

# LOVE YOUR LUNCH



Reproducible Master

## DEAR PARENTS AND GUARDIANS,

Help us celebrate National School Lunch Week, October 9-13, by encouraging your child to eat a healthful school lunch every day.

The United States Department of Agriculture (USDA) reports that students who participate in school lunch have superior nutritional intake compared to students who don't. In addition, healthful eating at school correlates with higher test scores and less absenteeism.\* Access to proper nutrition can also help students maintain psychosocial well-being and reduce aggression.\*\*

The United States Department of Agriculture (USDA) has improved nutritional standards for lunch served at your child's school. Now,

- Fruits and vegetables are offered daily.
- There are more whole grains.
- Fat-free or low-fat milk varieties are offered.
- Calorie limits have been developed by grade level.
- There are limits on saturated fat, trans fats, and sodium.

We're trying to make National School Lunch Week more fun and impactful for students. That's why the American Dairy Association North East (ADANE) has created the **Love Your Lunch** educational program, with learning activities that motivate students to eat a healthful lunch every day, including low-fat dairy.



Talk with your child about the importance of eating a nutritious lunch at school. Ask them if they notice a difference in how they feel after lunch each day. Do they have more energy? Can they concentrate better? Remind your child that students who eat lunch at school every day have shown greater success in school. That's why we want all students to **Love Your Lunch!**

Sincerely,



AMERICAN DAIRY  
ASSOCIATION NORTH  
EAST

\*Source: The Wellness Impact Report, 2013

\*\*Nutrition and Students' Academic Performance, 2014