



National School Lunch Week 2019

October 14–18

Teacher Toolkit

What is National School Lunch Week?

National School Lunch Week (NSLW) was established in 1962 by President John F. Kennedy with the goal to raise awareness about the importance of school lunch. The National School Lunch Program serves lunch to 30 million students *every school day*. This year, the NSLW theme is “School Lunch: What’s on Your Playlist?” and we hope that you are able to celebrate the benefits of school lunch and how it is critical to student success during this week.

How can I participate?

Talk to your students about the importance of school lunch. Children who eat school lunch consume more milk, fruit, vegetables, and fiber. Healthy school lunches provide the energy and nutrition to keep your students focused on learning throughout the day and lay the foundation for healthy eating practices for a lifetime.

In-Class Nutrition Lessons

[USDA Lesson Plans and Curricula](#)

[Choose MyPlate Lesson Plans and Curricula](#)

[Choose MyPlate Printable Materials](#)

Engage Parents!

Encourage parents to attend the **Family & Teacher Lunch Day on Tuesday, October 16**. Parents and teachers can eat lunch with students free of charge. Research shows modeling healthy eating practices can make a positive impact on children’s habits in the future.

[Nutrition Tips - Newsletter for Parents](#)

[USDA Resources to Engage Parents](#)