



# SCHOOL MEALS: Worth the Price!

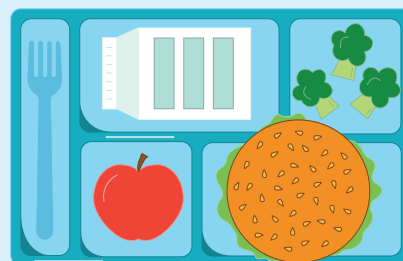
Let's compare the estimated costs and benefits associated with School Meals vs. Packed Meals!

## THE VALUE OF A Packed Meal



VS.

## THE VALUE OF A School Meal



COST

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

Entree w/ Whole Grain & Lean Protein	✓
3/4 Cup Vegetables	✓
1/2 Cup Fruit	✓
1 Cup of Low-Fat Milk	✓
<b>TOTAL ▶</b>	

TIME

Weekly Time Spent	
Planning	▶ 10 min
Shopping	▶ 15 min
Packing	▶ 30 min
<b>TOTAL ▶</b>	<b>55 minutes weekly</b>

Weekly Time Spent	
Planning	✓
Shopping	✓
Preparing	✓
<b>TOTAL ▶</b>	<b>Nothing!</b>

*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

