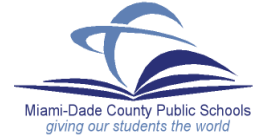


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MIAMI-DADE COUNTY PUBLIC SCHOOLS DEPARTMENT OF FOOD AND NUTRITION

October/November 2009

Volume XXI, No. 14

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Published by:

The Miami-Dade County Public Schools' Department of Food and Nutrition

Contact Us:

Mail/email your letters, your favorite fitness and nutrition tips or special activities your school has done to promote wellness to Ms. Susan Rothstein, Coordinator Nutritional Wellness, (e-mail srothstein@dadeschools.net)

All-Star School Lunch!



National School Lunch Week will be October 12 – 16, 2009. The theme this year is "All-Star School Lunch." The goal is to promote our school lunches and help highlight the important contributions of the National School Lunch Program (NSLP) to our children's health and well-being. According to the School Nutrition Association:

- In 180 school days, 4.9 billion lunches are served in 99,000 schools. That's approximately 29.6 million meals per day.
- Research has shown a link between school lunches and improved scores on standardized tests.
- Students who eat school meals provided through the NSLP are more likely to be at a healthy weight.
- NSLP participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods, both at lunch and over 24 hours; they also consume less soda and/or fruit drinks.
- For some children, school lunch is their most nutritious meal of the day.

The federally-funded National School Lunch Program (NSLP) provides nutritionally balanced low-cost and free meals to students. The program requires school meals to meet federal nutrition standards:

- Dietary guidelines dictate no more than 30 percent of calories can come from fat and less than 10 percent from saturated fat.
- Over the course of one week, lunches must provide 1/3 of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.
- Well-balanced school lunches must include protein, fruits and vegetables, grains and low-fat milk and be served in age-appropriate portions.
- NSLP lunches are served in age appropriate portion sizes and provide the right balance of protein, dairy, whole grains fruits and vegetables.

Participation in the National School Lunch Program will provide your students with a healthy, nutritious lunch each day and prepare them for academic excellence.

Address:

The Family Health Letter
Department of Food and Nutrition
7042 West Flagler Street
Miami, Florida 33144



Please visit our Website:

<http://nutrition.dadeschools.net>

Related Websites:

<http://www.eatright.org>

<http://www.schoolnutrition.org>

School Nutrition Association

<http://www.mypyramid.gov>

The New Food Guide Pyramid



Healthy Holidays

It's that time of year when it seems like every month there's some kind of holiday celebration involving food. When planning these celebrations at school let's see how we can make them healthier.

Halloween



- Focus on the costumes! Have a parade or costume contest.
- Instead of candy, try small toys: (e.g., temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings, or false teeth.)
- Decorate pillowcases or bags for trick or treating.

Healthy Party Snacks

- Serve kiwi (cut in half and serve with a spoon)
- Apple cider
- Apples with yogurt dip
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangoes, or dried peaches
- Carrots with low-fat ranch dressing

Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!

Thanksgiving

- Have students bring in fruit and make a cornucopia.
- Have students write or draw a picture about what they are thankful for and share it with the class
- Create a garland of gratitude. Cut leaf shapes out of construction paper and then crinkle them up to create the lines in a leaf. Flatten them out and have children write what they are grateful for. Use a piece of string and tape the stem of the leaf over the string. Display the garland in class.



Healthy Party Snacks

- Turkey roll ups
- Spread apple butter on whole grain English muffins or graham crackers
- Serve warm apple cider

Remember, start the holiday season off right by having healthy school celebrations!!

WE FEED THE FUTURE!