



Healthy Choices Healthy Minds

Find School Menus, Tips and More at www.usd230.org/nutrition_services

To comply with the USDA's Healthy Hunger-Free Kids Act, the Spring Hill School District is continuing to make healthy changes to school menus. Watch for more fruits, vegetables and whole grains, and fewer foods that are high in fat and sodium. These changes will help district students make **HEALTHY CHOICES** and have **HEALTHY MINDS**!

Healthy students are better learners. Children and teens who eat nutritious foods and are more active, stay healthier and perform better in school. They also develop habits that keep them healthier throughout their lifetimes. Research shows that poor nutrition is linked to absenteeism, problem behavior, lack of concentration, low self-esteem and academic difficulties. **Let's work together to ensure district students succeed!**

Here are some things YOU can do:

- ⇒ Make sure your child eats a **nutritious breakfast** before school — or takes advantage of school breakfasts! All district schools offer healthy breakfast options each morning beginning at 7:40 a.m.
- ⇒ Keep **lunches** on track. Encourage your student to eat lunch at school and try the healthy foods that are offered. Here are some things to remember on those days when your child would rather bring a sack lunch:
 - Let them help pack it — kids are more likely to eat their lunch when they help!
 - Surprise your child by tucking in a note with an encouraging message.
 - Check out the district's Healthy Lunchbox Guide for simple, nutritious tips that you can use!
- ⇒ Make **fast food** a special treat to be enjoyed at home — not at school.
- ⇒ Sock it to **sodium**! Eat fewer processed foods that tend to be high in sodium.
- ⇒ Add **vegetables and fruits** to your meals.
 - Try a banana with breakfast and sliced apples or mini carrots at lunch to add nutrition.
 - Grill fruits and veggies for variety. Mushrooms, peppers and squash are easy to put on a skewer — just brush with olive oil to keep them moist and tender. Grilled fruit, like pineapple, peaches and mangos, are also a real treat.
 - Be a salad star! Toss in fresh and tasty ingredients to change things up. Try shredded carrots, strawberries, spinach, watercress, orange segments or sweet peas for a flavorful change.
- ⇒ Get creative with **dessert**!
 - Experiment with your favorite muffins and cakes. Add apples, bananas, blueberries or pears to your favorite recipe. Try substituting applesauce for some of the oil in a recipe, and no one will ever miss the extra fat and calories!
 - Offer baked sweets in moderation, and remember that you can ensure wholesome ingredients in homemade items as well as control the portion size. Try to avoid highly processed sweets.
 - Serve fruit for dessert. A dollop of whipped cream on top of fruit can create a special treat that still packs a great dose of nutrition.
 - Make a tasty fruit smoothie. Blend strawberries, blueberries or raspberries with frozen bananas and fruit juice or skim milk for a delicious frozen treat.

