

ONLY 3% OF KIDS' MEAL OPTIONS ARE HEALTHY.  
IT'S TIME FOR RESTAURANTS TO SERVE KIDS BETTER™.



What's on the menu this evening?  
Healthy foods like whole grains,  
fruits, and vegetables?

**Hardly.**

Tonight, thousands of kids across [STATE] will be served a meal that is high in fat, sugar, sodium, and calories...and LOW in nutrition. That's because most restaurants in our state make unhealthy food the default—so it is nearly impossible for parents to reinforce healthy habits when going out to eat.

**We can change this. Encourage restaurants in [STATE] to offer more healthy options to our kids. Visit [VoicesforHealthyKids.org/Kids-Meals](https://VoicesforHealthyKids.org/Kids-Meals).**

