



Child Nutrition Act Fact Sheet

It's time to provide America's children with real food at school. Here's why:

- In the last four decades, the obesity rate for children of ages 6 to 11 has more than quadrupled. For adolescents of ages 12 to 29, the rate has more than tripled.
- One child in every four is overweight or obese, and one in three will develop diabetes in his or her lifetime. If the child is African-American or Hispanic, that number rises to one in two.
- Obesity and diabetes are so destructive that today's kids are the first in over two centuries to have shorter life expectancies than their parents.
- Obesity costs our health care system \$147 billion per year, half of which is paid for by taxpayers in the form of Medicare and Medicaid.
- The National School Lunch Program feeds 30 million children every school day. 18 million of those children qualify for free or reduced-price lunch.
- School districts are reimbursed \$2.68 for every meal served to a child who qualifies for free lunch. After paying for overhead costs, that rate leaves only \$1.00 to purchase food. With so few resources, most schools have no choice but to feed kids the fast food and junk food that makes them sick.

Congress has the power to give kids real food at school. When our elected officials update the Child Nutrition Act this fall, they must:

1. Give schools just one more dollar per day per child, so school nutrition directors can purchase food that benefits kids' health.
2. Establish strong standards for all the food sold at school, including food sold in vending machines and on-campus fast food stores.
3. Link local schools to local farms. Grant \$50 million in funding for Farm to School programs.

We need your help telling Congress what's at stake. To get involved in the Time for Lunch campaign, visit <http://slowfoodusa.org/timeforlunch>.