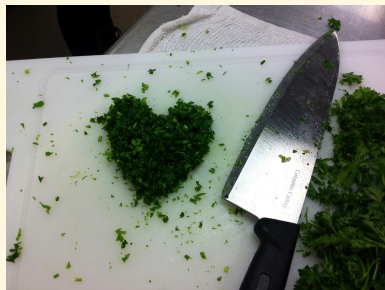


**Thank you for Universal Free Meals!**

**Please make it permanent,  
with funding from  
the top of the Ed Fund!**

**Erika Dolan, HUUSD Food & Nutrition Co-Director**

# HUUSD Food & Nutrition



# School Meals are Amazing!



Happy Farm to School Month!

**LOCAL TURKEY TACOS**  
 #TUKEY - MISTY KNOLL FARM  
 #TORTILLAS - ALL SOUL TORTILLERIA  
 #VEGGIES - PAUL MAZZA FARM  
 #LETTUCE - GREEN MOUNTAIN FARM  
 #APPLE SAUCE - VERMONT VILLAGE  
 #SOUR CREAM - CABOT CREAMERY

**#STEAMED CORN**  
**#LOCAL ROASTED ZUCCHINI & #SUMMER SQUASH**  
**#PICO DE GALLO W/ LOCAL GREEN PEPPERS**  
**#LOCAL TOMATILLO SALSA**  
**#CABBAGE SLAW**  
**#FRESH GUACAMOLE**

**TAKE A BITE!**

**lunch lady**  
 [ lunch ley-dee ]  
*noun*  
 1. A person who does precision guesswork based on unreliable data provided by those of questionable knowledge.

See also: wizard, magician



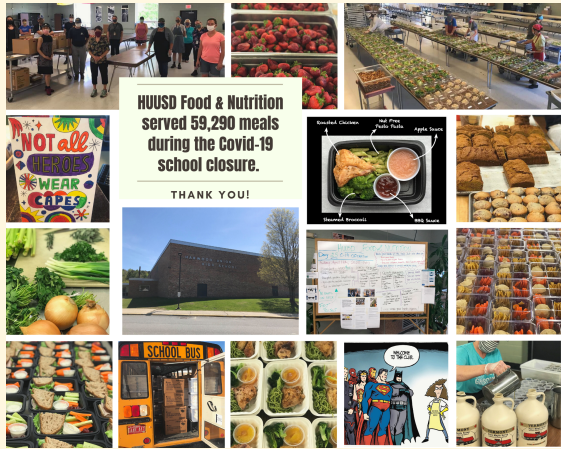
You can see our full menu by scanning the QR Code below



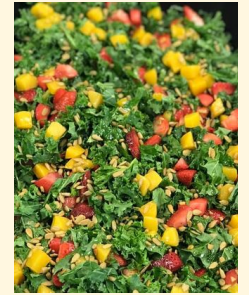
For more information visit:

food.huusd.org  
 @HUUSDFOOD

# HUUSD Food & Nutrition



# HUUSD Food & Nutrition



**Free Meals at School**

"All students now have a variety of healthy meals available to them this starts their day out right and continues through for snack and lunch." Teacher

**Free Meals at School**

"Food insecurity and providing nutritious meals to all students is a basic need." Middle School Teacher

**Free Meals at School**

"Our school cafeteria staff provides balances, wonderful meals for all and this is important to me." Middle School Teacher

**Free Meals at School**

"School lunches are frequently more balanced and complete than home lunches. It helps make sure students have the fuel and nutrition they need." Middle School Teacher

**Free Meals at School**

"I am an instructional assistant who doesn't make much. My children utilize free meals while in school and it has helped our family immensely." Elementary School Staff

**Free Meals at School** "Offering free lunch to all students means that all children who need food are fed while in school. Education is holistic after all, since we need to meet the most basic needs of children for them to access learning." Elementary Teacher

**Free Meals at School**

"It has also helped them (students) try new things and discover new food they liked." Elementary School Teacher

**Free Meals at School**

"Providing nutritious meals to our young people assures they have access to the fuel they need to participate fully in the important work of growing and learning." Elementary School Teacher

**Free Meals at School**

"I love the smiles on the students faces as they come into school in the morning and grab their breakfast to go on the way to their classrooms." Elementary School Teacher

**Free Meals at School**

"Let's make a positive move against childhood hunger and serve food free of charge to all students as a regular course of action." Middle School Teacher

**Free Meals at School**

"I am a single parent, and my child would rather eat school lunch than lunch from home. It is very difficult on a single income to pay for school meals and then food at home." Middle School Staff

**Free Meals at School**

"Parents don't have to say, 'no breakfast today, we'll have a bigger dinner...We just don't have to worry about money for food anymore.'" Middle School Student

**Free Meals at School**

"It feels nice because I'm happy and my parents are." Middle School Student

**Free Meals at School**

"I like having free breakfast and lunch because sometimes I don't have time of forget to eat breakfast and it can be hard to focus when I am hungry." Middle School Student

**Free Meals at School** "It has reduced anxiety for students who have forgotten their lunch. In the past, I have had students forget their lunch and say they can't get lunch because their family can't afford it or their parents will be mad at them." Teacher

**Free Meals at School**

"It seems like one of the most basic needs we can meet for children so that they are ready to learn. It should be non-negotiable that we feed them at school!" Middle School Teacher

**Free Meals at School**

"I think it is important that kids/ teens have the ability to have safe, clean, health and well-balanced meal if they are not getting those food service at home." Middle School Student

**Free Meals at School**

"Breakfast is so important to start out the day. Our breakfast line has so many students that participate, many more than when it was a paid meal." School Nurse

**Free Meals at School** "I think it is important because lots of families struggle to pay their mortgage or rent, so having to pay for school lunch or making and packing a home lunch adds another layer of stress on top of that." Middle School Student

**Free Meals at School**

"It feels a lot easier/calmer and much simpler for all students to access the food they need." Middle School Student

**Free Meals at School**

"There are so many things that students need to worry about. Safety, grades, attention, behavior, belonging...being hungry shouldn't be one of them." Elementary School Staff

**Free Meals at School**

"I am 100% supportive and hope that it can continue. It helps us serve our kids and supports our families in many ways beyond the obvious." Elementary School Staff

**Free Meals at School**

"Our school cafeteria staff provides balances, wonderful meals for all and this is important to me." Middle School Teacher

**Free Meals at School**

"It creates a level playing field for students. They ALL have access to food during the day." Middle School Teacher

**Free Meals at School** "Students are less rushed/hurried in the morning knowing breakfast is available at school. It has become a positive social time for students: a great way to build community and have something in common with each other."

**Free Meals at School**

"It tastes good, I enjoy eating it, and it can help people who don't have the time or food at home to eat before school." Middle School Student

**Free Meals at School**

"I think free lunches are delicious and provide healthy nutrition for students throughout the school district." Middle School Student

**Free Meals at School**

"There is no stigma and there appears to be little waste." Middle School Teacher

**Free Meals at School** "I love the school meals here!" Middle School Student

**Free Meals at School**

"Students that are getting the meals are very appreciative that there is no cost. anyone that is hungry can eat without any shame or guilt that they have no money to pay for lunch." High School Staff

**Free Meals at School** "I eat lunch here every day and it is so nice that it is free. Occasionally I get breakfast here when I am running late. It is so helpful to relieve stress from that one aspect of my day so I can focus on other things." High S. Student

**Free Meals at School**

"Students need to be well fed in order to fully access their education. For some of our students these may be the only meals in their day." High School Teacher

**Free Meals at School**

"Not everybody is able to afford to pay for school lunch, and food should be open for everybody." High School Student

**Free Meals at School**

"It helps me keep my focus throughout the day." High School Student

**Free Meals at School**

"It takes financial stress off of families and allows students to have at least two guaranteed meals." High School Student

**Free Meals at School** "There have been times where there hasn't been enough food in the house for breakfast and lunch. I always get lunch from school currently and I think it's been incredibly helpful for my family." High School Student

**Free Meals at School** "It is more equitable for all students to have access to free lunch. Low-income students feel a lot of shame in accessing free lunch, so even if they qualify, we will see a dip in those students accessing lunch." High School Teacher

**Free Meals at School**

"Many students come from families that would not qualify for free school lunch but do experience economic stressors and paying for school lunch would be cost prohibitive." High School Teacher

**Free Meals at School**

"I think having free lunch encourages people to eat lunch each day." High School Student

**Free Meals at School**

"It's great! The food at Harwood is really good and I'm glad everyone can access it regardless of family income." High School Student

**Free Meals at School** "Because some kids are not fortunate enough to pay for their lunches, food improves kids' mental health clinically proven. It decreases tiredness and raises serotonin." High School Student

**Free Meals at School**

"I love lunches at my school. They are good and I get them or our salad bar almost every day." High School Student

**Free Meals at School**

"I love the options at breakfast and nachos at lunch." High School Student

**Free Meals at School** "It helps reduce anxiety for students when all students are getting free meals. As a parent, it has helped that everyone gets lunch because it has helped my children increase the variety of foods that they are willing to try." Teacher

**Free Meals at School**

"To give people who don't have food at home an opportunity to eat." High School Student

**Free Meals at School**

"Eating keeps me focused. I feel good about it." High School Student