



SCHOOL MEALS: Worth the Price!

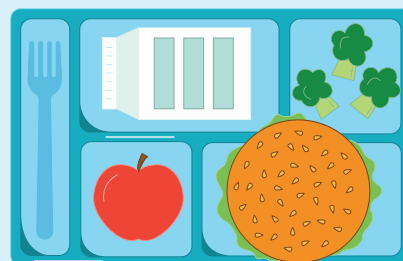
Let's compare the estimated costs and benefits associated with School Meals vs. Packed Meals!

THE VALUE OF A Packed Meal



VS.

THE VALUE OF A School Meal



Sandwich	▶ \$1.60
Chips or Crackers	▶ \$0.55
Fruit	▶ \$0.65
Juice Pouch	▶ \$0.30
TOTAL	▶ \$3.10

COST

Entree w/ Whole Grain & Lean Protein	✓
3/4 Cup Vegetables	✓
1/2 Cup Fruit	✓
1 Cup of Low-Fat Milk	✓
TOTAL	▶ \$3.00

Weekly Time Spent	
Planning	▶ 10 min
Shopping	▶ 15 min
Packing	▶ 30 min
TOTAL	▶ 55 minutes weekly

TIME

Weekly Time Spent	
Planning	✓
Shopping	✓
Preparing	✓
TOTAL	▶ Nothing!

That's 3 hours and 40 minutes per month!

You don't have to lift a finger - we do it all for you!

Added **Benefits** of a School Meal

Quality and Variety

Food Safety

Convenience

Foster Community
and Support Local

