

School Lunches, Smart Yet Satisfying!

Healthy Eating at School

10 Steps for Parents

Do you know if your kids are eating healthy school meals? The only real way to be sure is to get involved. Show you care. Show the school that what your kids eat matters a lot. Because it does. Here's a checklist of what you can do to get results:

Do Lunch With the Kids

Eat breakfast or lunch at school with your kids. See what the meals are like. Notice the atmosphere. If you don't like what you see, *do something*.

Discuss Your Principles

Go to the principal. Discuss the importance of good nutrition and physical activity. Suggest programs. Ask for cooperation. Follow through.

Team Up With Food Service Staff

Visit the school cafeteria. Get to know the staff. Let them know you value their services and appreciate good daily nutrition for your child.

Throw a Tasting Party

Volunteer to organize a classroom tasting party to introduce and encourage nutritious new foods the kids may never have tried.

Serve Your Kids Food for Thought

Make sure kids appreciate how healthy breakfasts and lunches serve their minds as well as their bodies.

Talk Out of School

Make your opinions heard. Talk to other parents. Work with your PTA and school board to support healthy school meals.

Know What's for Lunch

Get a weekly menu of school meals. Ask for the nutrition facts so you can be sure the menu meets the official Dietary Guidelines for Americans. Keep it magnetized to your refrigerator. Discuss all the healthy choices with your kids.

Plant a Seed

Show your kids and their friends where healthy food comes from. Help your school start an edible landscape with a garden of goodies like fruit, vegetables and herbs.

Set Up a Group

Get involved. Form a parent advisory committee for school meals. Recruit enthusiastic, "can-do" people to work with you.

Listen

If you listen to what your kids are learning at school about good nutrition, you can help them put their knowledge to work at home, too.

(from USDA website)