

2008-09 **NUTRITION IN ACTION**

Nutrition in Action is a 3-page monthly packet, designed to be used on menu backs or as freestanding handouts in Mississippi elementary schools. The monthly topics are aligned with the Coordinated School Health Program topics used in other MDE Office of Healthy Schools initiatives.

Here are the page-by-page instructions for using the monthly packets.

PAGE 1: This is a black-and-white PDF.

- Download the file into your computer, open using Adobe® Reader, and print a copy.
- The page can then be reproduced on the reverse side of your monthly menu, in a school or PTA newsletter, or as a single-sided handout.

PAGE 2: This is a PowerPoint file with one slide.

- Download the file into your computer and open using Microsoft PowerPoint®.
- Leave the box on the LEFT as is. Delete the red text in the box on the RIGHT and insert your text into the box. SAVE after you have entered the new text. You can change the color, size, and font of the text using the regular PowerPoint toolbars.
- To print this page, click **Print** on the file menu.
 - Under **Print What**, choose **Slides**.
 - Under **Slide Show**, choose **All Slides**.
 - Under **Output**, choose **Grayscale**.
 - Click box that says **Scale to Fit Paper**.
 - Click **Print**.
- **NEED HELP?** Ask another staff member (or a student) who is familiar with PowerPoint for assistance.
- The page can then be reproduced on the reverse side of your monthly menu, in a school or PTA newsletter, or as a handout.

PAGE 3: This is a black-and-white PDF.

- Download the file into your computer, open using Adobe® Reader, and print a copy.
- This page provides additional nutrition resources on the monthly topics. It is for your personal use – and can also be distributed to other interested staff members in your school.