



COOKING for KIDS




Your school is partnering with **COOKING for KIDS!**

This school year your school's child nutrition program is working with a chef to revamp menus and create a healthy lunchroom environment.

School Meals Matter^{1,2}

Students who participate in school meal programs consume more milk, fruits, and vegetables and have better intake of important nutrients.

Research shows that proper nutrition:

-  helps kids concentrate better in class.
-  strengthens academic performance.
-  reduces behavioral problems.

You can support a healthy school food environment^{3,4}

- Speak positively about school meals and encourage your students to taste new foods.
- Be a role model. Consume healthy foods and beverages and eat meals in the cafeteria.
- Allow students to drink water during class.
- Use nonfood rewards in the classroom such as stickers, books or walks with the principal or teacher.
- Utilize fundraisers that feature non-food items or foods and beverages that meet Smart Snack standards.
- Give parents a list of healthy foods and beverages that can be served at celebrations.
- Join your school wellness committee.

¹Center for Disease Control and Prevention. (2017, September 5). *Tips for Teachers*. Retrieved from Healthy Schools: <https://www.cdc.gov/healthyschools/npsa/strategies.htm>

²United States Department of Agriculture. (n.d.). *Tips for Educators on Supporting Healthy School Meals*. Retrieved from <https://fns-prod.azureedge.net/sites/default/files/tips-educators.pdf>

³United States Department of Agriculture. (2011, November). *Healthier Middle Schools: Every Teacher Can Help*. Retrieved from https://fns-prod.azureedge.net/sites/default/files/8_HMSECHTeachers.pdf



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