



Barnwell School District 45

Innovation – Integrity – Investment – Community

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FOR IMMEDIATE RELEASE

BSD45 Schools Celebrate National School Lunch Week

Barnwell, S.C. October 4, 2021 – To recognize the National School Lunch Program (NSLP), serving nearly 30 million children each day, Barnwell School District 45 (BSD45) schools will celebrate National School Lunch Week from October 11-15, 2021. The annual campaign highlights the importance of a healthy school lunch to a student's success both in and out of the classroom.



Research shows that children are getting their healthiest meals at school. National School Lunch Week will highlight the nutritious foods available daily at BSD45 schools and debut new signage for the district's Food Service Department (FSD). The chef's hat was chosen to highlight the men and women who create healthy meals each day for all students in BSD45.

"School lunches offer students fruits and vegetables, whole grains and milk, and meet federal nutrition standards limiting fat, calories and sodium," said Teresa Zorn, FSD Director. "School meals are free for all students in our district, so it's a great time to give school lunch a try. National School Lunch Week helps us educate parents and students about all the wonderful benefits of our lunch program."

The federally-funded National School Lunch Program (NSLP) has been fueling students for success for 75 years. Every 5 years, the United States Department of Agriculture (USDA) publishes an updated version of their Dietary Guidelines. These guidelines provide well-researched advice for healthy eating habits that will reduce the risk of diseases associated with dietary intake. In light of the rising rates of obesity and chronic disease in the U.S., the need for proper nutrition and a healthy lifestyle is clearer than ever. The NSLP requires all lunches to align with the current dietary guidelines, which means students who eat school lunches are developing healthy eating habits that will serve them well throughout their lives! The NSLP aims to ensure that the meals students are receiving in school are healthy and well balanced. School lunches feature a variety of vegetables and fruits, low-fat dairy, and whole grains.

Parents and students can follow the fun on each school's social media pages using the hashtags #NSLW21 and #SchoolLunch. For more information on National School Lunch Week, visit <https://schoolnutrition.org/nslw/>.