

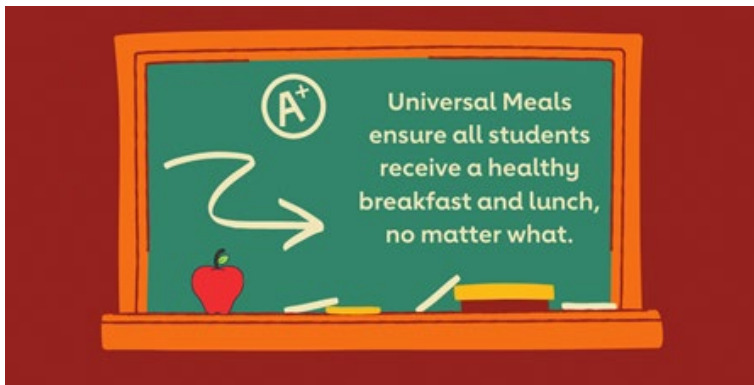
Voices for Healthy Kids School Nutrition Policy Coalition Sample Social Media Content



UNIVERSAL MEALS

Graphics available [here](#) (zip folder)

1. Universal meals can unlock success for students by ensuring that all students get two free, healthy meals every school day. Not only can equitable access to healthy meals level the playing field, it reduces lunch stigma when all students receive free lunch.
#SchoolLunchForAll




2. The Pandemic Child Hunger Prevention Act aka #SchoolLunchForAll ensures every student is on a level playing field, equipped with a full stomach, and ready to learn. Read why more than 125 organizations gave it an A+ in a letter to House members:
<https://www.heart.org/-/media/files/get-involved/advocacy/universal-free-school-meals-signon-letter-finalupdated.pdf?la=en>



Voices for Healthy Kids School Nutrition Policy Coalition Sample Social Media Content

3. Here's why we love #SchoolLunchForAll:

 Ensures all students receive a healthy breakfast and lunch

 Removes stigma when all students receive free meals

 Speeds up lunch lines

 Eliminates unpaid meal balances

 Provides steady budget for food service programs

4. With #COVID19 increasing stress and strain for all families, #SchoolLunchForAll just makes sense. School food service programs will receive a steady budget, no burden on families to do paperwork, and kids get healthy meals. That's an A+ from us.

<https://www.heart.org/-/media/files/get-involved/advocacy/universal-free-school-meals-signon-letter-finalupdated.pdf?la=en>

5. The school day may look different, but legislation for #UniversalMeals will give flexibility to programs so that they can keep feeding kids no matter what the new school day structure looks like this year.

6. With all eyes on ensuring #equity in schools, #SchoolLunchForAll legislation like the Pandemic Child Hunger Prevention Act takes a huge step towards ensuring every student is on a level playing field, equipped with a full stomach, and ready to learn.

7. As a result of the #COVID-19 pandemic, millions of families face economic hardship. Families have lined up for miles to access free food. Congress must pass the Pandemic Child Hunger Prevention Act. #SchoolLunchForAll

8. Child hunger is associated with poor educational outcomes, absenteeism, and behavioral issues. A meal does more than combat hunger. #SchoolLunchForAll¹

¹ Shanker et al. 2017 (Abstract) – https://journals.lww.com/jrnlmbp/Abstract/2017/02000/Association_of_Food_Insecurity_with_Children_s.6.aspx

Tamiru et al. 2017 (Abstract) – <https://agricultureandfoodsecurity.biomedcentral.com/articles/10.1186/s40066-016-0083-3>

COVID IMPACT

1. There's no doubt school nutrition programs are struggling. But strong nutrition standards must be protected. Researchers estimate that healthy school meals could prevent more than 1.8 million cases of childhood obesity and save nearly \$800 million in health-care related costs over ten years.
<https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2015.0631>
2. A recent study found the school meal nutrition standards established in 2012 decreased the risk of childhood obesity among children in poverty by about half over five years.
<https://www.healthaffairs.org/doi/10.1377/hlthaff.2020.00133> ²
3. School nutrition programs are struggling financially from feeding millions of meals to families during the pandemic. Tell Congress to hold school nutrition programs harmless for these losses.
4. Access to healthy school meals is more important than ever, with child food insufficiency on the rise. <https://www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartId=99189>
5. Research shows #HHFKA helps improve access to healthy foods for low- and high-income schools, and reduce obesity among children. ³

STRONG NUTRITION STANDARDS

General

1. Before COVID, 30 million children received free meals based on their family's income. The meals they receive at school should support their health, not contribute to chronic disease.
2. Policymakers should require that all school meals meet strong nutrition standards, despite @USDA's efforts to weaken them.
3. School meals are a teaching opportunity. Committing to offering healthy meals shows kids that their health matters, a lesson that they will take with them into adulthood.

² Kenney et al. 2020 (Abstract and Discussion (page 1127)
Link: <https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.2020.00133>

³ Kenney et al. 2020 (Abstract and Discussion (page 1127)
Link: <https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.2020.00133>

Voices for Healthy Kids School Nutrition Policy Coalition

Sample Social Media Content

4. Eating habits and taste preferences are established at an early age, so what kids eat at school can influence their food choices for life.

Whole Grains

1. Children, on average, consume too few whole grains and too many refined grains. The Dietary Guidelines for Americans has recommended for many years that half your grains be whole. Schools should only serve whole grain-rich!

Sodium

1. @theNASEM's Dietary Reference Intake report lowered the safe levels of sodium for younger children, linking sodium consumption as a risk factor for chronic disease. We must protect strong nutrition standards.
<http://www.nationalacademies.org/hmd/Reports/2019/dietary-reference-intakes-sodium-potassium.aspx>
2. 9 out of 10 kids eat too much sodium for good health. Get the facts:
<http://bit.ly/knowmoresalt> and <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium>
3. The answer to helping schools with difficulty in reducing high amounts of sodium in meals? More funding for technical assistance, not waiving the nutrition standards.

Added Sugars

1. School-aged children consume 50-70% more added calories from added sugars than is recommended. School meal standards need an added sugars limit!⁴
2. Many K-12 products are desserts masked as breakfast. Now more than ever, school meals need an added sugars limit consistent with the Dietary Guidelines for Americans.

⁴ CSPI Cite: 2015-2020 Dietary Guidelines for Americans PDF (Figure 2.9, page 54)
Link: https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf