



Parents for Healthy Schools

The School Nutrition Environment and Services

Schools provide students with opportunities to learn about and practice healthy eating. The school nutrition environment refers to the foods and beverages that are available to students throughout the school day, as well as information and messages about food and nutrition that students encounter on school grounds.

A **healthy school nutrition environment** provides students with access to healthy and appealing foods and beverages, consistent messages about healthy eating, and opportunities to learn about and practice healthy eating. School nutrition services provide meals that meet federal nutrition standards for the National School Lunch Program and School Breakfast Program, accommodate the health and nutrition needs of all students, and help ensure that foods and beverages sold outside of the school meal programs (i.e., competitive foods) meet Smart Snacks in School nutrition standards.

Ideas for Parents

Ideas for Parents provides information and suggestions for how parents can get involved in the following aspects of the school nutrition environment and services:

- School meals
- Smart Snacks in School
- Healthy fundraisers
- Healthy student rewards
- Events and celebrations during the school day
- Drinking water availability
- Food marketing in schools



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion