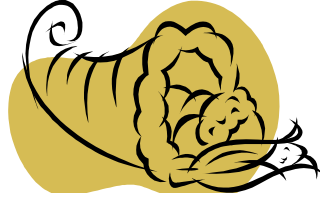


Cupertino Union Elementary School District



What You Need to Know About School Nutrition

School Lunch Participation

- 30.5 million children served daily. 95% of our nation's schools participate in NSLP
- 5 billion lunches served annually
- Cupertino School Lunch Participation: 1 million student lunches served annually

School Meals: The Facts

School meals have come a long way!

Today, kids are offered healthy, tasty and appealing choices:

- Fresh fruits and vegetables
- Whole grains
- Elimination of added TransFats
- Salad Bars at Middle Schools
- Whole wheat crust, low-fat cheese pizza
- Whole grain pasta
- Baked items rather than fried
- Healthful cooking/preparation techniques

School meals are balanced & healthy

Lunches that are part of the National School Lunch Program (NSLP) must meet nutrition guidelines including:

- limiting fat and saturated fat in meals
- providing one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C
- NSLP lunches meet US dietary guidelines
- NSLP lunches are served in age appropriate portion sizes and provide the right balance of protein, dairy, whole grains, fruits and vegetables.

School Meals help kids maintain a healthy weight

- NSLP participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods, both at lunch and over 24 hours; they also consume less soda and/or fruit drinks. (Source: USDA)
- This benefit is especially relevant for kids and their parents in today's climate of heightened awareness of obesity issue.
- Students are less likely to gain weight during the school year when in school then during the summer when school is out.

School Meals help students to do better in school

- *Research has shown that students who eat school meals perform their best academically.*
- *Healthy eating correlates with less trips to the school nurse and less absenteeism.*

•School meals are safe

- USDA commodities used in the NSLP are safe and part of a nutritious school lunch.
- School nutrition professionals have rigorous training in food safety and have implemented a HACCP Plan.
- School kitchens are subject to two health inspections annually conducted by the local health department.
- According to the Food and Drug Administration, school kitchens are among the safest of commercial and institutional foodservice establishments.

School Meals include USDA commodity foods

USDA has made significant progress in reducing the fat, sodium and added sugar in commodity foods.

- Ground beef was reduced to an average 15% fat, as compared to an average 30% fat content in the fast food industry.
- Commodity canned fruits are only bought with light syrup and fruit juice verses heavy syrup. Applesauce is unsweetened.
- A wide variety of fresh, frozen and canned fruit and vegetable products are offered. Over 50% of commodities available to schools are grains, fruits and vegetables.

Student Wellness Policy

Our school district has guidelines for

- School meal nutrition requirements
- A la carte cafeteria sales
- Vending machines
- Student stores/concession stands
- Classroom parties and special events
- Fundraising

•Wellness policies are comprehensive including

- Nutrition Standards for Foods
- Physical Activity Standards
- Nutrition Education Lessons
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The Role of Parents

Parents and school nutrition professionals share the same goals:

- Well-balanced nutritious meals for their children
- Creating healthy eating habits for life

Parents are role models and influence what kids eat

- Encourage healthy eating and lifestyles at home for you and your kids (actions speak louder than words...)

