

National School Food Challenge

The school year is now under way and schools and parents have their hands full getting kids back into a healthy routine. The National School Food Challenge is an opportunity for us to work together and make sure kids eat well at school and at home.

To keep kids' nutrition at the head of the class, I'm inviting schools and families across the country to participate in the National School Food Challenge: October 15-19, 2007.

WHAT: The challenge is a week-long opportunity for schools, families, and advocates to work together to provide healthy, nutritious foods for kids at school and at home.

Families and advocates are challenged to ask local administrators about the foods served in school lunches, and help their kids make strong nutritious meal choices.

Schools are challenged to find sources of local, fresh foods that can be served in cafeterias, and take a closer look at the nutrition messages being distributed to their students.

WHY: Most school food programs are driven by outdated nutrition goals and budget constraints, neither of which puts kids' nutritional needs first. Chef Ann's School Food Challenge and dietary guidelines are just for kids and, by taking the challenge, schools and families can work together to make sure kids' nutritional needs are met.

WHEN: The challenge will take place October 15-19, 2007.

WHO: The challenge is primarily for schools and families, but advocates who are interested in children's health and nutrition are more than welcome to get involved.

HOW: To participate in this year's challenge, all you have to do is sign up at www.lunchlessons.org.

If you have ideas or feedback that you would like to share with other schools and families, please send your comments to Ann@ChefAnn.com. For more information and resources regarding the school food challenge, visit www.lunchlessons.org. Remember, BE CREATIVE!!! The Challenge is what you make it. So think outside the box!