ADJUSTMENTS.



Healthy eating is all about making adjustments. And our new menu guidelines are no exception. A quick recap: this school year, USDA put in place the most sweeping changes to our regulations in the 65-year history of the School Meals program. Saturated fat and sodium were decreased; whole grains, fruits, and vegetables were increased; calorie maximums per average meal were established; and many, many other changes, large and small, were put in place. In our district, we've already been doing many of these things for years, but for the first time the new USDA regs codified what qualifies as good nutrition for our kids. After half a year in real-world operation, we're making a few tweaks. We now have the flexibility to increase the grains and protein we offer, while staying within the same calorie maximums. And don't worry, the new higher amounts of fruits and veggies are still in place, too.

the big number

32

About 32 million lunches are prepared and served in America's schools every single school day.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource by the SBLC Food, Nutrition and Wellness Program.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "ADJUSTMENTS"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

STRAWBERRIES



Do you know anybody who doesn't like strawberries? That's a good thing! A dozen medium berries have only 45 calories and deliver 140% of your daily vitamin C and 12% of your daily fiber. Strawberries are also loaded with disease-fighting anti-oxidants.

LEARN EASIER

The explosion of computers, tablets, smart phones and other communication technologies has dramatically changed the way kids learn and process information. It's second nature to kids, but parents and educators have to adjust to methods and ways of thinking that didn't exist 20 years ago. "New and different" can also be better!



PLAY HARDER



Make an adjustment in the way you think about exercise, too. Set goals, sure, but remember that making the regular effort is what counts. If you plan to run or walk for half an hour but get tired after 5 or 10 minutes, that's cool -- make "better than zero" your motto! Adjust!

LIVE HEALTHIER

Healthier living begins with small adjustments. For instance, most of us think of salad as a healthy choice. And it is -- except for the dressing, which can add hundreds of concentrated calories, mostly from oil. There's nothing wrong with a little oil, but make this one small adjustment: take your salad dressing on the side, and use as little as possible to get the flavor you crave.



A recent revision to the new USDA regulations for school meals programs allows us to provide somewhat larger servings of proteins and grains while staying within the same calorie maximums. Throughout the school year, we'll be using the menu and this newsletter to tell you more about all of the new regulations and what we're doing for your kids!



DON'T 4GET!
Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!

School Meals
We serve education every day™