



Child Nutrition News

www.fortsmithschools.org

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School Breakfast



National School Breakfast Week is March 8-12. Eating breakfast provides the energy students need to perform well in class, and in the gymnasium.

Research shows that eating breakfast improves math scores, vocabulary skills, and memory. Students who eat school breakfast have lower rates of absence, tardiness, and school nurse visits.

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



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.

READ IT

before you EAT IT!

Nutrition fact labels on the food packages help direct consumers to foods high in nutrients—and low in fat and calories.

A new study from the Rudd Center at Yale University reported that calorie labels on restaurant menus result in consumption of significantly fewer calories.

Yum Brands, parent company to Taco Bell, KFC and Pizza Hut, announced plans to post calorie information on indoor menu boards nationwide at company-owned restaurants.

Most restaurant chains already report nutrition facts on web sites, brochures, tray liners, or food containers.
Read it before you eat it!



Quiz time! Is 2% milk low in fat? Answer: **No**
Milk labeled 2% has 2/3 the fat of whole milk. *Only 1% milk is low-fat.*

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.



USDA Foods are a healthy food choice. The USDA continually explores better ways to offer healthy food choices so that schools can serve meals consistent with the *Dietary Guidelines for Americans* and the MyPyramid food guidance system. USDA Foods are safe, wholesome, and 100 percent American grown.



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**