

Kids Deserve Better



For the first time in two generations,
children in America have shorter life
expectancies than their parents.

This is a public health crisis.



Nearly 1/3 of children and adolescents are obese and another 1/3 are hungry, or “food insecure”.



Nearly 1/3 of children are on track to develop Type II diabetes.



More than 20% of children are living in poverty, and the rates of students enrolled in free and reduced price lunch program have skyrocketed.



Shifting school meals away from highly-processed, high-fat, sugar-laden foods and offering scratch-cooked meals will ensure all children have access to healthy foods essential for success in school and beyond.

Eating fresh, scratch-cooked school meals gives kids:

- Improved behavior and concentration in school;
- More strength and endurance to engage in physical activity;
- Lower cholesterol levels and lowered risk for heart disease, diabetes, and other diet-related health problems; and
- The nutrients, vitamins and minerals they need.



Change is happening.

Today there are more than 2,000 farm-to-school programs operating in the United States. Hundreds of schools and nonprofits are working to bring fresh, healthy choices to school food, build school gardens, teach kids cooking skills, and advocate for changes in national school food policy.

The Food Family Farming Foundation (F3) is helping kids right now by ensuring they have access to healthy food at school to grow their bodies, minds and futures. We provide tools that empower all schools, parents, and food service staff to transition away from highly-processed, unhealthy food to serving fresh, scratch-cooked meals.



“The Lunch Box has been a strong partner in our campaign to serve children real food. We utilize the Lunch Box for training materials and resources instead of trying to reinvent the wheel.”

– Tim Cipriano, Executive Director of Food Services, New Haven, CT

The F3 Foundation achieves its mission through education and training; development and distribution of web-based resources and video; and hands-on change in the schools. Our programs include:

- **The Lunch Box – Healthy Tools for All Schools:** The Lunch Box is an online toolkit packed with solutions to transform school meals into healthy and delicious food for all children at every school. Food service professionals, school advocates and parents can access user-friendly, kid-tested recipes, menu-planners, financial models, training and assessment tools, and educational resources. Each month, more than 14,000 visitors access the free tools and resources they need at The Lunch Box.
- **Let’s Move Salad Bars to Schools:** F3 and our partners have increased access to healthy fruits and vegetables for more than 600,000 children by providing more than 1,200 salad bars to schools.
- **Healthy Breakfast 4 Kids:** Our newest initiative, Health Breakfast for Kids, is aimed at serving the third of our nation’s children who are hungry. We provide equipment grants to rural schools with high low-income populations. These grants help to establish universal breakfast programs, ensuring that all children have a healthy breakfast to empower their learning in the classroom.

The screenshot shows the homepage of 'The Lunch Box' website. At the top left is the logo 'THE LunchBox Healthy Tools to Help All Schools'. To the right are links for 'About Us', 'Site Map', 'Sign In / Join Now', and 'Contact Us'. Below the logo is a search bar with the text 'Find recipes, tools, & resources' and a magnifying glass icon. A prominent orange button with a dollar sign icon says 'Donate Now >'. A horizontal navigation menu includes 'HOME', 'MENUS & RECIPES', 'RESOURCES', 'TECHNICAL TOOLS', 'COMMUNITY', 'VIDEOS', and 'SPONSORS'. The main heading reads 'Welcome to the Lunch Box!'. Below this is a paragraph: 'The Lunch Box is an online toolkit with Healthy Tools For All Schools, packed with solutions at your fingertips. Use any of these free tools to transform your school food into healthy and delicious food for all children, at every school. Go ahead, open The Lunch Box, use the recipes and other tools-for-change that have worked so well for school districts across the country, and make positive change happen in your community. The time to get started is now.' To the right, there are two promotional boxes: one for 'Apply Now – Application Period February 1 through March 31' for 'HEALTHY BREAKFAST 4 KIDS' with a 'Donate Now' button, and another for '\$2500 Equipment Grants for Universal Breakfast' with the text 'Let's Move Salad Bars to Schools' and a logo for 'LET'S MOVE Salad Bars to Schools'. Below the main heading, there is a section titled 'Are you ready to use The Lunch Box and not sure where to start or how to use the tools and resources or join our community? Check out our Tutorial Videos!'. A note says: 'Every time you see the small purple laptop icon, click it and a video will appear that shows you why and how to use the page you are on. These videos are short and informative, so give them a try and we hope they will help you in your work!'. A 'Featured Recipe' section shows a white bowl of rice and beans on a striped background. To the right of the bowl is a video player for 'Beans, Dry - soaked overnight'. At the bottom right, there is a 'Welcome: How to Use TheLunchbox.org' section with a small video thumbnail showing a woman.

If you believe kids deserve better, help us change school food.

Speaking Out to Inspire Change



Chef Ann Cooper, president of Food Family Farming Foundation — also known as “The Renegade Lunch Lady” — is an untiring advocate of school food reform. Each year she speaks to hundreds of thousands of people to help raise awareness of the solutions to school food challenges and their impact on children’s health. Please join Chef Ann and be a part of improving school lunch by visiting TheLunchBox.org.

The Food Family Farming Foundation Needs Your Support!

We envision a future in which every child in every school receives the nutrition they need to succeed in the classroom and beyond. We can only reach more children with your support.

Help

Ensure Healthy School Food for All Kids

Please Contact Us:

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“We have a pilot school in our district where we are cooking all of our breakfast and lunch entrees from scratch. 100% our lunch entrees are from your site! I have appreciated being able to scale the recipes based on the number of students we are serving, as well as having the weight and the measure of all ingredients. I very much appreciate the breakdown of components for each recipe and the nutrition information. Your site made this project so much easier! Thank you! ”

— Food Services
Staffer, Normandy
School District,
St. Louis, MO.

