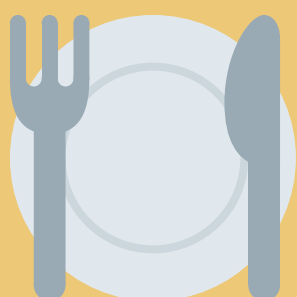




RECESS BEFORE LUNCH



INCREASE FOOD CONSUMPTION

Recess before lunch encourages greater consumption of food and nutrients. Students are more likely to increase calcium intake, increase fruit and vegetable consumption, and increase milk consumption with **Reverse Recess**.

REDUCE PLATE WASTE

Reverse Recess allows students to build an appetite. Research indicates that plate waste most often occurs when students are not hungry or when they feel rushed to finish eating.

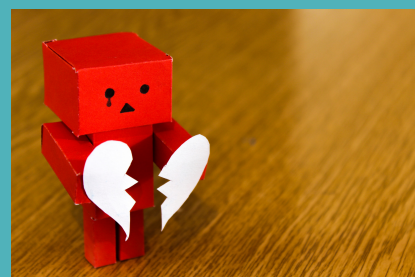


IMPROVE STUDENT BEHAVIOR

When recess occurs prior to lunch, students are able to return to class more relaxed and ready to participate in the learning environment.

REDUCE FOMO

Fear of Missing Out, a form of social anxiety, can occur when students attempt to finish their lunch knowing their friends are already outside playing. **Reverse Recess** allows students to eat slowly. It provides true "sit-down" time without worrying their friends are outside having fun without them.



REDUCE POST-RECESS UPSET STOMACH

An upset stomach can often occur when students quickly eat lunch and then move directly into vigorous playtime at recess. **Reverse Recess** allows students to be as active as they want - before heading into lunch to replenish their energy needs.

BUILD HEALTHY HABITS

- Eating patterns formed during childhood typically continue into adulthood.
- Early interventions help students form "healthy eating habits".
- Few children consume the daily recommended amounts of fruits and vegetables.
- Inadequate consumption of fruits and vegetables increases the risk of obesity.
- Adequate nutrition is necessary for cognitive development, and prevention of health problems and malnutrition.

