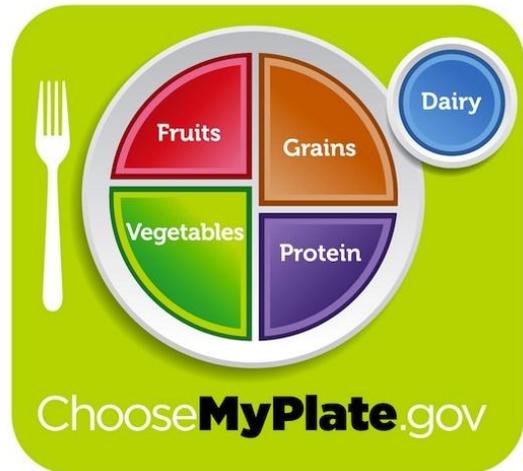


We're Building Better Menus!

What parents
can expect
from school meals
and ideas
for home



School Meals Are a Healthy Choice

By law, school meals must be based on the Dietary Guidelines for Americans.
Schools across the country will make changes in the lunch program in the fall of 2012.

Schools serve more of the healthy foods students need:

Whole Grains	Students need more whole grains for fiber and other nutrients. Look for whole grain pasta, bread, pizza, and cereals in schools.
Fruits and Vegetables	Variety of color and types does a body good. Every lunch will include both fruits and vegetables and a wide variety of types will be offered each week. In schools using the "Offer vs. Serve" program at lunch, students must take at least ½ cup of fruit and/or vegetable.
Low-fat and Fat-free Milk	Low fat and fat-free milk have all the nutrients without extra calories and fat. All schools will offer fat free (flavored or unflavored) and low-fat (unflavored only) milk.

Schools serve less of the foods students don't need:

Trans Fat	Trans fats are not good for your heart and raise cholesterol. Schools are eliminating foods with added trans fats.
Sugar	High sugar foods provide extra calories and little nutrition. Look for healthy cereals with little sugar and whole grain desserts low in sugar.
Sodium	Most students consume double the recommended amount of salt. Schools meals are seasoned with herbs, spices and other flavorings in place of sodium.
Condiments	Condiments are a common source of fat, salt and sugar. Schools will control portions and offer lower fat versions of condiments.

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Tips for Home

Healthy meals are important at home.

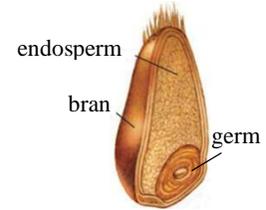
Your children are learning eating habits that will last a lifetime!

- ✓ Try whole grain versions of your favorites: pastas, cereals, tortillas, etc.
- ✓ Have fruits and vegetables on hand and ready to eat for a snack.
- ✓ Offer low-fat or fat-free milk at every meal.
- ✓ Make healthier versions of fast foods at home.
- ✓ Grill, broil, or bake lean protein.
- ✓ Look for great tasting, low-sugar cereals and desserts.
- ✓ Try seasoning foods with more herbs and spices.
- ✓ Eat at home as a family more often.

Purchase Whole Grains

A whole grain product

is one that is made with all three parts of the grain in the same proportions in which that grain grows naturally in the field.



1. Look for the stamp from the Whole Grains Council on the product package.
2. Look for a **known** whole grain (e.g. brown or wild rice, oats or oatmeal, quinoa, etc.) or the word "**whole**" before any type of grain (e.g. wheat, corn, rye, etc.) listed as the **first** ingredient (or the second ingredient if the first is water).

How Can You Help Your Child(ren)?

Encourage breakfast

School breakfast fuels learning.

Taste for yourself

Take time to visit your child at school and enjoy a nutritious school lunch.

Be a healthy role model

Eat a wide variety of healthy foods with your children.

Know the options

Most schools offer a variety of selections at meals. Talk with your child about healthy choices.

Encourage good nutrition

Encourage your child to take and eat the fruits, vegetables, whole grains, lean proteins, and low-fat milk offered in school meals.

School Meals Are Easy and Economical

- ✓ School meals cost less than a home packed lunch.
- ✓ School meals offer food from all of the food groups and offer a variety of healthy foods.
- ✓ School meals save parents time.



Average price for Soda + Candy Bar + Chips = \$3.29

Average price for a fast food kids meal (chicken nuggets, fries/apples, milk/soda) = \$3.87

Average price for a healthy school lunch = \$2.35

Questions?

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