



Child Nutrition Services Newsletter

Yes! We Offer Breakfast, Lunch and Supper!



Back to School

As your kids are headed back to school this fall, make sure to get them off to a good start and encourage them to eat breakfast and lunch at their school!

What do Alum Rock schools offer their students?

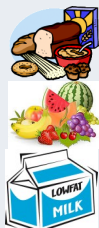
We offer three full balanced meals to our students every-day at no cost:

- ♦ Breakfast
- ♦ Lunch
- ♦ Supper Snack

These meals provide our students the nutrients and fuel they need to get through the day. Meals offered at Alum Rock schools are healthy, well-balanced meals that meet nutrition standards from local, state and federal governments. And remember, you don't have to pay!

Breakfast

For breakfast, Alum Rock schools offer their students 5 items from 3 food components.



Grains (main entree)

Fruit (1/2 cup of fruit or juice)

Milk (choices: 1% white milk or fat free chocolate flavor)



On average, a breakfast meal can provide your student every day with:

- *1 cup of fruit
- *1-2 oz of grains (half come from whole grains)
- *1 cup of milk (2 choices)

Did you know?

School meals are healthy by LAW? Learn more at <http://www.fns.usda.gov/>



Lunch

For Lunch, Alum Rock schools offer their students 5 food components.



Meat/Meat Alternative



Grains



Vegetables (salad bar*)



Fruit (1/2 cup fruit)



Milk (choices: 1% white milk or fat free chocolate flavor)



Supper

A Supper Snack is also offered to students who are enrolled in the after school program.

For Supper, Alum Rock schools offer their students 5 food components.



Meat/Meat Alternative



Grains



Vegetables



Fruit



Milk

On average, a supper snack provide your student with:

- *2 oz eq of meat
- *1 oz eq of grains
- *3/4 cup of fruit & veggies

Family Meals Month



Concerned about what your kids eat or don't eat? The solution can be as close as your kitchen table. Gathering around your table and eating as a family can bring so many benefits. Family meals allow you to create a supportive environment that promotes healthy eating; and they don't just mean "better nutrition". Children of families that eat together are less likely to be obese, have behavior problems or use drugs, cigarettes or alcohol when they get older.

Tips on how to make more family meals happen at your home:

- ♦ **Keep it simple.** Build go-to recipes that can help you get in & out of the kitchen in under a half an hour
- ♦ **Just say no to take out.** A trip to the drive-thru might seem like a fast way to get dinner on the table, but it could be adding to your family's waistline
- ♦ **Don't be afraid to ask for help.** Ask your kids to set the table, pour drinks or chop veggies; this shows them that making the time and effort to eat together as a family is important

"The Food Groups" Word Puzzle



Visit www.ChefSolus.com for free online nutrition games, healthy interactive tools, food group worksheets and activities, recipes and more!

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SPINACH



This plant is rich in vitamins and minerals that help make your body strong and healthy. It contains Vitamin A for healthy eyes; Vitamin K for strong bones and teeth; and fiber to help maintain a healthy digestive system.

In Season: All year around.

Serving ideas:

- ♦ Add layers of spinach to your next lasagna recipe
- ♦ Pine nuts are a great addition to cooked spinach
- ♦ Spinach salads are a classic easy and delicious meal or side dish.

Planning and Prep Tips



Feed Your Family Healthfully on a Low Income Budget

- ♦ **Get to know SNAP.** A program that provides additional monthly assistance to buy foods such as fruit, vegetables, bread, cereal, meat, fish, poultry & milk
- ♦ **Visit your local farmers market.** These provide fresh, locally grown produce that you can often purchase with SNAP dollars
- ♦ **If you have children under 5, check out WIC.** Program provides supplemental foods to women, infants and children under 5 years old
- ♦ **Take advantage of school meals.** Alum Rock schools provide free meals to all their students.



"School lunches aren't nourishing"

The truth is school lunches are more healthier than home packed ones. Studies show that home packed lunches have more sodium & less servings of fruit & veggies, protein, whole grains & milk; and nearly 90% of them have a sweetened beverage, snack

To learn more about Alum Rock's Child Nutrition Department visit us at <http://www.schoolnutritionandfitness.com>