In an effort to foster healthy eating habits at Newark Academy, we have removed the individual salt and pepper shakers from each cafeteria table and instead provide salt and pepper grinders at the salad station. We hope that this change reduces the amount of salt used overall, mitigating the health risks associated with high sodium consumption.

- The American Heart Association and the Centers for Disease Control and Prevention estimate that more than 90 percent of children and adolescents eat too much sodium, putting them at greater risk for cardiovascular disease as they get older.

- The World Health Organization also recommends a reduction in sodium intake to control blood pressure in children aged 2–15 years. Evidence shows that reducing sodium intake significantly reduces blood pressure in adults and children.

The Newark Academy kitchen uses low-sodium vegetable, beef and chicken stocks. We only buy all-natural cold cuts with lower sodium levels and we carefully limit the amount of salt we use in cooking. In addition, we serve fresh fruits and vegetables, which may counter the effects of sodium and may help lower blood pressure.