



# RSU #21 School Nutrition Newsletter

Winter 2012

RSU #21

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Have you seen the delicious, healthy goodness that we are packing into our school menus? We've added many new items that the kids are gobbling up! Eating school lunch can help students meet the 5-2-1-0 healthy lifestyle recommendations:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

**TODAY'S QUIZ...**


**Q** How will you fit in your **5** today?

**A** 

And remember, follow these numbers to better health!

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This poster was created in partnership with the Maine School Nutrition Association, www.mnsna.org  
www.letsgo.org

## News Flash!

Students who eat school lunch can have a different fruit and vegetable **every day!**

**Free & Reduced Lunches**  
Your child may qualify for this confidential benefit. Families can sign up at any time during the school year. Call your child's school for an application.

Our District is a part of the Let's Go! School Nutrition Initiative.

This means that our School Nutrition Program has committed to make important improvements in the foods offered in the cafeteria. We will also be working with Let's Go! to help students, parents and community members learn more about School Nutrition Programs.

For more information visit [www.letsgo.org](http://www.letsgo.org).

## Adding Canned and Frozen Fruits and Vegetables to Your Day!

### How to get your 5...

While fresh fruits and vegetables are delicious, they aren't always available (or affordable!) in the middle of winter. Don't fret! Canned and frozen fruits and vegetables are just as good for you because they are canned or frozen at the height of freshness! They cost less, are easily stored, and are already washed and cut up for your favorite recipe.

Be sure to choose fruit packed in their natural juice, not in syrup and choose canned vegetables that are salt free and simply season to taste.

### Use Frozen and Canned by Adding:

#### Vegetables to:

- Chili
- Soup or stews
- Stir fry

Tomatoes for sauce

Black beans & corn to spice up a Mexican dish

Chick peas, kidney or black beans to any salad

#### Fruits to:

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir fry (pineapple)

Or use as a side dish!



The Let's Go! School Nutrition Initiative is generously sponsored by the Walmart Foundation and the Harvard Pilgrim Health Care Foundation.