



## 6 SUPER REASONS TO SIGN UP FOR SCHOOL MEALS!

1

### School meals save time and money.

School meals can help parents cut down on grocery costs and save the time and stress of planning breakfast and lunch.

2

### School meals help students do better in school.

Studies show that school meals are associated with improved grades and higher test scores.

3

### School meals get students ready to learn.

Students who eat school meals can concentrate better and have improved comprehension and memory.

4

### School meals are nutritious.

School meals must meet USDA requirements for essential nutrients and have a balance of food groups.

5

### 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.

6

### School meals improve student wellness.

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

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

