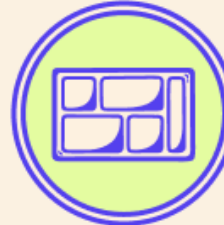


Fast, scalable food systems change through public school certification

The 10 Eat Real Standards		
 Reduced Sugar Reducing consumption of added sugar and artificial sweeteners	 Menu Variety Providing students with a variety of relevant and appealing choices	
 Whole Grains Encouraging intact whole grains and whole-grain flour products	 Sustainable Produce Championing sourcing strategies that support local communities and protect the environment	
 Fresh Choices Increasing the consumption of fresh fruits and vegetables	 Responsible Proteins Choosing proteins that maximize animal welfare and minimize environmental impact	
 Healthy Fats Encouraging fats from the healthiest possible sources	 Waste Prevention Implementing food and solid waste prevention and recovery strategies that put resources to their best use	
 Minimal Processing Replacing ultra-processed items with scratch cooking and minimally processed alternatives	 Real Food Education Connecting students to their food through farm to school, culinary, and nutrition education	

Award-winning K-12 school food certification

Eat Real works directly with district-level school food leaders to achieve lasting, community-driven change. Our certification program consists of 10 evidence-based standards that measure 34 key performance indicators in a school district’s menu plans and procurement practices. Our team then works with each district to find the path to certification that best supports their goals, strengths, and circumstances.

Impact areas: childhood nutrition and planetary health

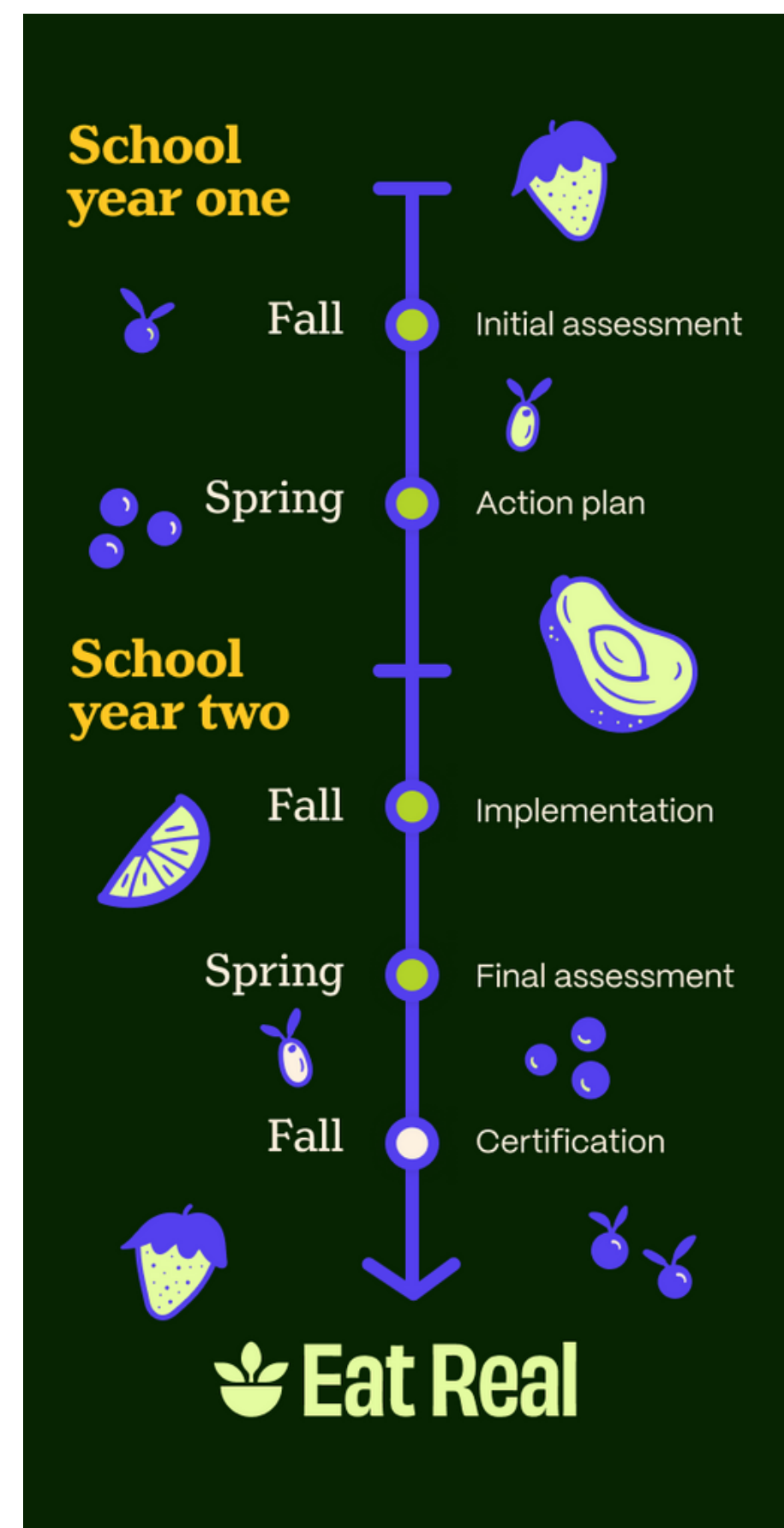
Our vision is that every child deserves a healthy, delicious future. All of our standards are meant to drive improved nutrition in students while pushing procurement and processing to more local, sustainable practices.

Lasting change in as little as two years

The average time from initial assessment to Eat Real certification is 23 months. Our team sticks with districts every step of the way, helping identify their greatest opportunities for impact, introducing them to best practices and new resources, and connecting them with fellow changemakers and potential funders.

Certification lasts for three years, and many districts choose to recertify. But meal program improvements tend to last much longer than that, as districts reap the ultimate benefit of their improvements: a better bottom line, as more kids eat and love lunch at school.

“Eat Real is an extension of my team.”
~participating K-12 District Nutrition Director



Certification scoring and tiers



68–84 points



85–101 points



102–118 points



≥ 119 points

Four tiers of certification make room for a district to join the program at any point in their real food journey, and set their sights higher when they recertify.