

Save \$\$\$ on Your Student's Lunch!

A How to Guide



Bagged Lunch vs. School Lunch

Parents: A breakdown of what a typical bagged lunch may cost VS. the cost of school lunch at Olmsted Falls Schools!

<u>Area Grocery Stores</u>	<u>School Lunch</u>
<u>Turkey Sandwich</u> 2 slices of Whole Wheat bread (at \$3.04 per loaf) = \$ 0.38 2 oz. Sliced Turkey Breast (at \$8.74 per pound) = \$1.10 1/2 oz. American Cheese (at \$4.34 per pound) = \$0.14	<u>Turkey Sandwich</u> 2 slices Whole Wheat Bread 2 oz. Sliced Turkey Breast 1/2 oz. American Cheese
<u>Snack</u> 1 oz. Lays Baked Chips (at \$3.29 per 6.25 oz. bag) = \$0.53	<u>Grain Side Dish</u> Nacho Chips
<u>Veggie Pack</u> 1/4 cup celery sticks (at \$1.84 per pound) = \$0.23 1/4 baby carrots (at \$2.99 per pound) = \$0.19	<u>Veggie</u> Tossed Salad w/dressing or other daily vegetable
<u>Fruit</u> Individual Berry-flavored applesauce cup (at \$2.89 per six-pack) = \$0.49	<u>Fruit</u> Apple or other daily fruit
<u>Beverage</u> Milk (individual) = \$1.35 Juice Box = \$0.75	<u>Beverage</u> Chocolate or White Milk
<u>Other</u> 1 Brown Bag (for lunch) = \$0.06 1 Baggie (for vegetables) = 0.09 1 Reusable Container (for sandwich) = \$3.10	
<u>GRAND TOTAL</u> (food only) (177 school days) <u>\$4.41</u> w/Milk (\$780.57/year) <u>\$3.81</u> w/Juice Box (\$674.37/year) <u>\$3.56</u> w/School Milk (\$630.12/year) <u>\$3.06</u> w/No Drink (\$541.62/year)	\$ 2.80 (\$495.60/year)

COST:

Cost of preparing school lunches at home (with juice):

\$3.81/day = \$674.37/school year @ 177 days

Cost of school lunches (with milk):

\$2.80/day = \$495.60/school year @ 177 days

**A school lunch includes the choice of an entrée, a whole grain item, the choice of a vegetable, the choice of a fruit, and milk

COST SAVINGS:

That is a savings of **\$ 178.77** if your student buys school lunch every day of the school year.

This savings of \$178.77 is just the cost of food! Extra will have to be spent for paper lunch bags, insulated reusable lunch bags, lunch boxes, and maybe even a Thermos. Don't forget about plastic, sealable sandwich and snack bags.

We also offer fresh fruits and vegetables daily! Some of these include raspberries, blueberries, strawberries, mango, kiwi, broccoli, baby carrots, salad, and mixed vegetables. We all know how expensive fresh fruits and vegetables are, and these fruits and vegetables are offered as part of the school lunch, which only costs \$2.80.

HOW MUCH TIME DO YOU SPEND PACKING YOUR CHILD'S LUNCH??

You can spend 10 minutes packing a lunch in the morning. Buying school lunch saves you time. Let's do the math:

10 minutes /day x 177 school days = 1,770 minutes per school year.

1,770 minutes equals 29 1/2 hours! **If your child buys school lunch, you have 29 1/2 extra hours each school year** to read, talk, or walk with your child in the morning before school, take your time going to work (instead of rushing in traffic), or get an errand out of the way.

Things can be very busy at home getting everyone ready for the day. With school lunch, there are no lunches to prepare, saving you TIME!

***"It doesn't cost a lot of money,
So buy school lunch!"***

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