

Students Are Eating Dessert for Breakfast

Thanks to the Healthy, Hunger-Free Kids Act, which passed in 2010, school meals today have more whole grains, fruits, and vegetables, fewer calories, and less sodium and unhealthy fat. But alarmingly, there is no limit on added sugars in federal school meal standards.

This means that companies can sell dessert-like breakfast products to schools that meet federal nutrition standards.



Tell Kellogg, Post Holdings, General Mills, and Rich's: **Stop Selling Dessert for Breakfast!**

Please visit: <https://www.cspinet.org/advocacy/nutrition/school-foods/dessert-breakfast> for more information and to send a message to these companies.