

6 SUPER REASONS TO SIGN UP FOR SCHOOL MEALS!

- School meals save time and money.

 School meals can help parents cut down on grocery co
 - School meals can help parents <u>cut down on grocery costs</u> and <u>save the time and stress</u> of planning breakfast and lunch.
- School meals help students do better in school.

Studies show that school meals are associated with <u>improved</u> grades and <u>higher test scores</u>.

- School meals get students ready to learn.

 Students who eat school meals can <u>concentrate better</u> and have <u>improved comprehension and memory</u>.
- School meals are nutritious.

 School meals must meet <u>USDA requirements for essential nutrients</u> and have a <u>balance of food groups</u>.
- School meals build healthy bodies.

 Students who eat school meals are less likely to be overweight or obese. They also consume more milk, fruit, vegetables, and fiber and are less likely to have nutrient deficiencies.
- School meals improve student wellness.

 Students who eat school meals have <u>fewer nurse visits</u> and have improved mental health, including <u>lower risk of anxiety and depression.</u>

For more information, visit http://schoolnutrition.org/schoolmeals

This material funded by the Illinois State Board of Education and USDA's Supplemental Nutrition Assistance Program - SNAP.

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.



