



SFE Parent Newsletter

August 2016

WELCOME BACK!

August 17th is the first day of the 2016-2017 school year! We are excited to start this new school year on a great note.

Just a few reminders to get us started...

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

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Fruit of the Month: Peaches!

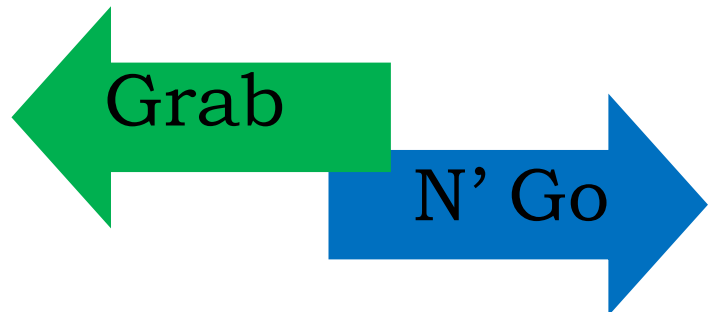
Fun Facts

- Peaches are rich in antioxidants!
- They are also high in **Fiber** and **Vitamin C**.
- Peaches originate from China.
- Georgia is known as the Peach State



What's New?

Check out the **NEW** Breakfast Kiosk in select high schools and middle schools. We will be offering quick and healthy Grab N Go meals!



**For Questions Contact Food and Nutrition Services Director:
Althea Albert-Santiago, 314-345-4519**

Monthly Promotions

Throughout the school year, you can find our monthly promotions here. We highlight a new fruit/vegetable, and add new recipes containing that fruit/vegetable each month. Along with the **Fruit/Vegetable of the Month**, we will have **Try-It Tuesdays**. These days are to highlight new and interesting recipes for your kids to try. Flyers will be posted around the cafeteria.



August Promotions

To celebrate **National Peach Month** we will be highlighting peaches on our August menu.

August 23rd Peach Oatmeal for breakfast.

August 24th Fresh Peaches for lunch.

Keep an eye out for our **Try It Tuesday** on **August 30th**, Spicy Chicken Sandwich with Diablo Sauce.

Peaches for Breakfast!!

Peach Oatmeal

Ingredients

Water 1 Cup

Quick Oats ½ Cup

Margarine 1 tsp.

Cinnamon ½ tsp.

Sugar 2 tsp.

½ Cup fresh or canned peaches.

Directions

Combine water, oatmeal, margarine, and spices together in a pot. Cook over low heat until thickened. Stirring occasionally. Top with fresh or canned peaches.



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 is encouraging families to take the following steps:

Shop Smart. Get your children involved in picking foods out in the grocery store.

Cook Healthy. Involve your child in the cutting, mixing and preparation of meals. They will learn about food and may even be enticed to try new foods they helped prepare.

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 those families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

Healthy Habits. You can help kids form great, healthy habits by setting a good example. Fill half your plate with fruits and vegetables, choose lower-sodium options, and make at least half the grains your family eats whole grains. For beverages, choose water over sugary drinks, and fat-free or low-fat milk.

Get Moving. Regular physical activity is an important part to overall health!. Kids are encouraged to be active for 60 minutes per day. Join your child in physical activity, it's a fun way to spend quality time!

Getting kids to eat right can sometimes be a 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.

For more healthful eating tips, recipes, videos and to learn more about Kids Eat Right Month, visit www.KidsEatRight.org. This August, reevaluate your family's eating and exercise habits, and take steps to make positive, healthful changes.



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation
kidseatright.org