

NURSE NEWS

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Eating For A Healthier Lifestyle

March is National Nutrition Month. There are several scientific studies that suggest a strong link between a child's nutrition and learning in a school setting. Every day, the National School Lunch Program serves nutritious meals to more than 29 million children nationwide. For the 2017/2018 school year, Pennsylvania served more than 167 million school lunches to children (education.pa.gov). That's a lot of hard work, planning, and hungry kids!

Standards for school lunches are set by the United States Department of Agriculture (USDA). They include components of creating a lunch based upon incorporating different areas of nutrition including proteins, grains, fruits, vegetables and milk products.

Making nutrition fun for your child:

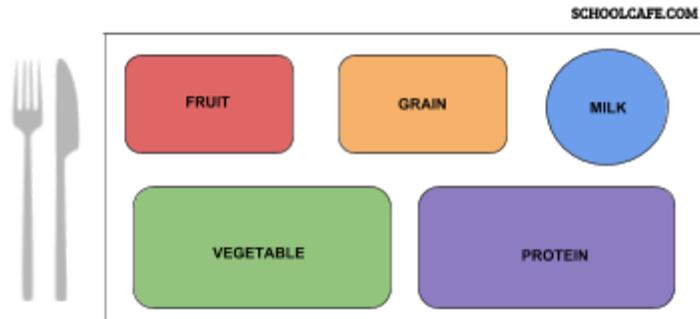
- ❑ Utilize ***Schoolcafe.com*** to help your child create a healthy lunch tray. The daily menus for Manheim Township are listed on the website, complete with pictures, food



descriptions and allergy information. Below is an example of the colorful selection of food items available daily to your child.

❑ Have your child participate in dinner preparation alongside an adult. By involving your child, they will be more likely to expand their palates and try new foods, leading to better nutritional decisions as they get older.

❑ Make mealtime fun and playful. Encourage your child to “eat a rainbow” of foods. Make selecting the red peppers and green broccoli fun by creating games and focusing conversation around textures, shapes and taste of foods.



Foods to Increase:

- ❑ Make half your plate fruits and vegetables
- ❑ Choose whole grains whenever possible
- ❑ Switch to fat-free or low fat (1%) milk
- ❑ Choose lean sources of protein such as lean meats, chicken and fish



Foods to Reduce:

- ❑ Reduce your intake of processed foods. When choosing canned or frozen foods, choose those with lower amounts of sodium
- ❑ Reduce or eliminate sugary drinks - - Drink WATER instead



