



## PTA Newsletter April: Foods from Home

# Setting Guidelines for Healthier Lunches from Home

All parents want their children to get the proper nutrition they need to be healthy. But consider this; the foods you pack in your child's lunch may have more calories and fewer nutrients than the lunch offered by the school cafeteria.

School meals in North Carolina have improved over the past several years. They taste better, include more variety, and provide more nutrients than before. In fact, every school meal has to meet certain nutrition guidelines for calorie, fat, and sugar content as well as for other nutrients.

A meal prepared and brought from home can also be a healthy choice for your child. However, pre-packaged snack foods that often find their way into homemade lunches can be full of calories and can lack many nutrients. In addition, some schools allow older students to go off-campus for lunch, but many students will choose unhealthy fast-food options.

You can help your school set guidelines about what types of foods are allowed at your school during meal times. The school's Local Wellness Policy can include guidelines about the types of foods brought from home, including lunch items and snack foods. The policy can also set limits about off-campus dining. It can prohibit students and staff from bringing meals from other restaurants onto school grounds. Find out more about your school's Local Wellness Policy by talking to your school administrators.

### **For more information:**

[www.eatsmartmovemorenc.com/programs\\_tools/school/successful\\_students.html](http://www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html)

[www.nutritionnc.com/ResourcesForSchools/index.htm](http://www.nutritionnc.com/ResourcesForSchools/index.htm)

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)