



# **PARENTS BILL OF RIGHTS FOR BETTER SCHOOL MEALS**

**SPEAK UP**

## **SCHOOL MEALS**

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### **THE STANDARDS WILL GIVE YOU THE RIGHT TO ASK FOR THESE THINGS IN YOUR CHILD'S SCHOOL:**

New USDA regulations for school meals could mean better food for your child at school. The Healthy Hunger-Free Kids Act 2010 sets out important new standards which, if they are adopted, will require major improvements to the school meal system.

The standards are based on recommendations from the Institute of Medicine, who say that school food should be wholesome and easily recognized, and that the best source of nutrition is whole foods that are not highly processed or fortified.

### **PARENTS NEED TO SPEAK UP FOR BETTER SCHOOL FOOD.**

The standards will give you the right to ask for these things in your child's school:

- More FRESH fruit and vegetables
- Low fat dairy, no-fat only flavored milk
- Limit French fries to once a week
- Less processed, high fat, high salt, high calorie food items
- Food which you can recognize
- More whole food and on-site cooking
- Better training for school cooks
- A voice on school food matters through local school wellness policies
- More transparency on school nutrition and policies

### **WHAT NEXT?**

Don't wait! The USDA is allowing two years for schools to meet the new standards. It's down to you and other parents to make sure your child gets better nutrition at school as soon as possible.

- Get your school to plan for the changes now.
- Start this fall with one thing on the list.
- Get help to work out your first step.

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### **Check This Out**

USDA's Healthier US Schools Challenge is helping schools meet these standards ahead of time, and they are giving out small incentive grants. Find out more at:

<http://www.fns.usda.gov/tn/healthierus/index.html>

Take a look at their advice on wellness policies too. They will help you set out a framework and plan for the improvements you think are needed:

<http://teamnnutrition.usda.gov/healthy/wellnesspolicy.html>