

JOIN THE MADE WITH SCHOOL LUNCH MOVEMENT!

School Nutrition Professionals are on a mission to make school meals the **BEST EVER!**

How?

By offering meals that meet top notch nutrition standards and help boost your kids' health and overall well-being!

What is the Healthy Eating Index (HEI)?

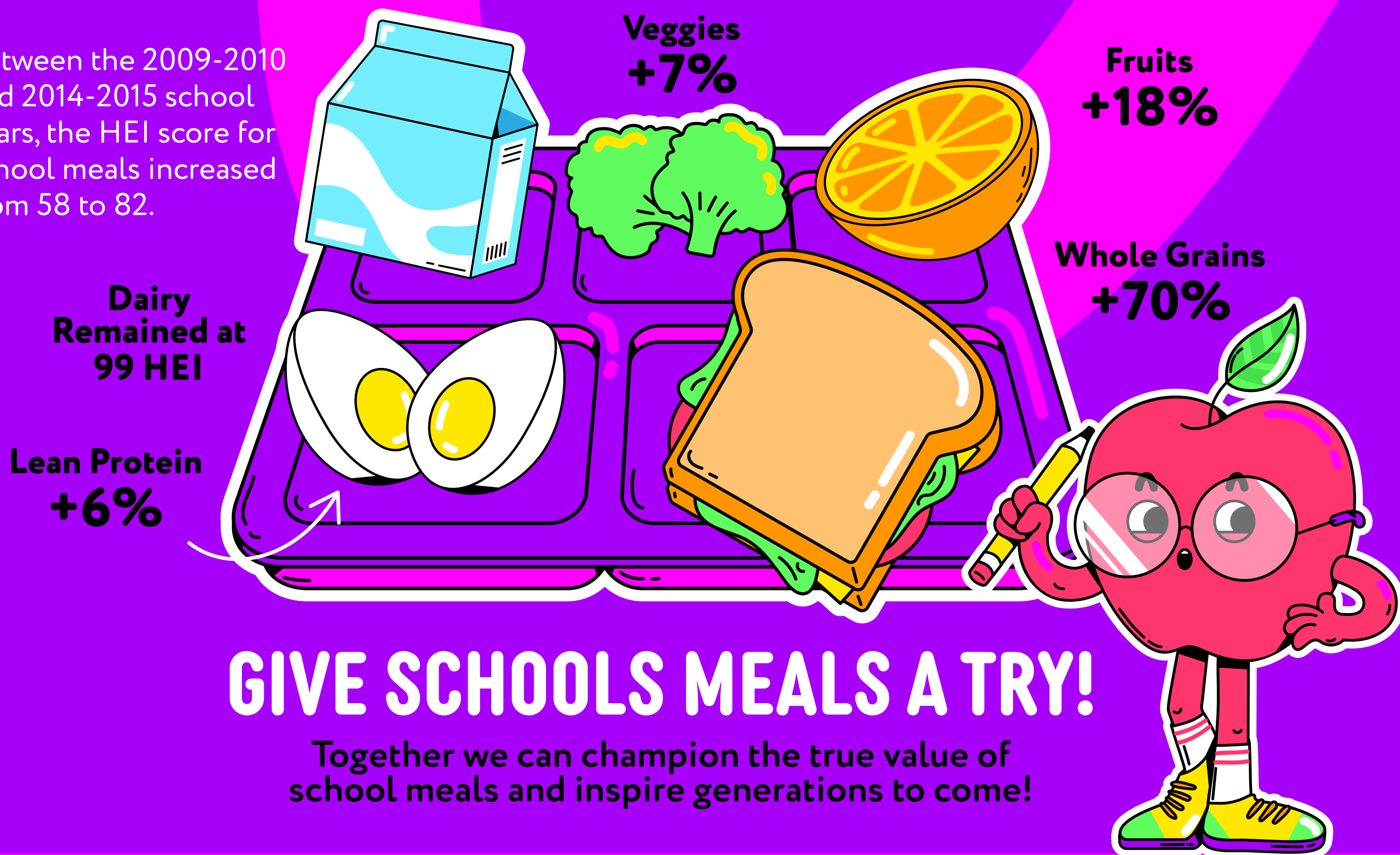
HEI is a scoring system that assesses the nutritional quality of food based on a scale of 0-100. **Higher HEI means healthier food!**

Today's school meals are prepared with:

- A rainbow of fruits and veggies
- More whole grains
- Lean protein
- Low-fat or fat-free dairy milk (including lactose-free dairy milk)
- Less sodium
- Lots of love!

How much healthier are school meals?

Between the 2009-2010 and 2014-2015 school years, the HEI score for school meals increased from 58 to 82.



GIVE SCHOOLS MEALS A TRY!

Together we can champion the true value of school meals and inspire generations to come!



Findings are from the USDA Food and Nutrition Service. Detailed reports, other infographics, webinars, and a video of key study findings are available at: <https://www.fns.usda.gov/school-nutrition-and-meal-cost-study>
madewithschollunch.com

