

Five Tasty Ways to Enjoy Smart Nutrition at School

www.eatrightmontana.org/eatrighthealthyfamilies.htm

Smart food choices provide the fuel that kids need to perform well at school – both in the classroom and during athletic events. There are many ways to support smart choices wherever children, staff, and families eat together on the school campus. Family involvement is always an important part of healthier school environments.

● Get behind breakfast at school.

When it comes to school performance, there's no doubt that breakfast is the most important meal of the day. A morning meal fuels children's brains for paying attention, staying on task, and absorbing new information. If your school offers breakfast, use it whenever you need it. If not, ask if they can start a program.

● Support school lunch.

Exciting things are happening in school dining rooms: more fruits and veggies, more whole grains, more tasty good-for-kids options. As you read the menus, realize that things have changed. That pizza may have a whole wheat crust, low-fat cheese, and several veggies. Join your child for lunch – and taste for yourself.

● Makeover brown bags and lunchboxes.

When your child takes lunch from home, pack fun, nutritious foods for optimal performance. Plan on five items: a fruit, a veggie, a whole grain, a protein, and a dairy food. It's as easy as sliced turkey on whole wheat with lettuce and tomato, a single-serve cup of canned fruit, and low-fat milk purchased at school.

● Focus on fruit and vegetable treats.

Fruits and veggies make the perfect treats for classroom celebrations and for booster clubs sales at athletic events. You can go simple with veggie sticks plus low-fat Ranch dip – or go fancy with fruit kebobs or a fresh fruit pizza. Veggie boats and fruits cups are popular with kids and parents at concession stands.

● Push for effective, non-food rewards.

Sugary rewards can cause real problems – for kids' teeth and their long-term eating habits. Check your school wellness policy to see what it says about classroom rewards. Push for effective, non-food rewards. Special privileges (like extra recess for the class or computer time for an individual) can work wonders.



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