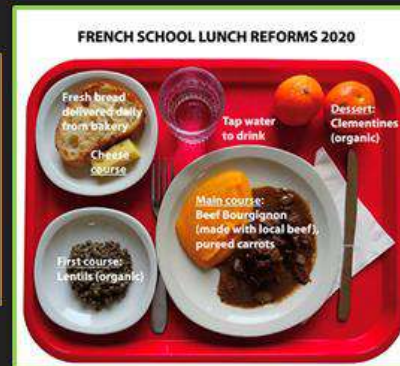


The actions to improve school lunch



Healthy Diet

- A healthy diet is one that helps maintain or improve overall health.
- A healthy diet may contain fruits, vegetables, and whole grains, and includes little to no processed food and sweetened beverages.



Food Policy among Countries

They demand to offer more fruit, vegetables and whole grains and limit sodium, calories and unhealthy fat in every school meal.

MyPlate illustrates the proportions of each food group which should be present at each meal.

Why the Quality of School Lunches ?

- Better Learning and Memory
- Improved Concentration
- Better Overall Health
- Better Behavior and Fewer Problems
- Reducing Obesity
- Better Habits for the Future

5 Ways You Can Help Improve School Food

- Show your support for healthy school lunches.
- Be an advocate for healthier food.
- Start a farm-to-school program.
- Get a school garden in a school.
- Start Meatless Mondays in school.

