

School Lunch News

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10,000 Steps to Health

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Fitness experts say grown-ups should take at least 10,000 steps every day—that equals about five miles of walking. It's good for kids your age to take even more than 10,000 steps everyday. But can you imagine counting all of those steps? Yikes! One easy way to measure how many steps you take is with a **pedometer**. Use this to walk to your mailbox, your best friends locker, or to your front door.

It's okay if your way under 10,000 steps when you start-lots of people are! Work on taking a few more steps each day until you hit

the big 10,000. Wherever you start, the goal is to challenge yourself to take even more steps. There are easy ways to sneak in extra steps every day:

- Get up and walk around during commercial breaks while you are watching TV.
- Take the stairs more often.
- Become a part-time pet walker.
- Walk around while you're brushing your teeth or on the phone with a friend.

What other ideas can you come up with to take more

steps? Do you feel like you're becoming more active? Do you notice that you're taking more steps each day now that you're counting them? **Good! Now keep stepping!**



Special points of interest

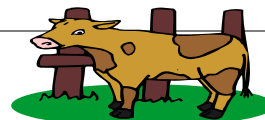
- © St. Valentine Day snacks are February 12
- © We do provide breakfast and snack programs, if your school is interested please call us for more information.
- © The school lunch office has Team Nutrition and My Pyramid Kid posters to hang in your lunchroom. If you are interested please contact us.



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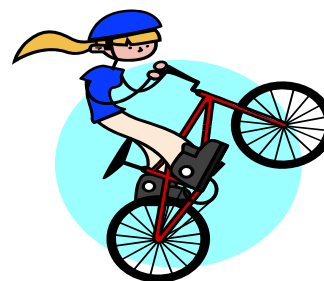
Get Moooving with Milk!



Students need dairy foods every day. According to health professionals, students in elementary schools should aim for three 8-ounce servings of milk. Although milk is offered with every school meal and is available to every student

who brings a bag lunch to school, children sometimes don't choose it. When they do select milk, they may not be drinking it at all. This is especially true for students in middle and high school. Talk with your child and ask if he or she is having milk at school every day. You

may need to remind him or her to "drink your milk".

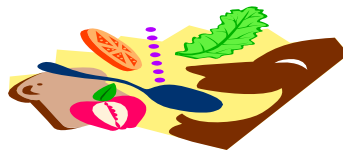


Good Nutrition Starts at Home



Fun History Facts

- Healthy eating plays an important role in your child's learning and cognitive development at school. Good nutrition results in less obesity, better attendance, better concentration and performance, and better grades. Parents also need to get involved to educate their children on the importance of making healthy food choices.
- Educate your children about proper nutrition and weight management so that they learn about proper nutrition and physical activity can help them perform better in school and maintain a healthy weight.
 - Set the example. If you want your children to eat healthy foods, you should eat those foods yourself. Model good behavior and your children will follow.
 - Make healthy, on-the-go lunch and snack choices available. Keep fresh fruit on the counter of refrigerator. Keep cut up veggies and low fat dip available also. String cheese and whole wheat crackers are another healthy option.



- Jimmy Carter was the first president born in a hospital.
- The largest meteorite crater in the world is in Winslow, Az. 4,150 feet across and 150 feet deep.
- More Civil War battles were fought in Virginia than in any other state.
- The oldest capital city in the U.S. is Santa Fe, New Mexico, founded in 1610.
- John Adams and Thomas Jefferson both died on July 4, 1826. This was 50 years to the day after signing the Declaration of Independence.

Get on the Grain Train

- Many People around the world use grains as a staple . In the United States, grains form the base of the Food Guide Pyramid and help form the foundation of a nutritious diet. Grains are great because: Whole grains, as part of a healthful eating pattern, may help protect you against many chronic diseases. Fiber-containing foods also help to provide a feeling of fullness with fewer calories. They provide vitamins, minerals, complex carbohydrates (starch and dietary fiber), and other substances for health. The bottom line is to build a healthy base by making a variety of grain products the foundation of your diet and include several servings of whole-grain foods daily. Aim to get the amount of grains you need based on your calorie needs.



Lunch Box Jokes



What has more lives than a cat?

A frog- it croaks every night

Why weren't apples allowed on Noah's Ark?

Only pears were allowed

What did the dressing say to the refrigerator?

Close the door , I'm Dressing

What kind of bird can lift heavy things?

A Crane

Why are basketball players sloppy eater?

Because they always dribble

Do You Know Michigan?



State Flower is

Apple Blossom

State Bird is

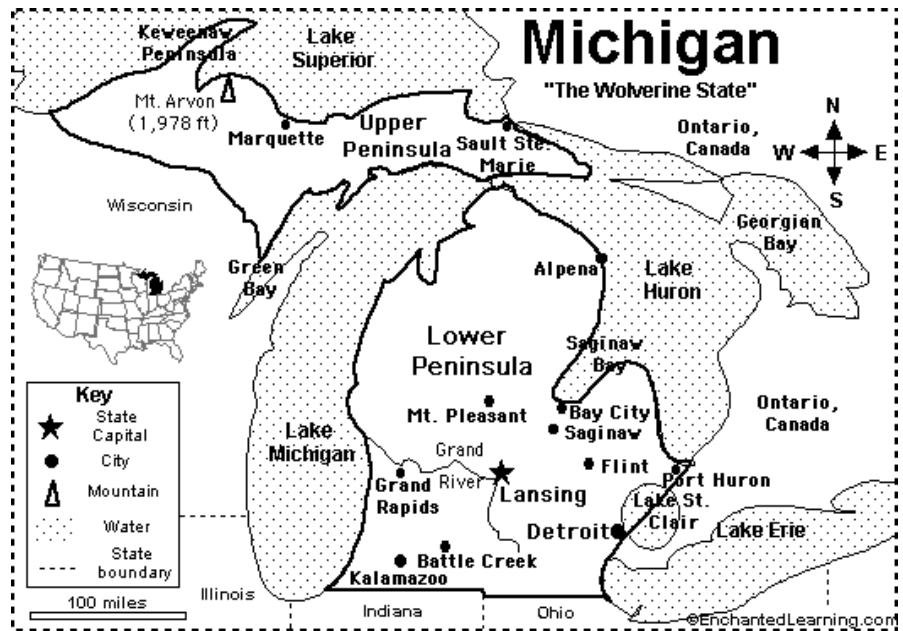
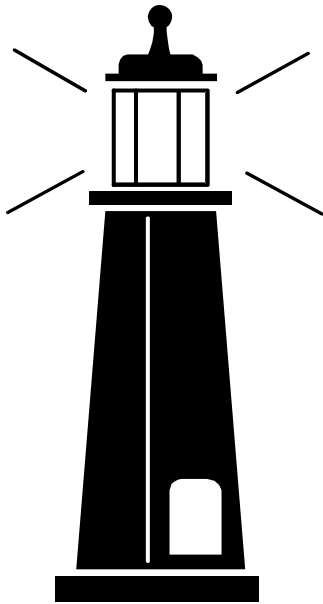
Robin

State Tree

Eastern White Pine

Michigan: Map/Quiz Printout

Answer geography questions about Michigan using the map on this quiz.



1. What is the capital of Michigan? _____
2. Which of the *Great Lakes* separates the lower peninsula of Michigan from most of the upper peninsula?

3. Which of the *Great Lakes* forms the northern border of the upper peninsula of Michigan?

4. Which of the two *Great Lakes* form most of the eastern border of the lower peninsula of Michigan?
_____ and _____
5. What US state borders the upper peninsula of Michigan? _____
6. What two US states border the lower peninsula of Michigan? _____
7. What country is just across the water from Michigan? _____
8. What is the name of the large bay on the eastern coast of Michigan (off Lake Huron)?

9. The Mackinac Bridge is a 5-mile-long suspension bridge that connects the upper and lower peninsulas of Michigan. Which of the two *Great Lakes* meet in this area? _____ and

10. Gerald R. Ford, the 38th president of the United States, grew up in Grand Rapids. What river runs by this city? _____

answers on the next

milk or dairy servings each day to a healthy diet can also help you keep a healthy body weight and burn fat if you are trying to lose weight. Remember to drink 2-4 eight-ounce servings of milk each day for the nutrients you need.

Think about it! You know that the calcium in milk helps build strong bones and teeth, but the other essential nutrients keep you healthy, too.

UNSCRAMBLE

The answers to the questions about the nutrients found in milk to learn more about their functions in your body.

Which mineral helps build strong bones and teeth and also plays an important role in nerve function, muscle contraction and blood clotting? **MILACC** _____

Milk is full of the B6 vitamin that helps your body hydrated and cool and helps carry nutrients and oxygen in the blood to all the body cells. **TRAWN** _____

Which mineral helps strengthen bones and generates energy in your body's cells? **ROHP2HOUPS** _____

Which vitamin helps your body make red blood cells and is also needed to make DNA? **TAKMITY-23** _____

What mineral helps blood pressure balanced and helps muscles relax and contract? **ATDOP2SIM** _____

Name the two B vitamins that help the body's cells produce energy. **CIAMI** and **LIVFAINROB**

Find the foods listed and read the message to see what they have in common.

FUN FOODS

- NAME _____
- SCHOOL _____
- GRADE _____
- CLASSROOM/CLUB _____
- PICTURE _____
- FOODS _____
- DRINKS _____
- CELLAR/FREEDOM/STOVE _____
- LARDER _____
- LOAFER _____
- MAFFIN _____
- MARSH _____
- PIZZA _____

T C A E T E C E C R E C L A T W I T E M I P
 L E R D B O F T X X E C X A J M B E C I J A
 K E D I O M E X Y E E E X E E P A E B X N
 D F A K L G Y I E M W O R V X A L T P T Q C
 W L I O J L X X Y M L G E C O D Q G E O P L A
 A E J A O E R Y V X L E X O Q J E N E J L E
 W T L E I B G D C E O C O L A T E C A E E E
 A T R Q W X L I C E M I E P V W G A L B B G
 W L S E I J E I E E P Y R H O T M E O J B M
 E C Q A M C M W S A B G A P L C A S P J E
 A E H O F H V Y F D P E E Y S P A Y S E P E
 R J N S E E Y T H G J X S E P D R P E S D P
 F S K Y E B A F O Y F F S E A G E M Y T I P
 R E H H I A H S I E O N L G D A F E E O Y
 Y T P K Q A T P R N F P E P K A L M E E H G
 B C X D A X M H Q B S C H N Y R N A C E H D
 I E H I Q S Q C D G E E Y T A Y R L P E Y K
 A A K E W G P W F D L T Q D C H E O M L V E
 O L X L P H O Y R E B E E E P Y H B E I F E
 C E E E E E A N G C R A C K E R E E E I E C G
 A T O P Y E T S O X M I P M E N E S P A R H
 I E D L P T X T E Q E B A G E L C E O Y E

Name the vitamin that helps your body absorb and deposit calcium and phosphorus to your bones and teeth. **TKMIAVY** _____

Which vitamin helps your eyes healthy and helps you see in the dark? **TKMIAVY** _____

Which major nutrient helps build muscles for a strong body? **ETTEROP** _____

SPECIAL ASSIGNMENT

Most children and teens drink more soda and fruit drinks than milk and are losing out on the tremendous supply of nutrients provided by the needed three to four servings of milk each day. Keep track of the milk and other beverages you drink during the next few days and be sure you have at least 3 to 4 eight-ounce servings of milk EVERY DAY for good health and a strong body. Good nutrition makes great! In all types of milk - low fat, reduced fat, fat free, chocolate, vanilla, strawberry - any type or flavor. There's milk choices all have the same nutrient package, so be sure to drink the milk you like best.