

## The School Meal Tray has a new look this year

### It features:

- An increased variety of fruits and vegetables
- More whole grains
- Grade-appropriate meat/protein servings
- A variety of low-fat dairy products
- Calories that follow the Recommended Dietary Allowance/Intake (RDA/RDI)

### Why make this change?

Your school is on the National School Lunch Program (NSLP), a federal program run through USDA/FNS (Food Nutrition Services). The NSLP is a fiscally sound operation that uses federal funds to provide students a variety of healthy foods.

To join America in its fight against childhood obesity, USDA/FNS has updated its requirements for the school meals it provides. These changes are reflected in the new school meal tray.

### Be a role model:

Encourage students to choose a well-balanced meal so they can be healthy and ready to learn. SMART meals don't stop at school. Students learn from watching adults. They take their lead from you. Model eating a well-balanced diet, and your student will eat well too.

## SMART SCHOOL MEALS enhance learning

### Studies prove the importance of child nutrition programs:

*"Consumption of school meals is positively related to children's intakes of key food groups at lunch and breakfast. Offering more fresh fruit, whole grains and a greater variety of vegetables could lead to additional health benefits."*

School Meals: Types of Foods Offered to and Consumed by Children at Lunch and Breakfast. JADA, Vol. 109, Issue 2, Supplement pages S67-S78 (Feb 2009)

### The Dietary Guidelines recommend that whole grains make up at least half of the grains you eat each day.

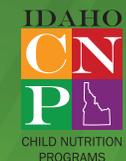
*"Only 7% of children ages 2-19 years meet the Dietary Guidelines recommendation for whole grains."*

M.K. Crepinsek, et al. The Third School Nutrition Dietary Assessment Study: Findings and Policy Implications. JADA, Vol. 109, Supplement pages S7-S17 (Feb 2009)

### School meal participation is important to student health and academic success.

*"School lunch participants consumed more nutrients; protein, vitamin A, vitamin B-12, riboflavin, calcium, phosphorus, potassium, and zinc at lunch than non-participants."*

M.K. Crepinsek, et al. The Third School Nutrition Dietary Assessment Study: Findings and Policy Implications. JADA, Vol. 109, Supplement pages S7-S17 (Feb 2009)



## Make Half Your Grains Whole

- For healthy
  - Heart
  - Digestion
  - Weight
- Fuels kids to stay alert and concentrate at school

## Go Lean with Protein

- A variety of lean meat/meat alternative choices
- Grade-appropriate portion sizes & calories for optimal health

## Milk

- Nutrient rich
- Low fat and fat-free varieties

## MAKE HALF YOUR TRAY FRUITS & VEGGIES

### Focus on Fruits

- Critical for health
- Important for disease prevention
- Provides key nutrients

### Vary Your Vegetables

- Healthy and lower calorie alternative for snacks
- Eat a variety
  - Red/Orange (sweet potatoes, red peppers)
  - Dark Green (romaine, broccoli)
  - Legumes (lentils, kidney beans)
  - Starchy (peas, corn)
  - Other (green beans, asparagus)



This institution is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs.

