

DID YOU KNOW?

February 2017



This institution is an equal opportunity provider.

WE ARE COMMITTED

to providing your child with tasty and good-for-you food options.

In adherence to the National School Lunch Program (NSLP), every student must take at least a 1/2 cup serving of fruit or vegetable at every meal to ensure adequate intake of essential vitamins and minerals.

NUTRITIONAL FACTS:



Fruits are **FULL OF VITAMINS, MINERALS, AND ANTIOXIDANTS**—these nutrients protect our body's cells from damage every day.

Fresh fruits help **MANAGE WEIGHT**—They are low in calories and high in fiber. High-fiber foods are digested slower and fruit is full of water, which fills you up without calories.



EAT PRODUCE IN SEASON—This is when the fruit is the freshest, and to make sure the fruit is full of all the wonderful vitamins, minerals, and antioxidants that a person needs.

Join us for lunch to check out the fresh fruit and vegetable selections!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.