

## What You Need to Know About School Nutrition

### The Core Programs

#### *School Breakfast*

More kids are participating in the School Breakfast Program (SBP)<sup>1</sup>

- 11.6 million children served daily
- 83,600 schools participate in SBP

#### *School Lunch*

More kids are participating in National School Lunch Program (NSLP)<sup>1</sup>

- 31.7 million children served daily
- 96,500 schools participate in NSLP

### The Facts About School Meals

#### *School meals have come a long way!*

Today, kids are offered healthy, tasty and appealing choices:

- Fresh fruits and vegetables
- Whole grains
- Reduced TransFats
- Salad
- Pizza with whole wheat crust, low-fat cheese, low-sodium sauce
- Whole grain pasta
- Baked items rather than fried
- Healthful cooking/preparation techniques

#### *School meals are balanced and healthy*

NSLP lunches must meet federal nutrition guidelines. These meals must:

- limit fat and saturated fat,
- provide one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C,
- contain age-appropriate portion sizes,
- provide the right balance of protein, dairy, grains, fruits and vegetables.

#### *School meals help kids maintain a healthy weight*

- Students who eat school meals provided through the NSLP and the SBP are more likely to be at a healthy weight.<sup>2</sup>
- NSLP participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods, both at lunch and over 24 hours; they also consume less soda and/or fruit drinks.<sup>1</sup>
- Students are less likely to gain weight during the school year when in school then during the summer when school is out.



<sup>1</sup> Source: USDA

<sup>2</sup> Source: Archives of Pediatric and Adolescent Medicine, August 2003

### **School meals help students to do better in school**

- Research has shown that students who eat school meals perform their best academically.
- Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores.<sup>3</sup>
- Healthy eating correlates with less trips to the school nurse and less absenteeism.
- Providing nutritious school breakfast on testing days leads to improved test scores.

### **School meals offer a critical service to our communities**

The NSLP and SBP help ensure that no child will go hungry during the school day.

- Children from families with incomes at or below 185 percent of the poverty level are eligible for free or reduced price meals.
- For some children, a free school meal is the only meal they will have all day.

### **School meals are safe**

- School nutrition professionals have rigorous training in food safety and have implemented a HACCP Plan.
- School kitchens are subject to two health inspections annually conducted by the local health department.
- According to the Food and Drug Administration, school kitchens are among the safest of commercial and institutional foodservice establishments.

### **The Role of Parents**

#### **Parents and school nutrition professionals share the same goals**

- Well-balanced nutritious meals for kids
- Creating healthy eating habits for life

#### **Parents are role models and influence what kids eat**

- Encourage healthy eating and lifestyles at home for you and your kids - actions speak louder than words!

<sup>3</sup> Source: *Classroom Breakfast Scores High in Maryland, Maryland Meals for Achievement*. October 2001

### **How to Get Involved**

- Review the cafeteria menu with your kids to help them plan for a balanced meal
- Join your kids for school lunch or school breakfast
- Review the school district's *Wellness Policy*
- Communicate any concerns or special diets your kids may have
- Tell us what you think



### **www.TrayTalk.org**

- A national resource for parents to learn the facts about school meals and share their ideas
- Parents (and school districts) can read school nutrition success stories from across the country and submit success stories from their communities
- Sign up for quarterly emails to learn the latest news & trends in school meals
- Find out more at [www.traytalk.org](http://www.traytalk.org)

### **School Nutrition Team Contact Info:**