



School Meals Step up to the Plate..

Can you hear me now?



- 1) **SCHOOL LUNCH IS THE NEW “MY PLATE”:** Out with the old “My Pyramid” and in with the new “My Plate”. A school lunch is already loaded with fruits and veggies that fill half “the Plate”. Visit www.mygov.org for more information on the new “My Plate”.
- 2) **PORTION CONTROL:** The meals served as part of the National School Lunch Program are provided in age-appropriate serving sizes, making school meals one of the last places in the U.S. where you can purchase a meal with the recommended serving sizes.
- 3) **NEW USDA REGULATIONS ARE COMING:** School meal programs are already taking the steps to meet the new regulations that are projected to be in place by 2013. These steps are: incorporating a variety of fresh fruits and veggies; serving more whole grains and dried beans and peas; offering low fat dairy products; and reducing the sodium in school meals by incorporating more herbs and spices in cooking and evaluating the sodium in purchased products. Many Washington schools are working toward the US Healthier School Challenge national recognition award.
- 4) **SCHOOL MEALS ARE COST EFFECTIVE:** Where else can you get a complete nutritious lunch for less than \$3.00 a plate including milk?
- 5) **CLASSROOM DOLLARS KEPT IN THE CLASSROOM:** School meal programs are cost effective businesses that receive an average of only \$2.70 for all the food, labor, supplies, maintenance, and program services provided as part of a school lunch. A break-even school meal program helps a school district keep district dollars in the classroom.
- 6) **FLAVORED MILK= MORE NUTRIENTS:** Flavored milk is nutrient-rich and studies show that students who consume flavored milk consume significantly more milk (and nutrients) without adversely affecting their weight. Three of the four key nutrients deficient in adolescents are provided in milk.
- 7) **BREAKFAST SERVED:** Research shows that children who eat school breakfast visit the school nurse less and have a healthier weight.
- 8) **YOUR CHILD NUTRITION EXPERTS :** Your school nutrition services staff are trained experts on Child Nutrition. Professional education and technical certification for school nutrition employees are the highest for any in the food service industry. Sanitarians recognize schools as the safest place to eat, with the highest scores on inspections of any food service establishment.
- 9) **LET’S MOVE:** School meal programs are committed to supporting Michelle Obama’s “Let’s Move” campaign and are committed to investing in the health of our country’s future.
- 10) **FARM TO SCHOOL:** Washington Child Nutrition programs are partnering with local farmers to bring “grown in Washington” food into our cafeterias. We hold an annual Taste Washington Day!