



SPRING



ASK THE DIETITIAN

YOUR QUESTIONS ANSWERED

Q. Where are the fruits and vegetables in the school lunch grown?

A. In a nationwide survey of 125,000 students, one-third said having locally grown fruits and vegetables in their school lunches was “very important” to them.¹ All foods served as part of the USDA National School Lunch and Breakfast programs must be grown in the United States. Aramark aims to support local farmers and serve locally grown fruits and vegetables whenever possible.

Q. I’m concerned my child may not be eating enough fruits and vegetables. Are fruits and vegetables available at school meals?

A. Absolutely. Children have access to a wider variety of fruits and vegetables than ever before and must take at least ½ cup of fruit or vegetables as part of each reimbursable lunch and breakfast. Fruits must be raw, frozen, dried, canned fruit in juice or light syrup, or 100% fruit juice. And, each week, school cafeterias must offer legumes (such as kidney beans, lentils, chickpeas), dark greens (broccoli, spinach, collards, for example) and red or orange vegetables (including carrots, sweet potatoes, bell peppers), along with limited amounts of starchy (potatoes, corn) and other vegetables (such as cucumbers and celery).

Q. In my child’s high school, they stopped using trays for school meals. Why?

A. Having no trays means no dishwashing. This conserves energy and water while reducing the need to use cleaning chemicals.

Q. What else is our school cafeteria doing to practice sustainability?

A. Besides the practices mentioned above, Aramark school food service programs across the country have more sustainable practices in place now and continue to add more, including using eggs from cage-free hens and providing responsibly sourced canned tuna.

For more information on what’s happening in your school district’s cafeterias, contact your local school food service director.

¹ 2016 ARAMARK Student ViewPOINT Survey