



# 9 REASONS WHY

**YOU SHOULD PARTICIPATE IN SCHOOL MEALS!**



**#1**

**purchasing a meal helps support your school district by bringing revenue back into the food service department to cover expenses and ensure your community has access to nutritious meals**

**our meals are created based on the most recent recommendations from the USDA and the Dietary Guidelines for Americans**

**#2**

**#3**

**participating in school meals can help extend your household food budget by saving cost in your food spending**

**utilizing your schools meal service will save you time from shopping for food and prepping meals for your family**

**#4**

**#5**

**many menu options are sourced from local vendors, companies and producers, which is directly benefiting your community**

**school meals provide ample variety. meals are required to serve varying types of fruits and vegetables to ensure optimal micronutrient consumption**

**#6**

**#7**

**having a healthy, balanced breakfast, like the ones provided by your schools, has been shown to increase test scores, energy and concentration**

**meals are based around the USDA meal recommendation of the MyPlate model with the goal to teach children about how to pick foods for a healthy and balanced meal**

**#8**

**#9**

**school lunch is packed with items like whole grains, made with low sodium and low fat to help prevent risk of diseases such as type 2 diabetes and heart disease**