

Nutrition Focus Newsletter



National School Lunch Program

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Hello all and welcome to this month's newsletter!

This month we are covering what the National School Lunch Program is and how does CFI play a role in this?

What is the National School Lunch Program?

Since its creation in 1946, the NSLP has expanded to serve nearly 30 million children each day! The National School Lunch Program (NSLP) is an initiative that provides nutritious, affordable meals to millions of students across the U.S every school day.

School lunches are healthier than typical packaged lunches- school lunches contain fewer calories, fat, saturated fat, and sugar than lunches brought from home

Children receiving school lunches consume fewer empty calories and more milk, fruit, vegetables, and fiber than their peers – they are also more likely to have appropriate intakes of calcium, vitamin A and zinc.

National School Lunch Program reduces food insecurity which is linked to negative health, development, and educational outcomes.

You may be asking, what does CFI have to do with the National School Lunch Program?

We provide foodservice to schools and daycares that may not have a kitchen, or equipment to prepare meals for their students. That is where CFI steps in to fill the gap! Every morning our staff come in and prepare more than 20,000 meals to be distributed and served to 80+ locations, all across Wisconsin!

CFI is committed to promoting and protecting healthy school environments through ensuring that everyone we serve has access to safe, nutritious, appealing food options, and evidence-based nutrition education.

