

MAKE YOUR VOICE HEARD!

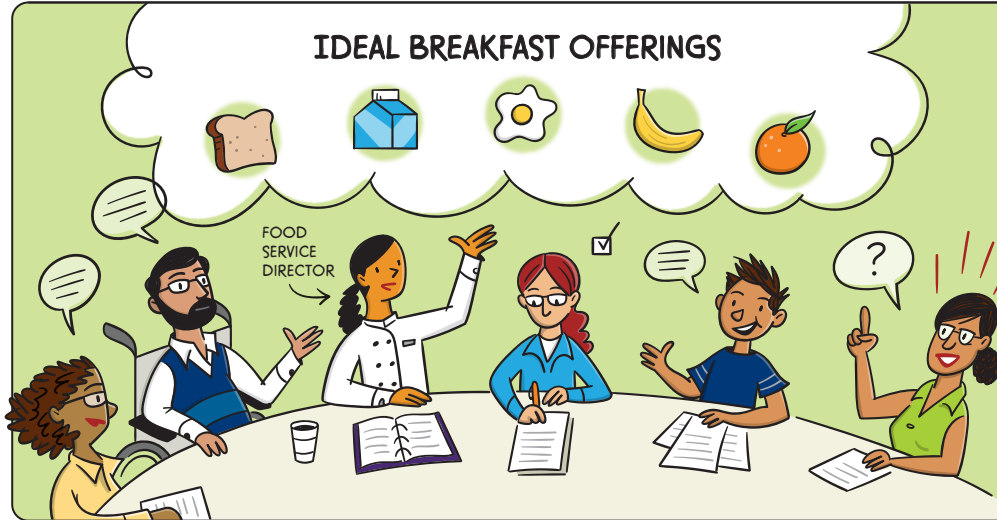
A real life case of school meal advocacy

AT THE SCHOOL...



MARIA, A PARENT, NOTICED TOO MANY SUGARY FOODS IN HER CHILD'S SCHOOL BREAKFAST. SHE ALSO LEARNED THAT STUDENTS WANTED MORE FRESH FRUIT.

IDEAL BREAKFAST OFFERINGS

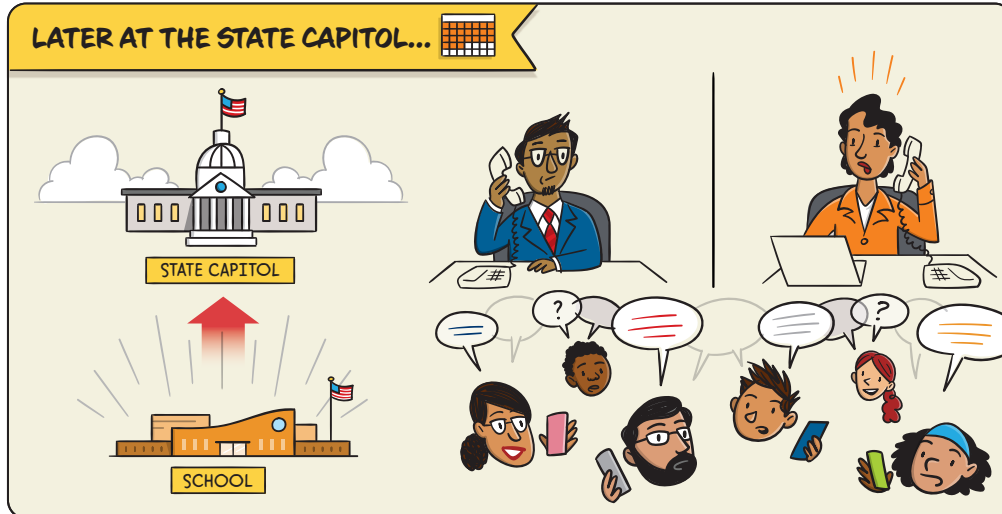


SO, MARIA ORGANIZED A GROUP OF PARENTS AND STUDENTS TO MEET WITH THE SCHOOL DISTRICT'S FOOD SERVICE DIRECTOR AND WELLNESS COMMITTEE TO LEARN ABOUT SCHOOL MEALS. THEY AGREED ON SOME CHANGES TO THE MENU.



AFTER THESE CHANGES WERE MADE, MORE STUDENTS PARTICIPATED IN BREAKFAST.

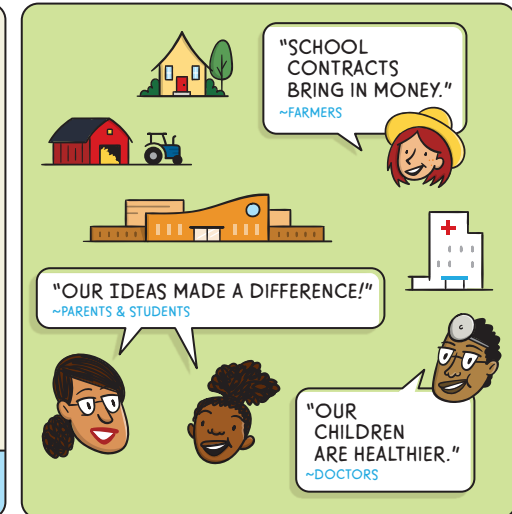
LATER AT THE STATE CAPITOL...



PARENTS AND STUDENTS AT MARIA'S CHILD'S SCHOOL LED A CAMPAIGN TO CALL ELECTED OFFICIALS. THEY WANTED TO HELP CHANGE SCHOOL BREAKFAST FOR ALL KIDS.



THE STATE PASSED LAWS TO LOWER SUGAR IN SCHOOL MEALS AND TO INCREASE FRESH FRUIT.



AS A RESULT OF THESE CHANGES, MEAL PARTICIPATION INCREASED, WITH BENEFITS THROUGHOUT THE COMMUNITY.

