NUTRITION IN ACTION

COORDINATED SCHOOL HEALTH

School Year 2008-2009

NEW-trition for Mississippi Schools

TASTY TIDBITS

From the Office of Healthy Schools

Health is Academic

NUTRITION IN ACTION

NEW-trition for Mississippi Schools

WHY ?

- ✓ Schools wanted **SIMPLE, FUN NUTRITION** information for menus and handouts.
- ✓ Smart nutrition **AT HOME** is essential for families to become fit and healthy.
- ✓ Students become teachers by sharing new **HEALTHY HABITS** learned at school.

NEW-trition for Mississippi Schools

WHO ?

- ✓ NUTRITION IN ACTION is designed for ELEMENTARY SCHOOL students and their families
- ✓ NUTRITION IN ACTION can be used by anyone involved in CHILD NUTRITION or COORDINATED SCHOOL HEALTH PROGRAMS in Mississippi schools

NUTRITION IN ACTION

NEW-trition for Mississippi Schools

WHAT ?

Each MONTHLY issue of NUTRITION IN ACTION will have three pages:

1. A PDF page which can be downloaded and printed as is.
2. A FILL-IN-THE-BLANK page where you can insert specific info from your school
3. A RESOURCES page that puts more nutrition materials at your fingertips.

PAGE 1

PDF to download and print

NUTRITION IN ACTION

EAT, DRINK, and LIVE HEALTHY

September 2008

Brain Food for Success at School

Easy Breakfast Tips

A smart breakfast helps you do your best every day - at school (and at work for adults). A morning meal refuels your body after your overnight fast, improves your mood for the day, and helps your brain get ready to learn and do well at school.

A healthy breakfast is as simple as 1, 2, 3!

1. A high-energy **CARBOHYDRATE** from the bread and cereal group.
2. A good source of **PROTEIN**, such as foods from the milk or meat group
3. A juicy and refreshing **FRUITS** or **VEGGIE**.

A smart, quick breakfast can be as simple as one of these morning meals:

- ☺ Cold cereal with sliced bananas and low-fat milk
- ☺ Hot cereal with raisins, nuts, and low-fat milk
- ☺ English muffin pizza (tomato sauce & cheese)
- ☺ Toaster waffles with applesauce and yogurt
- ☺ Breakfast burrito (tortilla, beans, cheese, & salsa)
- ☺ Peanut butter and banana sandwich with milk
- ☺ Yogurt parfait with layers of fruit and cereal

Check out BREAKFAST AT SCHOOL.
Many Mississippi schools offer a tasty, low cost meal before the school day begins.

Breakfast Word Search

Can you find **18** tasty breakfast foods hidden in this puzzle?

r	a	k	i	w	i	h	k	j	u	x	w	q	c	j	o
s	w	o	n	n	n	u	r	a	i	s	i	n	s	r	c
a	z	z	i	p	c	h	d	m	h	j	o	x	r	o	q
k	o	y	u	a	e	s	t	w	t	r	u	g	o	y	k
v	f	z	p	b	r	p	f	q	c	s	z	h	g	e	i
k	u	p	w	k	e	p	n	y	t	f	n	a	k	p	f
u	p	y	q	n	a	k	s	u	l	i	s	a	s	l	d
j	v	a	i	a	l	n	n	n	f	e	c	n	j	w	p
u	k	r	j	l	o	h	j	f	i	n	f	b	a	i	r
i	y	s	s	l	f	r	u	k	a	s	a	u	z	e	h
c	l	p	e	i	a	m	a	p	l	n	i	z	w	l	b
e	f	j	s	t	v	p	s	n	a	i	a	a	d	h	s
x	a	h	e	r	f	n	p	n	g	o	m	q	r	j	g
a	i	s	e	o	h	t	a	l	z	e	z	t	s	r	g
y	o	a	h	t	l	d	w	w	e	k	h	u	f	m	e
b	c	m	c	k	k	b	w	a	f	f	l	e	y	a	m

banana milk orange yogurt kiwi apple
juice eggs raisins pizza cereal waffle
pancake beans tortilla cheese muffin nuts

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Office of Healthy Schools **www.healthyschoolsms.org/**

PAGE 2
PowerPoint page to insert YOUR text

NUTRITION IN ACTION

EAT, DRINK, and LIVE HEALTHY

September 2008

Brain Food for Success at School

Does your brain need a drink?

Did you know?

✓ Your brain is about **80 percent water**.

✓ Getting enough water (or staying well-hydrated) can help you **feel better and do better** on your school work.

✓ Staying well-hydrated is also **really important** for kids who play sports and do activities like marching band or dance.

✓ Plain, cool **water is the best beverage** for children and adults who want to feel good, think smart, and stay healthy.

✓ Sodas, sports drinks, and other sweet beverages are poor substitutes for water, since they are filled with extra calories and artificial ingredients.

Water is a crucial part of every day - getting enough fluid will help YOU be fit, healthy, and ready to succeed!

Nutrition News at Our School

This space is a FILL N-THE-BLANK box - where you can ert info about nutrition in your scho

This month would be gr me to promote your breakfast p m or after-school snacks.

You could also highlight an nutrition classes or program will be offered in your comm

You can change the color font of the text using the PowerPoint toolbars.

NEED HELP? Ask anot member (or a student) with PowerPoint for ass

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In this box, you can type in your school's Information.

PAGE 3
More nutrition resources for YOU

NUTRITION IN ACTION

EAT, DRINK, and LIVE HEALTHY

September 2008

Brain Food for Success at School

Need more information about this month's topics?

Here are some web sites where you can find more nutrition resources for students and families:

BREAKFAST:

School Nutrition Association (SNA) has tons of free tools which can be used to promote breakfast any day of the year @ **http://docs.schoolnutrition.org/meetingsandevents/nsbw2009/content_tools.html**

This site has more resources for celebrating **National School Breakfast Week (NSBW)** in March - and promoting a school contest to design a Breakfast Hero @ **http://www.schoolbreakfast.org/hallofheroes/**

Eat Right Montana offers free packets about nutrition and physical activity for healthy families. This one is all about breakfast: **http://www.eatrightmontana.org/PDF/ERMNewsletter2008_02.pdf**

HYDRATION:

H20 … Way to Go! This Office of Healthy Schools flyer explains why water is critical for the health of Mississippi students and what schools are doing to help children stay hydrated. You can download a copy @ **Will insert exact URL for PDF when I can get into the site** or call 601-359-1737 for more information.

CREATE YOUR OWN PUZZLES:

Word Search Puzzles for Kids allows you to quickly create a word search puzzle with your own words on any topic you want - at no charge. Check it out @ **http://www.wordsearchforthekids.com/**

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HOW ?

- ✓ Print PDF of page 1 - and use it on back of **MENUS** or as a **HANDOUT** for families.
- ✓ Insert your school's **NUTRITION NEWS** on page 2 - and use on menus or as handout.
- ✓ Check out the resources on page 3 to enhance **YOUR NUTRITION SERVICES**.

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TASTY TIDBITS

To make suggestions for future issues, write to:

Dayle Hayes, MS, RD

EatWellatSchool@gmail.com

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