



RSU No.5 School Nutrition Newsletter

Volume 1, Issue 2

February 2010

Durham—Freeport—Pownal School Districts
Judy Goodenow, Director School Nutrition
goodenowj@rsu5.org
207.865.0928 extension 4



RSU No.5
is a part of the
Let's Go!
School
Nutrition
initiative.

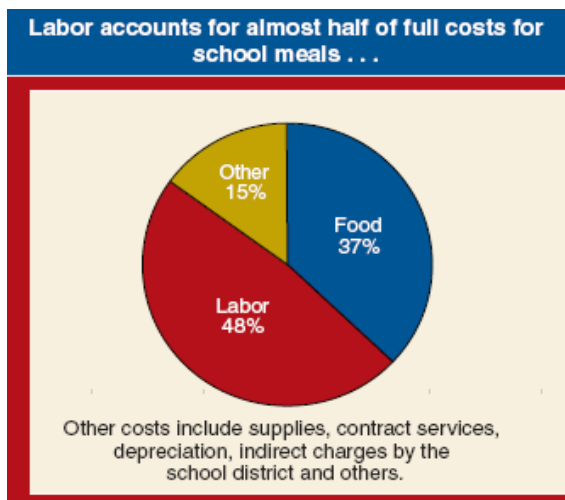
This means that our School Nutrition Program has committed to make important improvements in the foods offered in the cafeteria. We will also be working with Let's Go! to help students, parents and community members understand how the School Nutrition Program works. For more information visit www.letsgo.org.

Enlightening Facts About Your School Nutrition Program

If you encourage your child to select our school lunch, you can rest assured that they are getting **1/3 of their daily needs for protein, vitamin A, vitamin C, iron, and calcium!** No more than 30% of the calories will come from fat and no more than 10% will come from saturated fat – our guarantee!

While we serve the healthiest meals we can, one of the largest barriers to healthier meals is the rising costs of food. The cost of serving nutritious school lunches continues to increase beyond our revenue. In 2008-2009, we paid 14% more for milk, 13% more for fruits and vegetables, and 15% more for bread than in 2007-2008.¹ School Nutrition Programs in our area are losing an average of \$1.51 on every lunch served.²

School lunch programs receive state and federal subsidies, but it rarely covers the full cost of producing a meal. Labor and other costs like supplies, equipment, and overhead account for 63% of average meal costs! Whoa!



For better lunches, we *all* have to advocate for more money for School Nutrition Programs!

¹School Nutrition Association Cost Survey of Members, September 2008
²Let's Go! Greater Portland School Nutrition Evaluation Baseline Data, (n= 8 districts), October, 2009
Graph: USDA, Food and Nutrition Service. School Lunch and Breakfast Cost Study-II. Nutrition Assistance Program Report Series, April 2008



What Can You Expect From Your School Nutrition Program?

During the 2009-2010 school year, Let's Go! is encouraging school districts to meet the following goals:

- Offer non-fat and low-fat milk options only.
- If french fries are available, offer them no more than once a week – even if they are baked.
- Serve regular desserts with the school lunch no more than once a week.
- Limit types of a la carte packaged foods in middle and high schools.
- If potato chips are available, replace fried chips with baked chips.

Our district already meets many of these goals and is well on our way to meeting the rest!

Real Juice?: Read Labels and Find Out

Did you know that juice products labeled “-ade”, “drink”, or “punch” often contain 5% juice or less?

The only difference between these “juices” and soda is that they’re fortified with Vitamin C.

Always try to choose whole fruits over juice. If you choose to serve juice, buy 100% juice.

Each day, juice should be limited to:

- 4-6 ounces for children 1-6 years
- 8-12 ounces for children 7-18 years
- Children 6 months and under should not be given juice

Our School Nutrition Department never sells soda and 100% juice is available for purchase.

