

# Fueling the Future

## One School Lunch at a Time



### Did you know?

Kids eat between 35%-40% of their daily calories in school, with the majority coming from lunch meals.

### Lunch is important

School lunch is an opportunity to provide balanced, healthy nourishment that can positively impact the physical, behavioral, and cognitive health of millions of children.



### Healthy lunches = Lower obesity rates

School lunch programs that meet the dietary and nutritional standards set by the National School Lunch Program, result in a reduction in childhood obesity rates and an increase in student health and well-being.

### Beyond lunch

Removing unhealthy competitive foods in the school environment, including snacks from vending machines, foods used as rewards, etc., and replacing them with more nutritious alternatives, can also lead to healthier students and healthy, lifelong eating habits.



### Empowering choices

Nutrition education and promoting healthy eating behaviors in the classroom and cafeteria are important steps schools can take to fight the childhood obesity epidemic and help kids reach their full potential.