



Child Nutrition News

www.fortsmithschools.org

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Free & Reduced-Price Meals

Eligibility for free and reduced-price meals is established through an application process. The household submits an application to the school district for approval.

Meal applications are available at your child's school office, or the Child Nutrition office.



Low Sodium Foods

All USDA canned vegetables are now low in sodium. Food low in sodium contains less than 140 mg or 5% Daily Value (DV).



Most Americans consume more sodium than they need. Reducing dietary sodium can lower blood pressure, which reduces the risk of heart disease, stroke, and kidney disease. Read nutrition fact panels on foods before purchasing. **READ IT before you EAT IT!**

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 class, and in the gymnasium.

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



Flavored milk now has 24% less added sugar. Hiland Dairy Foods Co. reduced the added sugar in chocolate and strawberry flavored milks by 7 grams.

Milk served in Fort Smith Public Schools is high in protein and calcium, and low in fat. Only non-fat and 1% low-fat milks are served.

When purchasing milk, choose fat-free skim, or low-fat 1% milk.

Food Safety a Priority

Through strict food safety procedures and employee training, school nutrition programs maintain an excellent food safety record. The School Nutrition Association and its members support strong food safety standards, and the effective enforcement of those standards.



The school district offers an easy, convenient, and secure method of managing your child's meal account. To open an EZSchoolPay account, go to ezschoolpay.com, or contact Phillip Garcia, Child Nutrition Coordinator, at 785-2501, ext. 1285.

Thank You!

The child nutrition department welcomes your questions and feedback. Thank you for choosing school meals for your child.

Tim Regan
Nutrition Education Coordinator

Today... and ...



in the **Future**