

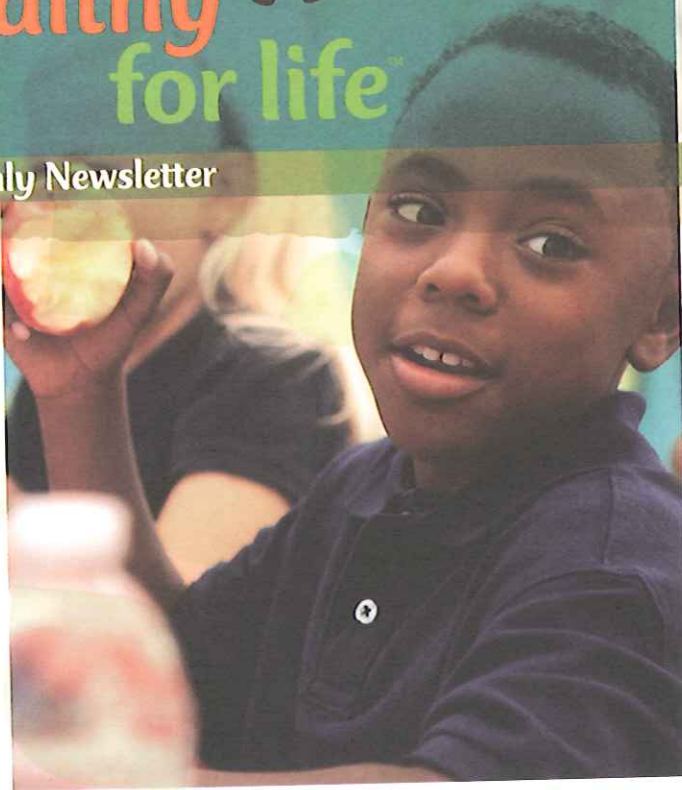


healthy for life™

Monthly Newsletter

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Healthy for life™ is a commitment to the future success of our children. ARAMARK Education offers tools and support to parents and teachers in their efforts to enable a lifetime of healthy habits. Together, we can help make Healthy for Life™ a reality.



School lunch: Good for kids and good for your wallet

School lunch remains an incredible bargain. As the cost of everything increases, there is one meal that is still a great value: both nutritionally and economically.

School Lunch Includes 5 Great Choices:

- Milk** – Fat free or 1% - flavored or regular
- Vegetables** – From fresh carrot sticks to steamed broccoli
- Fruit** – Everything from pineapple to locally grown apples; often fresh
- Grains** – More whole grain items like rolls or sandwich bread
- Meat or Vegetarian Choices** – Items like white meat chicken, lean beef or bean chili

Save Money: Eat School Lunch

On average it costs less to buy a school lunch than to bring a lunch from home. The estimated national average of a bagged lunch from home was \$3.43 last school year.¹



¹According to a meal cost analysis by Alice Jo Rainville, PhD, RD, CHE, SNS of Eastern Michigan University, Ypsilanti, MI

Healthy meals feed eager minds

With an eye towards overall health, meals served under the National School Lunch Program are required to meet nutrition guidelines based on the Dietary Guidelines for Americans. That means that no more than 30% of calories can come from fat and less than 10% from saturated fat. As a major source of nutrition, school lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories over the course of one week of menus. In fact, students who eat school lunches consume less calories from fat than students who bring lunch from home while National School Lunch Program participants have substantially lower intakes of added sugars than do non-participants. Compared to lunches from home, school lunches contain:

- Three times as many dairy products
- Twice as much fruit
- Seven times the amount of vegetables

For more information contact your district's school nutrition director.

