

**The School Day Just Got Healthier
Tweet Library**

Tweet	Character Count
General Audience	
School meals matter. #schoolfoodsrule	37
The school day just got healthier. #schoolfoodsrule	51
Check out the new school meals. #schoolfoodsrule	48
New school meals have more whole grains. #schoolfoodsrule	57
New school meals have more fruits. #schoolfoodsrule	51
New school meals have more vegetables. #schoolfoodsrule	55
New school meals have less sodium. #schoolfoodsrule	51
New school meals have less fat. #schoolfoodsrule	48
School meals now have healthier foods. #schoolfoodsrule	55
Healthy food choices = healthy habits. #schoolfoodsrule	55
School meals are "rightsized". #schoolfoodsrule	47
Enjoy the taste of healthy eating. #schoolfoodsrule	51
Kids who eat healthy diets perform better academically. #schoolfoodsrule	72
Kids consume 1/2 their meals in schools. Those meals just got healthier. #schoolfoodsrule	89
We must work together to make the school day healthier. #schoolfoodsrule	72
32 million kids eat a healthier school meal everyday. #schoolfoodsrule	70
The school day just got healthier thanks to new school breakfast and lunch meal standards. #schoolfoodsrule	107
The new school meals focus on more whole grains, fruits, & vegetables, low-fat & skim milk, and less sodium and fat. #schoolfoodsrule	134
Giving kids plenty of healthy food choices & regular physical activity at school means they learn healthy habits for life. #schoolfoodsrule	139
Obesity is not good 4 kids health & makes it hard 4 them to do their best. Eating school meals is part of the solution. #schoolfoodsrule	136
School meals are "rightsized". Based on age, students are getting the right portions & more fruits and vegetables. #schoolfoodsrule	131
The School Day Just Got Healthier. Together we can make a difference & help kids develop healthy habits for life. #schoolfoodsrule	130
Help spread the word that The School Day Just Got Healthier. #schoolfoodsrule	77
The School Day Just Got Healthier because school meals are healthier this year. #schoolfoodsrule	96
Parents	
Well-nourished kids do better in class. #schoolfoodsrule	56
Well-nourished kids are ready to learn. #schoolfoodsrule	56
Encourage your kids to build a healthy plate. #schoolfoodsrule	62
Encourage your kids to try new food. #schoolfoodsrule	53
Join your kid for lunch in the school cafeteria. #schoolfoodsrule	65
Be a positive role model by eating healthy foods. #schoolfoodsrule	66
Try new healthy foods & your kids will too. #schoolfoodsrule	60

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Ask your kids what they ate for lunch today. #schoolfoodsrule	61
Help your children make healthy choices. #schoolfoodsrule	57
Help your kids develop healthy habits. #schoolfoodsrule	56
Make a grocery list full of healthy foods. #schoolfoodsrule	59
You have the power to encourage your children to build a healthy plate at school and at home. #schoolfoodsrule	110
Review the school menu with your kids and encourage them to try new foods and eat all the healthy foods offered. #schoolfoodsrule	133
Your kid picks up all your behaviors-including your eating habits. They are likely to mimic you when you eat healthy foods. #schoolfoodsrule	140
Eat meals with your child whenever possible. Let them see you enjoying fruits, veggies, & whole grains at meals. #schoolfoodsrule	129
Grocery shopping can teach your child about food & nutrition. Help them make healthy choices. #schoolfoodsrule	110
Share the adventure and serve new foods offered in the school cafeteria at home. #schoolfoodsrule	97
Children	
Power up with fruits, fat-free milk, and whole grains. #schoolfoodsrule	71
Healthy foods help kids do their best in school. #schoolfoodsrule	65
Fruits and veggies give kids energy to run and play. #schoolfoodsrule	69
Eat fruits and veggies at school & at home every day. #schoolfoodsrule	70
Make healthy food choices while at school. #schoolfoodsrule	59
Low-fat & fat-free milk can help build muscle. #schoolfoodsrule	63
Fuel up with fruits and veggies. #schoolfoodsrule	49
Eat fruits and veggies of every color of the rainbow. #schoolfoodsrule	70
Colorful fruits & veggies give you the vitamins & minerals you need. #schoolfoodsrule	85
Healthy foods will help you do your best in school, in sports, and to grow strong and healthy. #schoolfoodsrule	111
Give it a try! Fruits & veggies give you energy to help be a champion when you run and play. #schoolfoodsrule	109
Since you spend so much of your day at school, it's up to you to make healthy food choices while you're there. #schoolfoodsrule	127
Make fat-free and low-fat milk your rocket fuel. You need milk to help build muscles and provide fuel for fun. #schoolfoodsrule	127
Eating fruits & veggies of all colors can help give you the different vitamins & minerals you need to soar through your day #schoolfoodsrule	140
Go to the grocery store with your family. Make your own list of healthy foods that keep you healthy & strong. #schoolfoodsrule	126
School Food Service Staff	
Make the school day healthy for students. #schoolfoodsrule	58
Offer nutritious food choices for students. #schoolfoodsrule	60
Be enthusiastic about the new school meals. #schoolfoodsrule	60
Be a champion of healthy school meals. #schoolfoodsrule	55
Offer taste test of new foods. #schoolfoodsrule	47
Create ways to encourage healthy eating. #schoolfoodsrule	57

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Taste the difference. #schoolfoodsrule	38
Make the difference. #schoolfoodsrule	37
You make the difference every day when you offer nutritious food choices to students. #schoolfoodsrule	102
Thank you for making the school day a healthy day for your students. #schoolfoodsrule	85
Continue to be a champion of healthy and nutritious meals. #schoolfoodsrule	75
Talk to parents, students, and teachers about the benefits of the new meal standards. #schoolfoodsrule	102
School Administrators & Teachers	
Talk to parents about the new school meals. #schoolfoodsrule	60
Stock the faculty rooms with healthy food options. #schoolfoodsrule	67
Teachers & staff should model good behavior. #schoolfoodsrule	61
Keep healthy foods & drinks in your classroom. #schoolfoodsrule	63
Ask about your school's wellness policy. #schoolfoodsrule	57
Be a champion for your school's wellness policy. #schoolfoodsrule	65
Extend the lunch period & give kids time to eat healthy. #schoolfoodsrule	73
Have healthy celebrations at school. #schoolfoodsrule	53
Let students see you eating healthy. #schoolfoodsrule	53
Make healthy food choices important to the whole school. #schoolfoodsrule	73
Talk up healthier school meals. #schoolfoodsrule	48
Encourage staff to join the school wellness council. #schoolfoodsrule	69
Encourage staff to share best practices. #schoolfoodsrule	57
Serve a healthy school meal at the next staff meeting. #schoolfoodsrule	71
Get an extra 6 cents for each healthier school lunch served. #schoolfoodsrule	78
Make sure the faculty room has healthy food options. #schoolfoodsrule	69
Encourage teachers and staff to model good behavior by eating healthy lunches. #schoolfoodsrule	95
Make sure your school has a good wellness policy and be it's champion. #schoolfoodsrule	87
Research shows that kids who have healthy diets & get regular physical activity perform better academically. #schoolfoodsrule	125
Focus on activities like healthy celebrations that encourage healthy eating. #schoolfoodsrule	93
Host gatherings that offer tasty and healthy foods from each food group in a fun & active environment. #schoolfoodsrule	119
Let everyone know that healthier food choices and physical activity are important to you and the whole school. #schoolfoodsrule	127
Serve a healthy school meal to the Board of Education and explain the new school meal changes. #schoolfoodsrule	111
Meeting the new meal standards means more money. Receive an extra 6 cents for each lunch meeting the new standards. #schoolfoodsrule	133