



Powered by School Food Professionals

Talking Points

These key points can be used to inform conversations you have with your networks about School Food Professionals.

- We all want students to eat better in school. Especially since research shows that when kids eat healthier, they do better in school. ([Science Daily](#); [CDC](#))
- Yet, most people don't hear or know enough about the workforce responsible for planning and cooking for students each day.
- School Food Professionals in California are powering historic changes in the school food system. These professionals are the key to improving school food and ensuring kids eat good and good-for-you school meals so that they can show up to class ready to learn and achieve their full potential.
- Across California, more schools and School Food Professionals are developing healthy scratch-cook recipes that use fresher ingredients and flavors kids love.
- And these jobs are more complex than you can imagine. School Food Professionals develop recipes that take into account dietary restrictions, federal nutrition standards, limited budgets and the likes and dislikes of children ages 5 to 17 — not to mention cooking at such a large volume AND sourcing the ingredients needed to serve our kids.
- These professionals are expert project planners, skilled culinarians and shapers of healthy eating habits all rolled into one!
- To learn more, we encourage you to check out SchoolFoodPros.org.