

Top 10 Wish List for School Food:

1. Substantially reduce the availability of "junk foods," particularly high carbohydrate and high sugar products
2. Improve nutritional quality of lunch menus by eliminating processed foods and serving whole foods.
3. Greatly increase the availability of high quality protein such as poultry, beans and fish, replacing high starch and high fat alternatives.
4. Eliminate all products containing partially hydrogenated fats.
5. Increase availability of fresh fruits and vegetables.
6. Offer a greater variety of high fiber whole grains and beans.
7. Eliminate high fructose corn syrup and sugary drinks.
8. Make sure that snacks and drinks are offered only in single serving packages.
9. Make sure students have plenty of time to eat and properly digest their food.
10. Support local farms through programs that promote interaction between students and farmers.

Help us to help you!

Healthy children are the foundation of a healthy society. Your support makes a difference in what your children eat. Better school food will have a positive impact on our children's health.

**Please donate what
you can to support
and help raise
awareness of this
critical issue.**

As a 501(c)(3) non-profit corporation, all contributions are tax-deductible to the extent permitted by law.

Make checks payable to:
**Westchester Coalition for
Better School Food**
487 East Main Street #231
Mount Kisco, New York 10549
(914) 864-1293
www.betterschoolfood.com



Healthier children have
a brighter future.

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Tips for Creating Better Children's Health:

***Eat more fruits and veggies.**

Take a cooking class with your child, experiment with new foods.

***Get re-connected to real food!**

Make time to cook and eat dinner with your family.

***Drink lots of water.** Replace sugary drinks with water and herbal teas.

***Read labels.** Don't buy products that have ingredients that you can't pronounce.

***Movement is essential, stay active!** Get outside and walk, run and play with your children. We all need exercise, fresh air and sunshine.

***Slow things down;** find ways to simplify your life. Less is more.

***Find ways to decrease stress** in your life and that of your child. A lower stress lifestyle will boost your immunity and improve your health.

Schools are increasing being invaded by junk food and other foods of questionable health and nutritional quality. The Westchester Coalition for Better School Food is working to reverse this situation and to protect our children's long-term health. We are a group of concerned parents, health professionals and educators who are dedicated to improving food and nutrition policies in our schools.

We believe there is a direct link between what our children they eat and their performance in the classroom.

Our mission to the community is:

- *to increase awareness of the connection between food and its impact on children's overall health, behavior and learning.
- *to provide food based education to parents, students, schools, health professionals and educators via events, programs and our website.
- *to assist school districts in setting optimal school food standards. Our website will be an on going resource for information related to school food and our children's health

JOIN THE WESTCHESTER COALITION FOR BETTER SCHOOL FOOD

We need your help to make a difference in our communities and schools. Please contact us with any time, talent, or resources that you may have that will help improve children's health. It is your decision as to how much time you can give, or how involved you would like to be. Your involvement will make a difference to our children. Please contact us by email at betterschoolfood@aol.com or by phone (914) 864-1293 Sign up for our newsletter by visiting www.betterschoolfood.com

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