

SEPTEMBER

NUTRITION NEWSLETTER



This back to school year has undoubtedly been one of the most challenging and worrisome years we've faced as a nation in a long time. Understandably, parents, students, and teachers, alike are worried for their safety and health as they navigate through uncharted waters with preparing to go back to school amongst a global pandemic. In a world full of uncertainties, one thing that has remained intact is the health and well-being a school meal can provide. This newsletter will focus on why school meals during this time are still safe, healthy, and the best choice for your student.

School meals are **SAFE**

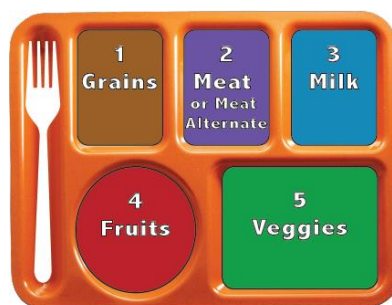
Throughout the summer your students' School Nutrition Staff have been diligently working and communicating with health experts across the state and nation to ensure their back to school procedures are safe, keeping the well-being of the student first in mind. Schools across the state are using precautions such as:

- Including additional meal services to accommodate having less students in each.
- Maintaining proper cleaning and sanitizing procedures before and after each meal service.
- Including alternative services such as breakfast in the classroom.
- Increasing the amount grab & go products served and/or having more food items portioned out individually
- Removing congregate areas such as condiment and drink stations.

Rest assured the Nutrition Service Staff, Superintendent, and school administration have planned the best measures to ensure the safety of your student during their meal time.

School meals are **DELICIOUS**

Despite all of the changes, one thing that remains the same is your students Nutrition Service Teams' dedication to make delicious food the kids will enjoy! They are still trying new recipes and listening to preferences on what the students are craving!



School meals are **HEALTHY**



USDA guidelines for healthy school meals remain the same during this time. This means your students' meals will meet requirements for calories for their age group as well as limit saturated fat and sodium!

School meals are **WHOLE**

USDA requirements for whole and balanced meals have not changed. Students will still be offered a grain, meat or meat alternative, fruit, vegetable, and a milk. Students must still take a fruit or vegetable to make the meal complete. This method ensures students are getting some of the required nutrients they need to grow into healthy adults!