



Child Nutrition News

www.fortsmithschools.org

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President's Council On Fitness, Sports, and Nutrition

President Obama recently broadened the scope of the the President's Council on Physical Fitness and Sports to include a focus on healthy eating as well as active lifestyles. The word "Nutrition" is now included in the Council's name.

The Council's mission is to engage, educate and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition.

**To learn more visit
www.fitness.gov.**

School Breakfast



Students eligible for free and reduced-price lunches qualify for the same benefit at breakfast.

Eating breakfast provides the energy students need to perform well in the classroom, and on the athletic field.

All Fort Smith Public Schools serve a nutritious breakfast each school day. We look forward to serving you.



The *Let's Move!* campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.

Let's Move! will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.

**To learn more visit
www.letsmove.gov.**

MyPyramid.gov

MyPyramid offers personalized eating plans and interactive tools to help plan your food choices based on the *Dietary Guidelines for Americans*.

Visit MyPyramid.gov to access resources to help you achieve your nutrition goals.

School Visits

Parents are encouraged to join their children for a school breakfast or lunch.

Adult breakfast: \$2.25
Adult lunch: \$3.25

got milk?[®]

The U.S Department of Health and Human Services considers calcium a "Nutrient of Concern." Many children need to consume more calcium-rich foods from the milk food group. Good sources of calcium include low and non-fat yogurt, and reduced-fat cheese.

Students bringing a sack lunch from home may purchase milk for 30 cents.

Thank You!

Thank you for choosing school meals for your child.

Tim Regan
Nutrition Education Coordinator

