

A Healthy Change in School Lunch

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 and signed into law in 2010.

The new meal requirements raise standards for the first time in more than 15 years and will improve the nutrition and health of the more than 31 million children and teens who participate in the school lunch program across the nation each day. New nutrition standards for meals prepared at public and nonprofit private schools will be phased in over three years, beginning this September with lunch.

Changes to breakfast and snacks served in school will happen over the next two years.

Lunch gets a makeover

- Meals will include fruits and vegetables every day of the week.
- Bread, pasta, tortillas and rice will be whole grain.
- Milk will be low fat or fat free.
- Calorie content of meals will be based on the age of children being served: 650 calories for grades K-5; 700 calories for grades 6-8 and 850 calories for grades 9-12.
- Meals will contain less saturated fat, trans fats and sodium.
- Students who buy lunch can choose from a variety of healthy options.
- Students receiving free and reduced lunches will not be affected by any price changes that come from offering higher quality food. Those paying full price may see a slight increase.

What's on your tray

New school lunch standards are making foods such as tater tots and canned veggies so "old school." Here's what's "in" at the school cafeteria:

- Oven-baked sweet potato fries
- Fresh kiwi halves
- Raw veggies (such as baby carrots, broccoli, cherry tomatoes) with low-fat ranch for dipping
- Chef salad with low-fat mozzarella cheese, grilled chicken and a whole-wheat roll
- 1% and fat-free milk; water



17%
of U.S. children and teenagers are obese according to the Centers for Disease Control. Less-active lifestyles and less-than-healthy food choices are two major contributors.

Did You Know



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

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



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

Fresh and lean meats, beans and nut butters help build muscles and bones and supply vitamins and minerals essential for growth, development and overall health.



Whole grain bread and brown rice contain vitamins essential for healthy brains and nervous systems.



Healthy Families

Providing kids with healthier options at home and at school can encourage them to eat more "good for them" foods at every meal.

Changes at home can make a big difference:

- 1**

Eat more fruits & vegetables.
- 2**

Consume less sugar & fat.
- 3**

Eat healthier snacks.
- 4**

Watch portion sizes.
- 5**

Eat together as a family.

Want to learn more about healthy foods for families? Visit www.letsmove.gov/healthy-families