

HEALTHY SCHOOLS RAISE HEALTHY KIDS

THE HEALTHY, HUNGER-FREE KIDS ACT

establishes strong nutrition policies for child nutrition programs. Many of these policies foster healthier school environments for kids, provide a variety of nutritious foods to millions of children nationwide and prepare them to be productive students. Registered dietitian nutritionists play an integral role in leading these and other programs that improve children's health.

FARM TO SCHOOL PROGRAMS

44% of public school districts have initiated a Farm to School program providing students with more fruits and vegetables while supporting the local economy.

\$5,000,000 PER YEAR is awarded in grants from the USDA to connect schools with local food producers.

SCHOOL BREAKFAST PROGRAM*

OVER 12,900,000 KIDS participated daily in the program in 2012.

OVER 10,100,000 of those participants received free or reduced-price meals.

SCHOOL YEAR:	IMPLEMENTED CHANGES TO PROGRAM:
2013 - 2014	<ul style="list-style-type: none"> More whole grains offered Zero grams trans fat per portion
2014 - 2015	<ul style="list-style-type: none"> More fruit offered Reduction in sodium

BENEFITS OF A HEALTHY BREAKFAST

Eating breakfast is linked to:

- Better academic performance and test scores
- Improved nutrition
- Healthier weight
- Better memory

NATIONAL SCHOOL LUNCH PROGRAM*

Public and private schools and child care institutions served: **100,000**

Kids receiving nutritionally-balanced lunches every day: **31,000,000+**

School menus feature increased fruit, vegetable and whole grain offerings, and a gradual reduction of sodium through 2023.

ENTER SMART SNACKS

40% of students bought and ate 1 or more snacks at school.

68% of students bought and consumed at least 1 sugary drink.

Smart snacks are healthy options with less sugar, fat and salt. **Nutrient requirements for smart snacks:**

NUTRIENT:	RECOMMENDED SNACK SERVING:
CALORIES	200 or less
SODIUM	230 mg or less
TRANS FAT	0 g

IMPACT ON EXERCISE PERFORMANCE

Meals and snacks served at school provide the nutrition to fuel active kids! Adequate food and fluid consumed **before, during and after** physical activity helps maximize athletic performance and improve recovery time.