

# TOP THINGS TO KNOW ABOUT SCHOOL MEALS

School nutrition professionals continue to make school meals the healthiest meals children eat in a day! Nutritious school meals are an investment in our children's futures, and we all share the common goal of helping them reach their full potential.



## 1. USDA STANDARDS

USDA establishes school nutrition standards to improve children's health and builds on the extraordinary progress that school nutrition professionals have made to strengthen child nutrition programs over decades.



## 2. STANDARDS EVOLVE

The standards are updated to reflect the latest research and guidance on what kids need to do their best.



## 3. SCHOOLS IMPLEMENT STANDARDS

The latest changes reduce added sugars and sodium, and continue to promote a variety of whole grains, fruits, vegetables, and protein foods.



## 4. INCREASED FLEXIBILITY

USDA supports schools in creating new recipes and menus to meet cultural preferences, vegetarian choices, and personal tastes.



## 5. HEALTHIER KIDS!

Together, we are building good eating habits, growing stronger kids, and setting the table for a bright future!