

School Meals: A Nutritious Choice for Your Students!

School Cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are well-balanced and provide students all the nutrition they need to succeed at school. So you can feel good about making a New Year's resolution to encourage your kids to choose school meals!



School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. New standards also require school lunches to provide:

- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including legumes, dark green and red/orange vegetables
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Less sodium
- Age-appropriate calorie limits



Try a School Cafeteria Favorite at Home!

Looking to mix up your next family meal with a nutritious and tasty dish? Try preparing a student-approved recipe, re-sized especially for your family. Whether it's a salad, side dish, or easy entrée, you'll find healthy and simple recipe ideas to make for your children at www.traytalk.org/recipes.

Want more information?

Go to www.facebook.com/traytalk or www.traytalk.org to get the facts about school meals.

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MyPlate Offers All the Ingredients for A Nutritious Family Meal

School meals are modeled after the new MyPlate food icon to ensure that each meal is well-balanced and provides the appropriate nutrition for students.

You can follow the same principles at home using MyPlate as a guide. Visit www.choosemyplate.gov for a bounty of information on kid-friendly fruits and vegetables and healthy eating on a budget.



MyPlate icon and ChooseMyPlate.gov courtesy of USDA. USDA does not endorse any products, services or organizations.



Family Fitness Time

- Take a walk around your neighborhood together
- Play a sport outdoors
- Dance
- Jump rope

Move your body and be active in the New Year. Nutrition and physical activity work together for overall well-being.

Family Meals Make a Difference

With busy work schedules, kids' activities and picky eaters, it can be difficult to get everybody to the table to eat a nutritious meal. But when families eat dinner together regularly, both children and parents benefit.

- Parents have a chance to spend more quality time with family
- Kids fare better physically, emotionally and intellectually, with better vocabulary skills, higher test scores, greater self confidence
- Eating together as a family TODAY impacts kids' healthy food patterns TOMORROW
 - Regularly eating family meals together during adolescence has a lasting positive impact on diet quality into young adulthood
 - Teens who ate family meals more frequently during adolescence ate more fruits, vegetables, and dark green vegetables, fewer soft-drinks, and had a better key nutrient intake, overall, during young-adulthood

Source: www.bellinstitute.com