



# NUTRITION NEWS






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Nutrition Education Project

## School Lunch: A Healthy Choice!

**School lunches are nutritious!** They meet the following federal guidelines:

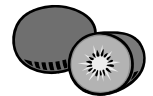
-  School lunches provide a variety of foods from *MyPyramid* ([www.mypyramid.gov](http://www.mypyramid.gov)) to meet one-third of children's daily calorie needs.
-  School lunches provide one-third of children's daily needs of protein, Vitamins A & C, iron and calcium.
-  School lunches limit the amount of total fat to no more than 30% of calories and limit saturated fat to 10% (or less) of calories, when averaged over the course of a week.



### School Lunch Meal Application Day is October 6!

Please fill out a meal application for the National School Lunch Program and turn it in to your school office or to your child's teacher by October 6, 2008.

- ★ School lunches are an important source to help students achieve a nutritious diet.
- ★ Your information will be kept confidential!
- ★ Fill out an application even if you think your family does not qualify. It will help your school.



### Guide Your Child to Healthier Habits

-  **Be a positive role model.** If you are practicing healthy habits, it's a lot easier to convince children to do the same.
-  Talk to your child about how eating a nutritious **lunch will give them the energy** to finish the rest of the school day and enjoy after-school activities.
-  **Look over the monthly cafeteria menu** with your child. Talk to them about his or her favorite menu items and circle them.
-  **Don't reward children with food.** Candy and snacks as a reward encourage bad habits. Celebrate good behavior with a trip to the park, cooking a healthy recipe, or buying a new book.
-  **Limit TV time** to 1 – 2 hours per day and choose shows in advance with your children. Prepare a healthy snack of cut up fruit or vegetables.
-  Eat a daily meal together as a family then continue **family time** with a physical activity: take a walk, ride bikes, go swimming, garden or just play hide-and-seek outside.

## National School Lunch Week October 13 – 17, 2008

*Visit your child's school cafeteria this month and say "Thank You!" to the cafeteria worker.*

Visit the School Nutrition Association website: <http://www.schoolnutrition.org> Follow the link for parent resources.

Visit [www.healthiersf.org](http://www.healthiersf.org) for more resources!