

# WHAT ARE SCHOOL CAFETERIA CARE CARDS?

NCPTA's School Cafeteria Care Cards make advocating for school wellness and healthy snacks in schools an easy process. Health advocates throughout our state can easily use the National PTA speaking points incorporated into these cards to drive the message of their support for improving the healthfulness of school snacks and competitive foods sold in schools. This tool, which has many different uses, can make advocacy efforts easy for your PTA unit to implement.

## HOW TO USE

Print the double-sided page and cut into 6 cards. Each card will have 2 sides: one with a thank you and one with a useful fact about the new USDA healthier snack policy. Give these individual cards to child nutrition workers, school administrators, and even school board members and other elected officials to thank them for supporting and working on behalf of healthier foods in schools.

Let your child take individual cards of their choosing to their child nutrition staff at breakfast or lunch. If you send them with your child, it's a great opportunity to have a conversation about why healthy foods are important at home and at school.

## WHY

- Because many kids consume up to half of their daily calories in school, it's essential that we make sure all food and beverages available in school are generally healthy.
- A recent study by the Kids' Safe and Healthful Foods Project found that the majority of our nation's secondary students live in states where less-healthy snacks are readily available but there is limited access to healthy ones. Because many kids consume up to half of their daily calories in school, it's essential that we make sure all food and beverages available in school are generally healthy.



- A recent study published in Pediatrics found that children and teens in states with strong laws restricting the sale of less-healthy snack foods and beverages in school gained less weight over a three-year period than those living in states without similar policies.
- KSHF research found that school districts that have healthier snack food and beverage policies saw their total food service revenues either increase or remain steady after the adoption of the standards.
- When parents send their kids to school with money for a snack, they want to know there will be nutritious options to choose from, rather than only unhealthy items high in calories, salt and sugar.
- A recent poll by the Kids' Safe and Healthful Foods Project shows that the majority of parents (80 percent) favor national nutrition standards for snacks and beverages sold in schools.
- Less than 30 years ago, one in 10 U.S. children were overweight or obese. Today, it's nearly one in three. Reversing this trend won't be easy, but making sure that all food and beverages available in schools is healthy is a good place to start.
- 1979, over 30 years ago, was the last time standards for snack foods and beverages was updated.