

- Standard deviation in consumption time 7 minutes 5 to 7 minutes
 - Social time 5 minutes 5 to 10 minutes
- Total 31 minutes 24 to 35 minutes

Other Entities- The National Association of State Boards of Education recommends that students be given 20 minutes **after** they sit down in order to have enough time to consume/eat.

Impact on Afternoon Activities- including school testing

Students who are well nourished are better equipped to learn and perform. This is also applicable during the afternoon hours. Healthy eating should be a priority to help learning and performance in school.

Students are rapidly growing and need access and time for proper nourishment for physical, social and emotional needs. In addition, a longer lunch will allow for students to eat even if there is an issue with time management- such as a milk spill, bathroom trip or other unique situation.

Other Schools

- North Avondale Montessori provides 25 minutes for eating time. Several other regional schools provide a longer eating time for lunch.

Long term Healthy Lifestyle

Establishment of healthy eating patterns while young, will also have a positive impact on long-term health and quality of life of students today and in the future. We need to provide a healthy eating environment to enhance the health of our children- and minimize the chance for childhood diabetes and obesity which can lead to high blood pressure, high cholesterol, heart disease and stroke, as well as various cancers later on in life. A 30 minute eating time will provide a starting point for a healthier eating environment and allow students to have the time to eat more nourishing foods and not be forced to rush.

Schools can be a cornerstone for students to learn and practice healthy eating habits- Schools can be a leader in this area. Eating healthy to address obesity is a priority recently outlined by Michelle Obama as her number one priority as First Lady.

CPS is also rolling out healthier food choices in the cafeteria (at the H.S. level now- and next year to the other levels).

Lets make a 30 minute lunch a priority to help create a healthy eating environment!