



# COOKING for KIDS

## School Meals Matter<sup>2,3</sup>





- Students who participate in school meal programs consume more milk, fruits, and vegetables and have better intake of important nutrients.
- Research shows that proper nutrition:
  - ✓ helps kids concentrate better in class.
  - ✓ strengthens academic performance.
  - ✓ reduces behavioral problems.
- School meals offer students the nutrients they need everyday.
  - ✓ A variety of fruits and vegetables
  - ✓ Whole grain-rich foods
  - ✓ Low-fat milk or fat-free milk varieties
  - ✓ Lean protein and “right-sized” portions

<sup>2</sup>United States Department of Agriculture. Child Nutrition Programs. Economic Research Service Briefing Rooms. 2010  
<sup>3</sup>Center for Disease Control and Prevention. (2017, May 16). School Meals. Retrieved from <https://www.cdc.gov/healthy-schools/npao/schoolmeals.htm>

## Your school is partnering with **COOKING for KIDS!**

This school year your school’s child nutrition program is working with a chef to revamp menus and create a healthy lunchroom environment.

## You can support a healthy school food environment<sup>1</sup>

-  Try new foods at home. Kids need many opportunities to taste a new food to “get used to it.”
-  Eat lunch at school with your child. Learn more about what’s offered and meet school nutrition staff.
-  Talk with your child about what is on the menu each day.
-  Be sure your child takes a food from each food group.

<sup>1</sup>United States Department of Agriculture. (2017, June 21). *Healthier School Day*. Retrieved from <https://www.fns.usda.gov/school-meals/healthierschoolday>



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