

# ***ENDING LUNCHTIME STIGMA STARTS WITH YOU!***

## **Promote**

*Even though school meals are free during this time, participation has decreased in many Maine schools.*



**Remind your students to take a lunch home on in-person days, and where they can pick up a meal on remote learning days.**



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## **Language Matters**

*Unfortunately, there are many negative stereotypes  
surrounding school food.*



**Focus on the positives when talking to  
students: school lunch is healthy, easy,  
yummy, and free for everyone!**



# ***LANGUAGE MATTERS: KNOW THE FACTS!***

## **School meals in Maine...**

**1) Are packed with nutrition! Meals contain whole grains, fresh fruits and veggies, and low fat dairy.**

*Aside from being free since the onset of the Covid-19 pandemic, school meals are always healthful and nourishing. Schools must follow federally-established nutrition guidelines to keep our students healthy!*

**2) Feature Maine-grown ingredients!**

*Maine kids and families care about local foods! Thanks to Farm and Sea to School and Harvest of the Month efforts, school meals feature more Maine-grown foods than ever before.*

**3) Are tasty, colorful, and creative!**

*Resources like the Culinary Classroom by the Department of Education encourage child nutrition programs to utilize creative, from-scratch skills and recipes.*

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**"Lettuce" Talk about it!**



**Talking about food in class can  
empower students to make healthy  
choices!**



# ***"LETTUCE TALK ABOUT IT": START A CONVERSATION IN YOUR CLASSROOM!***

**"I know I have the energy to focus on  
learning with a full belly!"**

*By focusing on how nutritious foods can make us feel, students start to realize for themselves what kinds of habits promote a healthy lifestyle.*

**"Lunch looked so colorful today! What  
was your favorite part?"**

*Ask your students about new foods they've tried and enjoyed. This can help get kids more excited about school lunch options!*

**"The potatoes in lunch today were  
grown here in Maine! How cool is that?!"**

*Talk about where their food comes from! Educating our students on local foods helps them become informed local citizens.*



# Sources

<https://healthy-food-choices-in-schools.extension.org/encourage-healthy-eating-behaviors-and-promote-school-lunches/>

<https://vermontfarmtoschool.org/sites/default/files/uploads/10%20Tips%20for%20Increasing%20Participation%20in%20School%20Meals.pdf>

[https://www.huffpost.com/entry/school-lunches-wealth-gap\\_n\\_5b72ee42e4b0bdd0620d0b43](https://www.huffpost.com/entry/school-lunches-wealth-gap_n_5b72ee42e4b0bdd0620d0b43)

<https://www.cdc.gov/healthyschools/npao/pdf/tips-for-teachers.pdf>

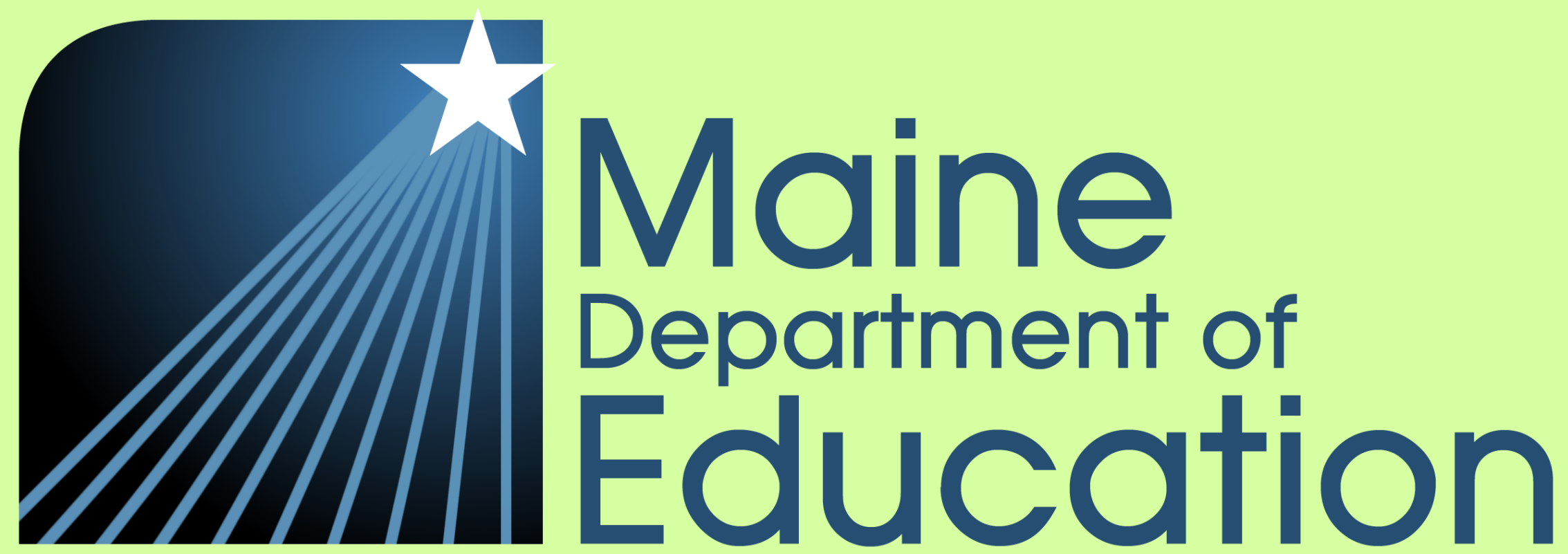
# Images

<https://images.app.goo.gl/dkPbvVJxHRzr6e2R9>

<https://images.app.goo.gl/eyHKw4uJ1u4ffShC7>

<https://images.app.goo.gl/jCBKWcP8xdYzfq1JA>





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*(2) fax: (202) 690-7442; or*

*(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

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