



SLPS's Family/Friends Newsletter

August 2017

WELCOME BACK!

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August 16th is the first day of the 2017-2018 school year! We are excited to start this new school year on a great note.

Just a few reminders to get us started...

- Breakfast and lunch are **FREE** to **ALL** students!
- Monthly menus are available at www.healtheliving.net or via the SLPS website, www.slps.org/menus.
- You can find nutrition facts, along with food allergy information, on these websites as well!

Fruit of the Month: Pineapples!

Fun Facts

- ♦ Pineapples are a good source of Vitamin C, which is good for your immune system.
- ♦ Pineapples contain an enzyme that may help with arthritis pain.
- ♦ Christopher Columbus discovered pineapples in 1493.
- ♦ Hawaii grows 1/3 of the world's pineapples.



**For questions, please contact Food and Nutrition Services Director
Althea Albert-Santiago, 314-345-4519.**

Returning Programs

- ♦ **Roving Chef Program** - A hands-on cooking class for students of all ages. Last year, the Health and Nutrition Department completed **129** roving chef classes.
- ♦ **Nutrition Education Program** - Students learn about different health and nutrition topics by participating in taste-testing events and/or hands-on activities. We completed **49** nutrition educations across the district.
- ♦ **Café Displays** - Mini nutrition educations are held across the district in school cafeterias. These displays offer the students the opportunity to learn important information about health and wellness. The café displays are also presented during lunch at the 801 Café in the Board of Education Building. There were **29** café displays implemented across the district, last year.
- ♦ **Taste Testings/Try It Tuesdays** - These events give students an opportunity to try new foods they may not have eaten before. Last year, **22** taste testing events were offered.
- ♦ **Focus Groups** - Ten to 12 students come together to discuss the food being offered in the cafeterias through our focus groups. The Food and Nutrition Services (FNS) Department uses this feedback to help create and improve menu items. We also use this information to develop new recipes that the students will enjoy. Last year, 10 focus groups were conducted.

We are excited that we have the opportunity to continue these programs for the students. It is our goal to not only continue these programs but also expand them this school year. That means we are planning on holding even more of these programs this year!

Grants

A grant is an amount of money given by an organization or the government to be used for a specific purpose. These are important sources of funding for Food and Nutrition Services (FNS) Department. Last year, the FNS Department received more than \$79,000 in funding from No Kid Hungry, Fuel up to Play 60 and the Department of Elementary and Secondary Education (DESE). With this funding, we implemented the Grab and Go Breakfast Program in 15 middle and high schools. After implementing this program, the FNS Department noted an increase in breakfast consumption by 5%. This is important because it has been shown that when students eat breakfast they are less likely to miss classes. They have improved math and science test scores. Their focus in the classroom improves, and they have better diet quality. We are continuously searching and applying for grants to help us offer the best school dining experience possible!



August Promotions

Fruit of the Month: Pineapples



In honor of national waffle day, we will be serving Waffles on **August 24th!**

Keep an eye out for our **Try it Tuesday** on **August 29th**, a Hawaiian Burger!



August is Kids Eat Right Month!

August, is Kids Eat Right Month. It is a great time for families to focus on the importance of healthy eating and active lifestyles. The Academy of Nutrition and Dietetics encourages families to take the following steps:

- ♦ **Shop Smart.** Get your children involved in picking out foods for breakfast, lunch and dinner at the grocery store.
- ♦ **Cook Healthy.** Involve your child in the cutting, mixing and preparation of meals. They can even help make a healthy snack. When kids are involved in the selection and preparation of foods they are more likely to try new things!
- ♦ **Eat Right.** Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another. Research indicates that families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

Getting kids to eat right can sometimes be hard, particularly if they are picky eaters. But experts say that a conversation can help. "Talk to your children. Learn the foods they like. Teach them about the foods they need for their growing bodies. Find ways together to make sure they have the knowledge and ability to eat healthy and tasty foods at every meal," says Angela Lemond, registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson.