

5 Facts About School Meals



Are you wondering whether school meals are a smart choice this school year? Here are 5 things you may not know about your school's nutrition program to help you decide.

Fact 1

School nutrition programs are required to be food safety trained and inspected, just like your favorite restaurants.

- Georgia schools have the highest Food Service Health Inspection scores.
- Every Georgia school kitchen has qualified, certified ServSafe staff members.

Fact 2

When schools closed in March, the cafeterias did not.

- School nutrition staff have already practiced and adapted to new COVID-19 guidelines.
- Between the time schools closed in March through the end of the school year, Georgia school nutrition professionals provided nearly 30 million meals.

Fact 3

School nutrition programs support the local economy.

- School nutrition programs support local farmers by serving Georgia-grown produce.

Fact 4

School meals are for ALL students and school staff.

- Breakfast and lunch programs are stronger when more people participate.
- We could all use a break from planning and packing lunch, washing out containers and tracking down missing ice packs.
- Breakfast at school means one less thing to worry about in your busy morning.

Fact 5

School cafeterias serve smart foods that boost brain power.

- School meals are required to meet nutrition criteria based on national health guidelines.
- School nutrition professionals provide food-based learning resources to the school community.