



# School meals are delicious, nutritious and convenient

And now school meals are **FREE** for all kids age 18 and under!

## Why are school meals free?

To make sure kids have access to healthy meals as the country recovers from the pandemic



## How does this benefit our school?



Each meal we serve supports our district

more meals served  
=  
more school funding



More funding means we can serve more students!

## How does this benefit our families?



**Spend less** at the grocery store



**Stress less** and enjoy the convenience of not having to prepare meals



**Eat better!**  
Research shows that kids who eat school meals consume more milk, fruit and vegetables at meal time.