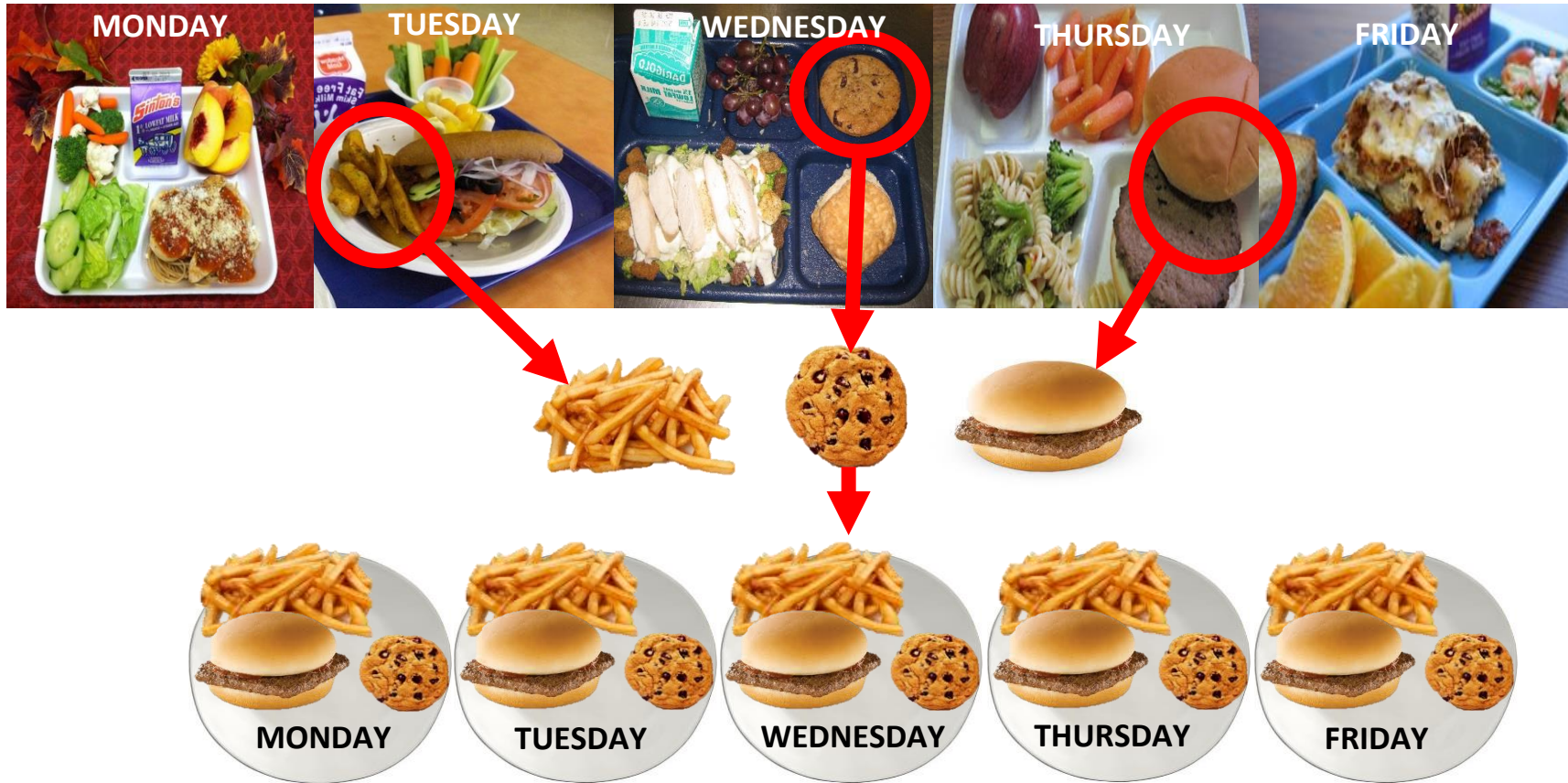


KEEP SCHOOL MEALS HEALTHY

Don't exempt a la carte items from Smart Snacks standards



A weekly menu of healthy school meals can include a few treats. But if single items from a balanced school lunch are sold a la carte without meeting Smart Snacks standards, kids could create lunches out of unhealthy items every day.

Just because something can fit as *part* of one healthy meal, doesn't mean it should be the basis of *every* meal. Without the Smart Snacks provision for a la carte, there would be a giant junk food loophole. Side dishes like cookies and fries, which could be offered once in a while as part of a balanced lunch, could be offered a la carte every day. Ending the a la carte provision of Smart Snacks would undermine healthy school lunches and children's diets and health.

Let's help our children succeed. Keep a la carte options smart!

For more information contact Colin Schwartz, National Alliance for Nutrition and Activity, cschwartz@cspinet.org