It's not **just** *school lunch. It's bigger than that.*

IT'S MAKING SMART DECISIONS.

DID YOU KNOW?

School lunch is **healthier** than a lunch from home. A recent study found that lunches from home do not compare to school meals when it comes to nutrition. School lunches are also less likely to contain fatty or sugary snacks and non-100 percent juice.[3]

School lunch is **cheaper** than a lunch from home. The average full-price school lunch in Iowa costs just $2.12[2]—whereas an average lunch from home that **meets USDA nutrition standards** costs about $3.20.[1] So you're saving $1.08 each time you choose school lunch! Choose school lunch every day, and you'll save nearly $200 over the course of the school year!

1. Iowa Department of Education. (2013).
2. Iowa Child Nutrition Programs Annual Report. (2013). School Nutrition Association Iowa.
3. USDA/ARS Children's Nutrition Research Center at the Baylor College of Medicine. (2013). Lunches from home lacking in healthy offerings. *Nutrition & Your Child*, Number 1. Retrieved from https://www.bcm.edu/cnrc/index.cfm?pmid=24233.

FOR MORE FACTS ABOUT SCHOOL LUNCH

www.schoolmeals.educateiowa.gov

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