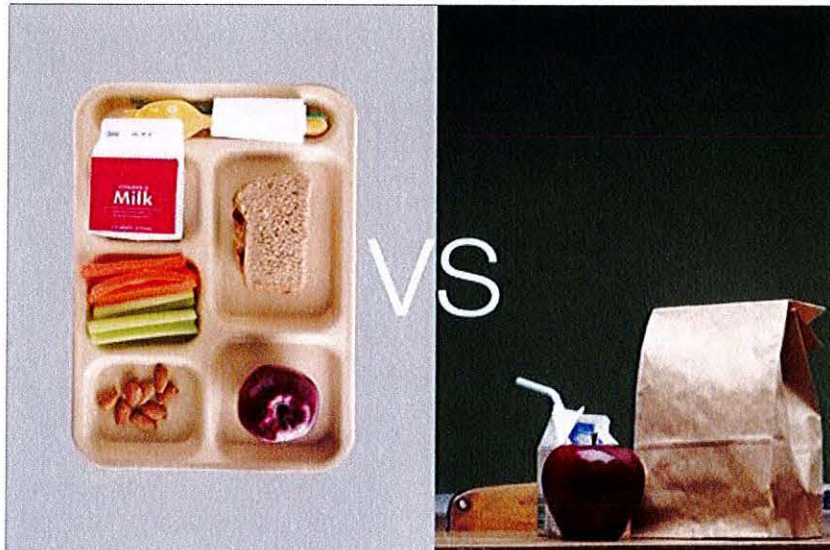


# SCHOOL LUNCH VERSUS BAG LUNCH

## Nutrition & Economics



### TIME SAVING

0 minutes of prep time at home— less stress in the morning

### ONE MORE THING TO DO EACH MORNING

Spending just 10-15 minutes prepping lunches = 30-40 hours per school year

SCHOOL MEALS ARE REQUIRED TO MEET HIGH NUTRITION STANDARDS FEATURING WHOLE GRAINS, FRUITS, VEGETABLES, AND MILK

Healthy, Hunger-Free Kids Act of 2010

STUDIES SHOW LUNCHES PACKED AT HOME CONTAINED MORE SWEETENED BEVERAGES, SNACK CHIPS, AND REFINED GRAINS

Journal of Nutrition & Dietetics—11/2016

PROVIDES MORE PROTEIN, MORE CALCIUM & VITAMIN A, & MORE FRUITS & VEGETABLES

Journal of Nutrition Education & Behavior— Nov/Dec 2014

PROVIDES MORE CALORIES, FAT, SATURATED FAT, SUGAR, AND SALTY SNACKS.

Journal of Nutrition Education & Behavior— Nov/Dec 2014

### Average Price

Turkey & Cheese on whole grain bread, veggies & dip, milk, fruit

\$2.34 - \$2.60

Source: State of School Nutrition 2016 Survey

### Average Price

Turkey & Cheese on whole grain bread, veggies & dip, milk, fruit

\$3.46 - \$4.26

Prices based on grocery store prices