

# Health e-Benefits



Lunch Type	School Provided	Fast Food Provided	Prepackaged Lunch	Home Prepared Lunch	Health e-Lunch Kids
<b>Cost</b>	Over \$1.50	Over \$1.50	Over \$2.82	Over \$2.89	Various: \$2.99, \$3.99, \$4.99
<b>Nutrient Content</b>	<ul style="list-style-type: none"> <li>- Low Fat</li> <li>- Low Saturated Fat</li> <li>- High Sodium Content</li> <li>- High Sugar</li> <li>- Artificial Flavor &amp; Color</li> <li>- Hydrogenated Oil</li> <li>- High In Calcium</li> <li>- Portion Control</li> </ul>	<ul style="list-style-type: none"> <li>- High Fat</li> <li>- High Saturated Fat</li> <li>- High Sodium Content</li> <li>- High Sugar</li> <li>- Artificial Flavor &amp; Color</li> <li>- Hydrogenated Oil</li> <li>- Low In Calcium</li> <li>- No Portion Control</li> </ul>	<ul style="list-style-type: none"> <li>- High Fat</li> <li>- High Saturated Fat</li> <li>- High Sodium Content</li> <li>- High Sugar</li> <li>- Artificial Flavor &amp; Color</li> <li>- Hydrogenated Oil</li> <li>- Low In Calcium</li> <li>- Portion Control</li> </ul>	<ul style="list-style-type: none"> <li>- High Fat</li> <li>- High Saturated Fat</li> <li>- High Sodium Content</li> <li>- High Sugar</li> <li>- Artificial Flavor &amp; Color</li> <li>- Hydrogenated Oil</li> <li>- Low In Calcium</li> <li>- No Portion Control</li> </ul>	<ul style="list-style-type: none"> <li>- Fresh</li> <li>- Natural &amp; Organic Ingredients</li> <li>- Low Fat</li> <li>- Low Saturated Fat</li> <li>- Low Sodium</li> <li>- Low Sugar</li> <li>- No Artificial Flavor or Color</li> <li>- No Hydrogenated Oil</li> <li>- High In Calcium</li> <li>- Portion Control</li> </ul>
<b>Variety Entrees</b>	<ul style="list-style-type: none"> <li>- Limited Choices Overall</li> <li>- Limited Healthy Choices</li> <li>- Limited Appealing Choices</li> </ul>	<ul style="list-style-type: none"> <li>- Limited Choices Overall</li> <li>- Limited Healthy Choices</li> </ul>	<ul style="list-style-type: none"> <li>- Limited Choices Overall</li> <li>- Limited Healthy Choices</li> </ul>	<ul style="list-style-type: none"> <li>- Limited Variety Due to Shopping and Planning Once or Twice Weekly</li> <li>- Limited Choice of Healthy 'Grab n Go' Snacks Available in the Market</li> </ul>	<ul style="list-style-type: none"> <li>- Numerous Choices for Entrees</li> <li>- Variety of Healthy Snack and Treat Choices</li> </ul>
<b>Fruit/Vegetables</b>	Lacks Fresh Fruits and Vegetables	Lacks Fresh Fruits and Vegetables	Lacks Fresh Fruits and Vegetables	Lacks Fresh Fruits and Vegetables	Abundance of Organic Fresh Fruits and Vegetables, Cut Fun for Kids w/their Favorite Healthy Dip!
<b>Beverage</b>	<ul style="list-style-type: none"> <li>- Sugary Fruit Drink</li> <li>- Water</li> <li>- Milk</li> <li>- Soda</li> </ul>	<ul style="list-style-type: none"> <li>- Sugary Fruit Drink</li> <li>- Water</li> <li>- Milk</li> <li>- Soda</li> </ul>	<ul style="list-style-type: none"> <li>- Sugary Fruit Drink</li> </ul>	<ul style="list-style-type: none"> <li>- Sugary Fruit Drink</li> <li>- Water</li> <li>- Soda</li> </ul>	<ul style="list-style-type: none"> <li>- Water</li> <li>- Soy Milk</li> <li>- 100% Organic Fruit Juice</li> </ul>
<b>Food Safety</b>	May Not Be Held at Correct Temperatures	May Not Be Held at Correct Temperatures	May Not Be Held at Correct Temperatures, such as in Classroom	May Not Be Held at Correct Temperatures, such as in Classroom	<ul style="list-style-type: none"> <li>- Prepared Under Strict Sanitary Conditions</li> <li>- Delivered by Food Certified Carrier w/Lunch in Cool Sack</li> <li>- Delivered right at Lunch Time</li> </ul>
<b>Service</b>	<ul style="list-style-type: none"> <li>- Quick and Easy</li> <li>- Don't Know What Your Child is Eating</li> </ul>	<ul style="list-style-type: none"> <li>- Quick and Easy</li> <li>- Don't Know What Your Child is Eating</li> </ul>	<ul style="list-style-type: none"> <li>- Quick and Easy</li> <li>- Know What Your Child is Eating</li> </ul>	<ul style="list-style-type: none"> <li>- Time Consuming:</li> <li>- must shop</li> <li>- prepare and pack</li> <li>- Know What Your Child is Eating</li> </ul>	<ul style="list-style-type: none"> <li>Quick and Easy:</li> <li>- Convenient online ordering</li> <li>- Convenient delivery to schools</li> <li>- Builds health awareness</li> <li>- Provides cash back to school</li> <li>- Know what your child is eating</li> </ul>
<b>Food Preparation</b>	<ul style="list-style-type: none"> <li>- Chef Prepared (certified)</li> <li>- Possible Nutritionist Prepared</li> <li>- Meets Federal Nutrition Guidelines</li> </ul>				<ul style="list-style-type: none"> <li>- Chef Prepared (certified)</li> <li>- Menu's Prepared by Child Nutritionist</li> <li>- Exceeds Federal Nutrition Guidelines</li> </ul>

## Health e-Lunch Kids Extra Benefits

- Whole Grains
- Balanced for Protein, Carbohydrates and Fats
- No Processed Foods

- No Fried Foods
- No High Fructose Corn Syrup
- No Synthetic Ingredients

- Only Good Fats (Monosaturated)
- Only Lean Meats
- Only Low-Fat Cheese