



SCHOOL FOOD

PARENTS' BILL OF RIGHTS FOR BETTER SCHOOL MEALS

The new USDA regulations for school meals mean better food for your child at school. The Healthy Hunger-Free Kids Act 2010 sets out important new standards and rules based on recommendations from the Institute of Medicine that, starting in the fall of the school year 2012-2013, will require major improvements to the school meal system.

PARENTS NEED TO SPEAK UP FOR BETTER FOOD

These standards give you the right to ask for the following at your child's school:

- More fruit and vegetables
- Low-fat dairy and 0% fat flavored milk
- Food items that are less processed and lower in salt, fat and calories
- More wholegrains
- Portion sizes based on new maximum and minimum calorie limits.
- Better training for school cooks
- A voice on school food matters through local school wellness policies
- More transparency on school nutrition and policies
- Improved standards for foods sold outside the national breakfast and lunch programs, including all items sold in vending machines, school stores and à la carte lines.

Don't wait – these new standards will start coming into effect in the 2012-2013 school year. You can work with your school to help support these changes and ensure that they are implemented sooner rather than later. Use our toolkits to get the facts, find support, and start your campaign with some ideas of what you want you want to help change, starting this fall.

The USDA's Healthier US Schools Challenge

- 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 a plan for the improvements you think are needed:

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

- The CSPI also have a model wellness policy that can help you work out what needs to change in your policy and how you can help make these changes.

<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

