

Support

HEALTHY SCHOOL MEALS

School meals today include more fruits, vegetables, and whole grain-rich food than years past. They also provide portions that are appropriate for a child's age, and less saturated fat and sodium. They follow strict USDA nutritional guidelines.

The healthy options in cafeterias help our students live the *Let's Go!* 5-2-1-0 message that our district promotes:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Teachers and other staff can play an important role in supporting the healthy meals school cafeterias provide. Here are some ways you can help support your school's healthy meals:

- Always speak positively about school meals and encourage students to try new items.
- Talk to your students about the new school lunches. Find out what they like/dislike and report back to the cafeteria staff.
- Serve as a role model by occasionally eating school lunch with your students.
- Read the menu of the day over the morning announcements.
- Incorporate nutrition education into your classroom.
- Support the message of healthy eating by not using food as a reward and by serving healthier options at classroom parties.

For more ideas on how to promote a healthy school environment, visit www.letsgo.org

