



The Center for
Health and Health Care in Schools
School of Public Health and Health Services
The George Washington University Medical Center
<http://www.healthinschools.org>

For Parents: Healthy Eating at School

Five questions to ask your school principal or school board member about policies and programs to support healthy meals and snacks at school:

- Who decides “what’s for lunch” in the school cafeteria?
- Who determines school policies on vending machines, and snacks and sodas in the cafeteria or student store?
- Who makes decisions about what foods can be sold as part of student activity fund-raisers?
- How can parents (and students) participate in the decision-making process?
- Does the school or school district post its lunch menus for the week and do the menus provide information about nutrition facts?

See Parents Resource Center at: <http://healthinschools.org/Educators-and-Families/Parents.aspx>

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