



What's going on with school lunches? ?



Well, have you heard of RINR?

RINR stands for
Rhode Island Nutrition Requirements (2009).

RINR is the *new* State Regulation that specifies the types of foods that public schools provide to their students in school lunch, breakfast and after-school snacks programs.



Many districts have been gradually incorporating changes into their meals program for several years. Starting with the 2009/2010 school year, ALL schools in RI will see healthier items appearing regularly on their menus!!

In an effort to make kids healthier (and happier!), RI is improving school lunches. That means more whole grains, more *fresh* fruits and vegetables (including RI grown), less sodium and more legumes.

**A healthy child is a child with
more energy,
more brainpower,
more concentration.....
all of which leads to
better learning!**

The RI Department of Education is working with a non-profit organization, **Kids First**, to implement these changes to the school lunch program and educate students, families and food service staff about them. Please visit the Kids First website (www.kidsfirstri.org) to find out more and give feedback on this ongoing effort!



Here's to our healthy kids!!

