

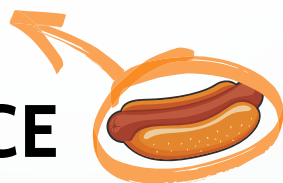
# Five Steps to Remove Processed Meat from Your School Lunch Menu

Hot dogs and pepperoni pizza are common staples in school lunch rooms across the United States. But the [World Health Organization recently declared](#) these and other processed meats—such as bacon, sausage, and deli meats—“carcinogenic to humans.” The organization has even classified processed meats in the same category as asbestos, tobacco products, and other carcinogens.<sup>1</sup> Research links red and processed meats with increased risk for colorectal cancer, heart failure, and type 2 diabetes.

## Ready to take these foods off your school lunch menu?

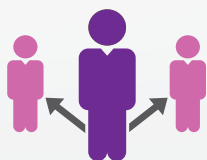
Here are five easy steps to replace processed meat:

### 2. REPLACE



Replace the processed meat entrées with new [healthful, student-approved recipes](#) and products from other school districts.

### 4. SHARE



Share why you took processed meat off your trays with your community! Get all of your stakeholders—from teachers to parents—involved to promote student health.

### 1. HIGHLIGHT



Highlight all the meals on your menu with processed meat—hot dogs, ham, bacon, pastrami, salami, pepperoni, bologna, sausage, and luncheon meat, including turkey ham, turkey bacon, and turkey sausage, too.

### 3. MARKET



[Market the new options to students.](#) Taste tests and marketing materials create excitement and encourage students to try new healthful options.

### 5. CELEBRATE



*Celebrate your success!*