

*It's not **just** school lunch. It's bigger than that.*



**IT'S BETTER
NUTRITION.**

BETTER NUTRITION. HEALTHIER KIDS.

Under the new federal guidelines, school lunches offer:

- **More** whole grain choices
- **Daily** choices of fruits and vegetables
- **Larger** portions of fruits and vegetables
- **More** beans/peas (legumes)
- **More** dark green and red/orange vegetables
- **Less** fat and sodium

School lunch is healthier! Your child may be exposed to new food items such as brown rice, kiwi, sweet potatoes, black beans, etc. With these changes comes an opportunity to teach kids what a healthy plate should look like. They will learn to eat healthier for life.

See the improvements to school lunches firsthand, and ask to have lunch with your child.

FOR MORE FACTS ABOUT SCHOOL LUNCH
www.schoolmeals.educateiowa.gov

It's not **just** school lunch. It's bigger than that.



\$3.20¹

IT'S MAKING
SMART DECISIONS.



\$2.12²

DID YOU KNOW?

School lunch is **healthier** than a lunch from home. A recent study found that lunches from home do not compare to school meals when it comes to nutrition. School lunches are also less likely to contain fatty or sugary snacks and non-100 percent juice.³

School lunch is **cheaper** than a lunch from home. The average full-price school lunch in Iowa costs just \$2.12²—whereas an average lunch from home that **meets USDA nutrition standards** costs about \$3.20.¹ So you're saving \$1.08 each time you choose school lunch! Choose school lunch every day, and you'll save nearly \$200 over the course of the school year!

1. Iowa Department of Education. (2013).
2. Iowa Child Nutrition Programs Annual Report. (2013). School Nutrition Association Iowa.
3. USDA/ARS Children's Nutrition Research Center at the Baylor College of Medicine. (2013). Lunches from home lacking in healthy offerings. *Nutrition & Your Child*, Number 1. Retrieved from <https://www.bcm.edu/cnrc/index.cfm?pmid=24233>.

FOR MORE FACTS ABOUT SCHOOL LUNCH
www.schoolmeals.educateiowa.gov

USDA is an equal opportunity provider and employer.

It's not **just** school lunch. It's bigger than that.

IT'S BEING
ACTIVE
AS A FAMILY.

FAMILY FUN

School nutrition is only one piece of the puzzle. Physical activity is important for everyone.

Parents have a huge influence on the adults their children become. Studies show that kids who are surrounded by people who are active are more likely to be active themselves. Even if your family doesn't have time for organized activities each day, you can still model an active lifestyle.

Here are some ideas:

- Make it a family goal to try one new activity together a month. Frisbee anyone? Or how about a backyard obstacle course?
- Reward kids with an activity of their choice!
- Turn family time into active time. Try going hiking, swimming, or sledding as a family.
- Make up a dance to each family member's favorite song.
- Make activity part of family celebrations. At your next family birthday party, let the birthday boy or girl choose an activity for the entire family to do.
- YouTube is a great resource for workout videos. Try doing a yoga or dance video with your kids, and don't be afraid to get silly!

FOR MORE FACTS ABOUT SCHOOL LUNCH
www.schoolmeals.educateiowa.gov

USDA is an equal opportunity provider and employer.

It's not **just** school lunch. It's bigger than that.

GET
THE
FACTS.



SCHOOL LUNCH MYTHS

Myth #1: School lunch does not provide enough calories for active, growing children.

Truth: School lunches should meet about one-third of children's daily calorie needs. The calorie ranges for school lunches meet this need for most children.

Myth #2: School cafeterias only serve prepackaged food.

Truth: More than 2.7 million dollars of fresh fruit and vegetables is provided to Iowa schools through the Department of Defense Fresh Fruit and Vegetable Program. This number has increased 26% from last school year. This is in addition to what Iowa schools purchase with their existing budget.

Myth #3: School food is not healthy.

Truth: The new standards for school lunches reflect the latest in nutrition science. The new school lunches include fruits, veggies, whole grains, lean protein, and low-fat or fat-free milk. States that started using the new standards early (prior to the 2012-2013 school year) are already showing signs of improvement in children's health. Now that the new standards are universal, wider-reaching benefits are expected.

Source: Taber, D. R., Chriqui, J. F., Powell, L., & Chaloupka, F. J. (2013). Association between state laws governing school meal nutrition content and student weight status: Implications for new USDA school meal standards. *JAMA Pediatr.*, 167(6): 513-519.

FOR MORE FACTS ABOUT SCHOOL LUNCH VISIT:
schoolmeals.educateiowa.gov

USDA is an equal opportunity provider and employer.

It's not **just** school lunch. It's bigger than that.

IT'S
TRYING
A NEW
VEGETABLE.

KALE CHIPS

School meals now do a better job of giving your kids the healthy foods they need. Provide some of the new foods offered in the school cafeteria at home. Some examples include: spinach, cherry tomatoes, legumes, sweet potatoes and kale. Need a fun recipe for kale? Here you go!

Produces: 12, 1/2 cup servings

Ingredients:

- 1 pound of kale, rinsed and dried
- 2 tablespoons olive oil
- 2 teaspoons of salt

Instructions:

1. Preheat oven to 450 degrees.
2. Remove the stems from the kale leaves and cut into 4-5 inch pieces.
3. Toss kale pieces with olive oil and salt.
4. Spread kale on a baking sheet and place in oven. Turn the oven off.
5. Bake for 15 minutes and remove from oven.
6. Let cool and enjoy!

For other great recipes that kids will love, visit: www.eatright.org/kids/

**FOR MORE FACTS ABOUT SCHOOL LUNCH VISIT:
schoolmeals.educateiowa.gov**
