

# Why Should I Choose A "Complete" Meal?

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• The students, the parents and the  
• school all benefit from choosing  
• meals! Everybody wins! Read on  
• to find out how we all win!  
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## Benefits for Students

- \* Students learn how to build a balanced meal.
- \* Research shows that when students meet their nutritional needs, focus and outcomes in the classroom improve.
- \* Research also shows that students participating in the NSLP have better diets compared to those who do not participate.
- \* School districts that choose to participate in the NSLP must have a wellness policy targeted at reducing obesity, promoting healthy eating and encouraging physical activity among the students.



## Benefits for Parents

- \* School lunches reassures parents their children receive a nutritious meal at the lowest possible price.
- \* To purchase all five components separately, it would cost \$3.75. When they are purchased together, it costs \$2.80. That is more than \$150 *saved* over the whole school year!!

## Benefits for the School

- \* The school receives cash reimbursements on a per meal basis
- \* Schools also receive commodity foods from the USDA for each lunch that is served.