SCHOOL LUNCH *is* HEALTHCARE

URBAN SCHOOL FOOD ALLIANCE

Better Health Starts in the Cafeteria





> **Healthy school meals are not just food service. They are preventive healthcare.**

Introducing

Dr. Manasa Mantravadi
MEDICAL ADVISOR, USFA

The Urban School Food Alliance proudly welcomes its first-ever Medical Advisor, bringing a physician's voice to the vital connection between school nutrition and student health.

ABOUT DR. MANTRAVADI:

- Board-Certified Pediatrician
- Endocrinology Trained
- Member, American Academy of Pediatrics Council on Environmental Health
- Harvard Medical School, Culinary Medicine Certificate
- National advocate for children's health, nutrition and environmental wellness

School Lunch is Healthcare

For millions of children, school meals are one of the most consistent sources of daily nutrition. Research shows that healthy school meals are linked to:

- Improved academic performance
- Reduced risk of chronic disease
- Healthier lifelong eating habits
- Better concentration + classroom behavior

The cafeteria is more than a place to eat—it's a place where health is built every day.

TODAY · Good Daily · Forbes · FORTUNE · BuzzFeed · GOOD HOUSEKEEPING · Parents · GMA · food network