps to Remove Processed Meat from Your School Lunch Menu

Hot dogs and pepperoni pizza are common staples in school lunch rooms across the United States. But the [World Health Organization recently declared](#) these and other processed meats—such as bacon, sausage, and deli meats—“carcinogenic to humans.” The organization has even classified processed meats in the same category as asbestos, tobacco products, and other carcinogens.¹ Research links red and processed meats with increased risk for colorectal cancer, heart failure, and type 2 diabetes.

Ready to take these foods off your school lunch menu?

Here are five easy steps to replace processed meat: ▶

2. REPLACE



Replace the processed meat entrées with new [healthful, student-approved recipes](#) and products from other school districts.

4. SHARE



Share why you took processed meat off your trays with your community! Get all of your stakeholders—from teachers to parents—involved to promote student health.

1. HIGHLIGHT



Highlight all the meals on your menu with processed meat—hot dogs, ham, bacon, pastrami, salami, pepperoni, bologna, sausage, and luncheon meat, including turkey ham, turkey bacon, and turkey sausage, too.

3. MARKET



[Market the new options to students.](#) Taste tests and marketing materials create excitement and encourage students to try new healthful options.

5. CELEBRATE



Celebrate your success!

Processed Meat Swap

Ready to remove processed meat from your menu? Replace the processed meat entrées with new healthful, student-approved recipes and products from other school districts.

RECIPE SWAP

Hot Dogs →
Falafel Sandwich



Pepperoni Pizza →
Powered-Up Pasta with
Chickpeas



Pancake Sausage Sandwich →
Golden Apple Oatmeal



Ham and Cheese Sandwich →
Hummus Sandwich



Hot Dogs → Falafel Sandwich



Falafel Sandwich

50 Servings

Ingredients:

- 8-1/3 quarts chickpeas, cooked or canned
- 5 cloves garlic cloves, pressed
- 2-1/3 tablespoons bread crumbs
- 1 quart celery, minced
- 3 cups onions, chopped
- 5 teaspoons cumin, ground
- 5 teaspoons turmeric
- 5 teaspoons cayenne pepper
- 4 cups, 3 tablespoons tahini
- 16 ounces (2 cups) lemon juice
- 16 ounces (2 cups) water
- 3/4 tablespoon black pepper
- 3/4 tablespoon basil
- 25 whole-wheat pitas, halved
- 1-1/2 gallons lettuce
- 100 slices tomato slices

Directions

1. Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, turmeric, and cayenne pepper. Roll into golf-ball size balls and fry in 350 F oil until golden
2. Blend sauce ingredients until creamy paste is formed.
3. Fill each half pita with two falafel balls, 2 ounce ladle (1/4 cup) sauce, 1/2 cup lettuce, and 2 tomato slices.

Nutrients Per Serving: Calories 412 kcal; Saturated Fat 2.5 g; Iron 6 mg; Protein 16 g; Cholesterol 0 mg; Calcium 163 mg; Carbohydrate 52 g; Vitamin A 635 IU; Sodium 169 mg; Total Fat 18 g; Vitamin C 11 mg; Dietary Fiber 13 g

Pepperoni Pizza →
Powered-Up Pasta with
Chickpeas



Powered-Up Pasta with Chickpeas

Makes 10 1-cup servings

Ingredients:

- 1 pound whole-grain spaghetti
- 3/4 cup chopped onions
- 3/4 cup chopped green peppers
- 3/4 cup chopped red tomatoes
- 1 tablespoon vegetable oil
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon ground coriander
- 2 teaspoons paprika
- 3.5 15-ounce cans of garbanzo beans (chickpeas), drained
- 15-ounce can of tomato sauce
- 2 teaspoons soy sauce
- 1 teaspoon salt

Directions

1. Cook pasta in salted, boiling water until al dente. Drain and reserve.
2. Heat oil in a large skillet over medium high heat. Add onions, green pepper, and tomato and sauté until tender.
3. Add cumin, garlic powder, onion powder, coriander, paprika, and chili powder and toss to coat. Cook for 1-2 minutes until aromatic.
4. Add drained chickpeas and toss to coat.
5. Add tomato sauce, soy sauce, and salt and mix to combine. Cook for 5-10 minutes until heated through. Reduce heat to low and allow to simmer.
6. Combine cooked pasta and chickpea tomato sauce and serve.

Nutrients Per Serving: Calories 307 kcal; Total Fat 3.44 g; Saturated Fat 0.48 g; Trans Fat 0.00 g; Cholesterol 0.00 mg; Sodium 385.40 mg; Carbohydrate 60.87 g; Dietary Fiber 10.18 g; Sugars 2.80 g; Protein 12.44 g; Vitamin A 590.88 IU; Vitamin C 17.95 mg; Calcium 73.46 mg; Iron 3.81 mg

Recipe from DC Central Kitchen

Pancake Sausage Sandwich → Golden Apple Oatmeal



Golden Apple Oatmeal

50 servings

Ingredients:

- 1 1/2 gallons apples, fresh or canned, diced
- 1 gallon 100% apple juice, unsweetened
- 1 gallon water
- 2 tablespoons salt
- 1/4-1/2 cup ground cinnamon
- 2 teaspoons ground nutmeg
- 1 gallon uncooked rolled oats

1. Combine apples, apple juice, and water in steam kettle or saucepan. Bring to boil.
2. Add salt, cinnamon, and nutmeg.
3. Stir in rolled oats and cook for 5 minutes, stirring occasionally until oats are soft and creamy.
4. Turn heat to low, cover oats and hold until ready to serve, or place into sprayed hotel pan for steam table. Serve 1 cup (8 ounces).

Each portion provides: 1 grain/bread and 1/2 cup fruit

Nutrients Per Serving: Calories 180; Percent Calories from Fat 10%; Total Fat 2.0 g; Saturated Fat 0 g; Trans Fat 0 g; Cholesterol 0 mg; Sodium 290 mg; Total Carbohydrates 37 g; Dietary Fiber 5 g; Sugars 16 g; Protein 4 g; Vitamin A (100 IU) 2%; Vitamin C (3.6 mg) 6%; Calcium 4%; Iron 10%

Recipe from Fruit and Veggie Quantity Cookbook – Revised Edition Oct 2011, from NH Obesity Prevention Program, DHHS, DPHS

Ham and Cheese Sandwich → Hummus Sandwich



Lemony Hummus

50 servings

Ingredients:

- 4 1/2 quarts plus 3/4 cup garbanzo beans, cooked or canned, low-sodium
- 2 1/2 ounces garlic cloves, smashed and macerated with salt
- 1 tablespoon plus 1/2 teaspoon salt (to macerate garlic cloves)
- 2 1/2 cups fresh lemon juice
- 2 1/2 cups olive oil
- 2 1/2 cups water
- 5 ounces tahini (optional)

1. Make the hummus in a small food processor by combining all the ingredients and pulsing until smooth.
2. Add more water is needed.

Serve with 6 ounce scoop. Each serving provides 1 ounce meat/meat alternate.

Nutrients Per Serving: Calories 222 kcal; Saturated Fat 1.15 g; Iron 1.42 mg; % of calories from fat 34.14%; Protein 7.78 g; Cholesterol 0 g; Calcium 35 mg; % of calories from saturated fat 4.55%; Carbohydrate 30.31 g; Vitamin A 2 mcg; Sodium 337 mg; % of calories from sugar 4.23%; Total Fat 8.69 g; Vitamin C 4.21 mg; Dietary Fiber 5.53 g

Recipe adapted from Novato Unified School District and chef Hollie Greene.

PRODUCT SWAP

Looking for products? We've got you covered:

- **Hot Dogs > Falafel on Hot Dog Bun**
 - Purchase from Alle Processing
 - Web: www.AlleProcessing.com/Alle/

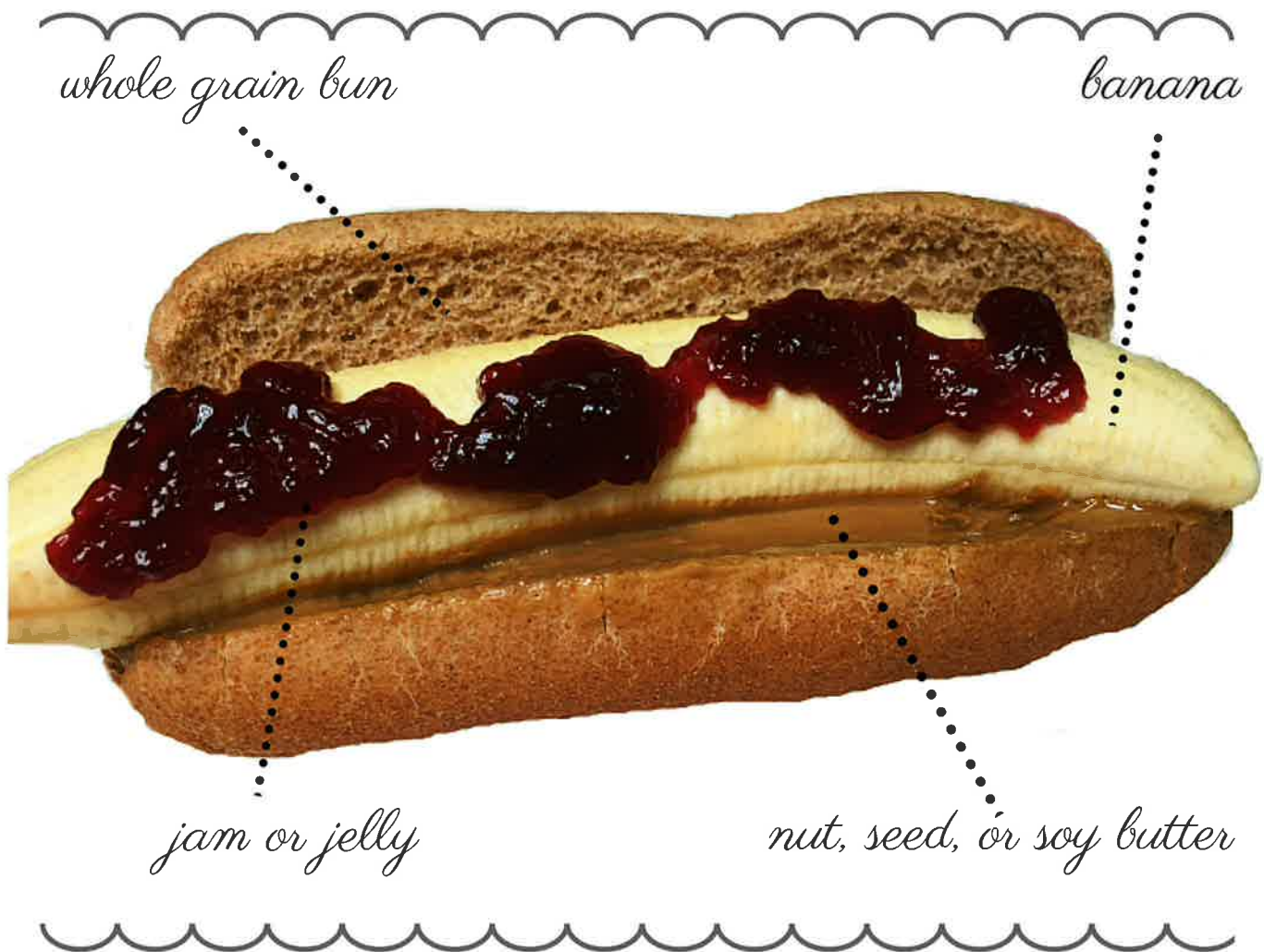
- **Pepperoni Pizza > Vegetarian Tacos**
 - Purchase from JTM Food Group
 - Web: www.JTMFoodGroup.com Phone: 800-626-2308

- **Pancake Sausage Sandwich > Plant-Based Breakfast Sausage Patty**
 - Purchase from Alle Processing
 - Web: www.AlleProcessing.com/Alle/

- **Ham and Cheese Sandwich > Malibu Veggie Burger**
 - Purchase from Kellogg's
 - Web: www.kelloggsspecialtychannels.com

Would you like a free kit to build
BANANA DOGS?

Banana dogs are a healthy, kid-friendly treat! They're fun to make, too! To celebrate National Drop the Hot Dog Month, we'd love to send your students a free kit with all the supplies: buns, bananas, nut or allergy-friendly seed butter, jam, and toppings!



If you would like a free kit, please contact us at
hschoollunches@pcrm.org.