

## WHEN A SCHOOL SUPPORTS SCHOOL MEALS, SCHOOL MEALS SUPPORT THE SCHOOL

Healthy school meals provide the nourishment students need to be successful in school.

Many school meal programs are self-sustainable.

The higher the student participation, the more financially strong a school nutrition program can be.

To find out more about school nutrition programs being financially independent, consider attending one of the popular “Financial Management of School Meals” workshops offered by the State Department of Education.

### Remember: Healthy Choices Start with You.

For more information on the New Nutrition Standards for Idaho School Meals visit: [www.sde.idaho.gov/site/cnp/NutritionStandards/](http://www.sde.idaho.gov/site/cnp/NutritionStandards/)

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# NEW NUTRITION STANDARDS FOR IDAHO SCHOOL MEALS

## Fueling School Performance



## Information for Administrators

Idaho State Department of Education  
Child Nutrition Programs

## SUPPORTING THE NEW NUTRITION STANDARDS IS IMPORTANT FOR STUDENT HEALTH AND SUCCESS!

- **BE SEEN:** Administrators in the cafeterias represent support of the nutrition program.
- **ENCOURAGE TRAINING:** Nutrition Standards training videos are available at: [www.sde.idaho.gov/site/cnp/nutritionStandards/](http://www.sde.idaho.gov/site/cnp/nutritionStandards/)  
When administrators promote training, good results will follow.
- **BE KNOWLEDGEABLE** of the changes and the new nutrition standards.
- **INFORM** parents and teachers about the healthy new nutrition standards.
- **SUPPORT** nutrition education in the classroom.
- **ACTIONS** speak volumes. Eat lunch with students.

Idaho's nutrition standards are new written guidelines, issued in addition to USDA menu requirements, to keep school nutrition programs healthy and up-to-date.

Many Idaho schools already offer menus that comply with the new standards. Others are working toward these goals.



### TO MEET THE STANDARDS, SCHOOLS ARE ENCOURAGED TO SERVE:

#### MORE of the foods students need:

- Whole grains
- Fruits
- Vegetables
- Beans
- Low-fat milk
- Lean protein

#### And FEWER of the ones they don't need:

- Foods with added fat and trans fat
- Foods that are pre-fried by the manufacturer
- Foods high in added salt/sodium
- Foods high in added sugar

#### Schools shall discontinue:

- Salt shakers
- Sugar packets
- Deep-fat frying

**WE INVITE YOU TO EAT SCHOOL BREAKFAST OR LUNCH AND ENJOY THE HEALTHY MEALS.**

# BE A SCHOOL NUTRITION PROGRAM CHAMPION!

Support the new nutrition standards and overall school nutrition.

### Be a breakfast supporter

Make sure school breakfast is part of students' daily school routine.

Studies show students who eat school breakfast have:

- Better nutrition
- Fewer sick days
- Fewer disruptive behaviors
- Better school performance

Research is positive. School breakfast is linked to higher Average Daily Attendance.

### Make time for lunch

Most schools offer students choices at mealtime. Help plan school schedules that allow students enough time to make healthy choices and enjoy the meal.

Consider the option of scheduling recess before lunch for younger students. Studies show students eat more lunch when they have already enjoyed recess.



### Be a wellness champion

Inform all school staff about the District Wellness Policy.

Your vocal and visible support makes a difference.

Actively promote your school's wellness activities and limit unhealthy foods on campus.

Be a positive role model.