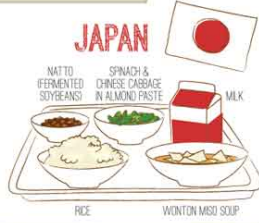


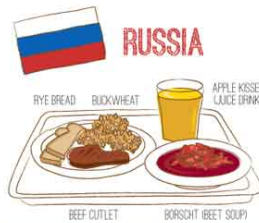
SCHOOL LUNCH AROUND THE WORLD



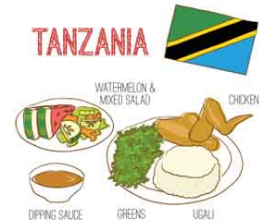
CAN HEALTHY BE A TASTY OPTION?
 "Research shows that children [in the U.S.] must be exposed to vegetables 10 to 12 times before they will eat them on their own, said William J. McCarthy, a professor of public health and psychology at the University of California, Los Angeles."¹



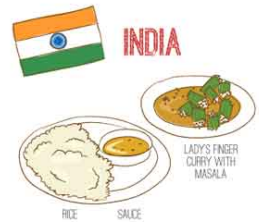
LEARNING PERSONAL RESPONSIBILITY
 "From Monday through Friday, school children attending elementary and middle schools [in Japan] have lunches prepared for them in the classroom. The students take turns serving portions."²



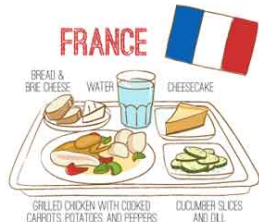
DOES WEALTHY EQUAL HEALTHY?
 "Ostensibly, many would assume that since Russia has had more than its share of economic problems in recent decades, that its school lunches may have suffered as well. On the contrary, this country's typical school lunch is both inexpensive to produce, and abundant in nutrition."³



MORE THAN HUNGER
 "In one example school in Tanzania, school lunch provision has caused student attendance to go up about 90%.⁴ There are also "huge differences in the health of the children, the way they participate in class, and their test scores."⁴



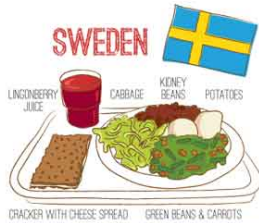
HOME COOKING
 "In India, school lunches are often provided from home. Ever the entrepreneurs, a food service worker called a dabbawalla has arisen to provide a service whereby they pick up the fresh meal from home and deliver it to school."⁵



SCHOOL REFUEL
 "There are no vending machines in French schools (they are banned by law), and children are strongly discouraged from bringing their own meals from home (and most don't)."⁶



BEYOND SCHOOL WALLS
 "School lunch is integrated into other aspects of the food system. Seasonal produce, for instance, is prioritized and schools must buy a portion of ingredients from local farmers (like the banana in the image above). Everyone benefits: kids get great fresh food; farmers have a ready outlet for their produce."⁷



WHO SHOULD PAY?
 "In Sweden, every child attending a primary school is entitled to a free school lunch every day. This is protected by the legislation that covers all aspects of schooling since 1957."⁸



FREEZE! Juices, smoothies, and yogurts can double as ice packs (tip of the hat to FamilyFreshCooking.com).

THINK GLOBALLY Rice (especially brown), can be a great lunchtime treat. No way to heat it? No problem: rice can be a great cold dish with a bit of dressing and mixed with things like chickpeas.

INVOLVE YOUR KIDS At the store (preferably in the fruit and veggie aisle), involve your kids in buying the components of their lunch - they are more likely to eat it if they've 'shopped' it.