



Talking Points to Support School Wellness

- **Decreasing competitive food sales will increase school meal revenue and financial viability**
- **The snack food and beverage guidelines help reinforce healthy habits that parents teach at home**
- **Many kids consume up to half of their daily calories in school**
- **Participation in school meals tends to increase when there is less access to unhealthy foods sold elsewhere in the school building**
- **The USDA's Smart Snack standards will help ensure that snacks and beverages sold in schools meet basic healthy standards, while still giving schools flexibility to choose from a wide variety of snacks and beverages that meet the standards**
- **Students are eating and learning to enjoy more nutritious snacks and beverages**
- **Research shows that schools do not lose revenue when they replace junk foods and unhealthy beverages with nutritious choices. Students will purchase—and consume—healthy foods and beverages when these options are available in schools**
- **Many schools find they can raise money without selling unhealthy food and sugary beverages**
 - **There are many examples of practical and profitable healthy school fundraising approaches**
- **Most parents want their kids to eat healthier and schools want kids to be at their best**
 - **Healthy school environments support those goals**
- **Make the healthy choice the easy choice**

