

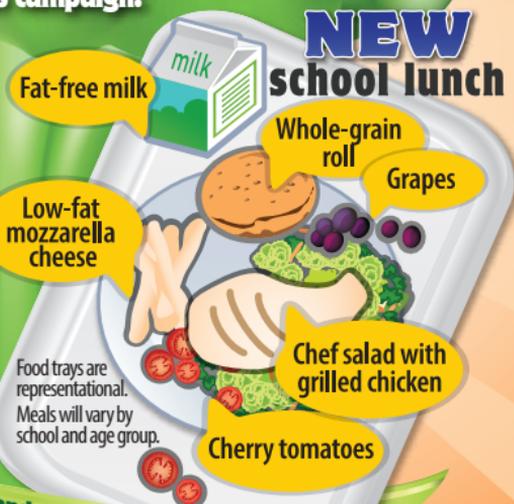
A Healthy Change in School Lunches!

School lunches now pack a more nutritious and—kid taste-testers say—delicious punch with the addition of more fresh fruits and veggies, lean meats and whole grains. The new national standard behind this change is part of the **Healthy, Hunger Free Kids Act** championed by First Lady Michelle Obama as part of her **Let's Move!** health and wellness campaign.

OLD school lunch



NEW school lunch



School meals will include fruits and veggies every day of the week. All bread, pasta, tortillas and rice will be whole grain.

MAXIMUM CALORIES set for school lunch

Grades K-5

650

Grades 6-8

700

Grades 9-12

850

17% of U.S. children and teens are obese. Less-active lifestyles and unhealthy food choices are two major contributors.*

You ARE what you EAT

Many students consume at least half of their daily calories at school. For some, school lunch is their only regular meal.



A rainbow of fruits and vegetables daily provides a wide range of vitamins and minerals needed for growth and for disease prevention.



Water is refreshing, calorie free and keeps bodies and minds working well.

Whole grain bread and brown rice help build healthy brains and nervous systems.

Fresh and lean meats, beans and nut butters help build muscles and bones, and supply essential vitamins and minerals.

Changes you can make at home

1



Eat more fruits & vegetables.

2

Consume less sugar & fat.



3



Eat healthier snacks.

4

Watch portion sizes.



5



Eat together as a family.