



SPRING



# NUTRITION NEWS

WHAT'S HAPPENING IN SCHOOL FOOD?

## Top 10 Facts You Might Not Know about School Meals:

- 1) School lunch is consistently more nutritious compared to lunches brought from home.<sup>1, 2, 3</sup>
- 2) Every school lunch must include at least ½ cup fruit, ¾ cup vegetables, 1-ounce  whole grains, 1 ounce meat/vegetarian protein and 1-cup low-fat/fat-free milk.
- 3) School lunch saves you time and money compared to the cost of an average packed lunch.<sup>4</sup>
- 4) School breakfast eaters have better test scores and less absentee and tardy days.<sup>5</sup>
- 5) All grains served at school meals must be whole grains.
- 6) School lunch participants are more likely to eat  fruit, vegetables and milk.<sup>6</sup>
- 7) Close to 31 million students eat school lunch every school day.
- 8) According to a 100,000-student study, more than one-third tried a new fruit or vegetable at school they never tasted before.<sup>7</sup>
- 9) School lunch provides one-third of the average child's daily calorie needs based on age.
- 10) Aramark's team of chefs develops nutritious and trendy menus based on feedback from students, school faculties and parents.

<sup>1</sup> Hubbard KL, et al. What's in Children's Backpacks: Foods Brought From Home JADA. 2014; 1424-1431.

<sup>2</sup> Caruso ML, Cullen KW. Quality and Cost of Student Lunches Brought From Home. JAMA Pediatr. 2015;169(1):86-90.

<sup>3</sup> Farris AR, et al. Nutritional Comparison of Packed and School Lunches in Pre-Kindergarten and Kindergarten Children Following the Implementation of the 2012-13 National School Lunch Program Standards. J Nutr Educ Behav 2014;46(6): 621-626.

<sup>4</sup> Meal cost analysis by Rainville, AJ, PhD, RD, CHE, SNS, Eastern Michigan University.

<sup>5</sup> Valsman N, et al. Effects of Breakfast Timing on the Cognitive Functions of Elementary School Students. Arch Pediatr Adolesc Med 1996 150: 1089-92.

<sup>6</sup> Clark MA, et al. Nutritional Quality of the Diets of US Public School Children and the Role of School Meal Programs. JADA 109(2 suppl 1): S67-78.

<sup>7</sup> ARAMARK Student ViewPOINT™ Survey 2013.



### Did you know?

Snacks served in schools also must meet specific nutrition standards.

They must contain:

- ≤ 200 calories
- ≤ 230 mg sodium
- ≤35% of calories from fat; < 10% of calories from saturated fat and zero grams trans fat
- ≤ 35% of weight from total sugars



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. [visit myhealthyforlife.com](http://myhealthyforlife.com)



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