

FitFuture

strategies for better living.

Series on Fitness & Nutrition for Families

KIDS IN THE KITCHEN



Children love to help. Let them:

- Clear and clean the table
- Help set the table
- Turn off the TV
- Take beverage orders
- Help with certain food tasks

GET INVOLVED



Wellness is a community effort and needs the support of the entire school community. Parents are encouraged to visit their child's school cafeteria, eat lunch or breakfast with their children and talk to a school food service professional about the National School Lunch and Breakfast Programs.

Family Meals Provide More than Good Nutrition By Jennifer Kerr, MS, RD

Children from families that dine together are more likely to eat a balanced and healthy diet. They eat more fruits, vegetables, and dairy and less snack foods than those who eat separately from their families. Children are also less likely to participate in unhealthy weight control practices when they regularly share meals with family.

Research shows that the importance of family mealtime also goes beyond nutrition. Family meals help solidify the family unit and provide your child with a dependable way to access YOU. These regular and routine occasions provide a sense of stability and support for each other. Mealtime reinforces safety, security and belonging—and after all, that's what makes a family a family.

Studies show that when adolescents participate in regular and frequent family meals, they are less likely to smoke, drink or use drugs¹. These teens also report being content with their life and future possibilities. Academically, these adolescents achieve better grades than their counterparts.

The evidence is clear—family meals not only strengthen the parent-child bond, but they may lead to good physical and mental well-being for children. Take some time and sit down with your children today; here is some advice:

3 Tips That Make Family Meals Work



Make it a priority

Put it on your schedule just as you would with an appointment, soccer game or parent-teacher night. It's true that the modern family has many commitments, so if the dinner hour is not convenient, meet up for breakfast each morning. It's eating together that's important, not the time and place.

Make it simple

On weekends, shop and cook together. Make meals to freeze and reheat during the hectic week ahead. Quick meals can be healthy meals—try baked potatoes or yams topped with veggies, tomato sauce, beans and cheese. Make individual pizzas made with whole grain English muffins, veggies, tomato sauce and cheese. Stop off at your local supermarket and pick up a roasted chicken, salad and fruit for dessert.

Make it pleasant

Mealtime should be a time to eat and have pleasant conversation. Don't allow distractions like the television or take phone calls during this time. Discuss your day, the meal itself or plans for an upcoming event. Although it is a good time to teach proper dining behaviors and family dining rules, keep discipline to a minimum. Use this time to enjoy each other's company and a healthy meal.

Brought to you by your
School Food Service Department

¹Tami M. Videon and Carolyn K. Manning, "Influences on Adolescent Eating Patterns: The Importance of Family Meals," in *Journal of Adolescent Health*, 32:365-373 (2003)

"Teens and their parents in the 21st century: an examination of trends in teen behavior and the role of parental involvement," in *U.S. Council of Economic Advisors*, (2000)

National Center on Addiction and Substance Abuse at Columbia University, "The Importance of Family Dinners," (2003)

Marla E. Eisenberg, Dianne Neumark-Sztainer and Linda H. Bearinger, "Correlations Between Family Meals and Psychological Well-being Among Adolescents," (2004)

SCHOOL LUNCH MENU
ROCK CREEK JR SR HIGH SCHOOL
March 2010

1	2	3	4	5
Pancake Sausage Stick Soup Grilled Cheese Sandwich Pineapple Chunks Brownie *Pizza	Breakfast Pizza Hot Dog/bun Seasoned Potatoes Gr. Pepper/Carrot Sticks Applesauce Ice Cream *Baked Potato	Scrambled Eggs/ham Lasagna Green Beans Tossed Salad/ Drsg Chilled Peaches Garlic Bread * Pizza	French Toast Sticks Beef & Bean Burrito Spanish Rice Steamed Corn Pear Slices *Quesadillas	Biscuits & Gravy Pizza Green Beans Tossed Salad/ Drsg Fruit Cocktail Bread Stick * Pizza
8	9	10	11	12
Pancake Sausage Stick Hamburger/bun/w/fixins Crinkle Cut Fries Steamed Veggie Mix Apple *Pizza	Breakfast Pizza Chicken Fried steak Mashed Potatoes/gravy Steamed Corn Fruit Cocktail Hot Roll *Baked Potato	Egg/sausage biscuit Crispitos Refried Beans Steamed Corn Tossed Salad/drsg Peaches * Pizza	French Toast Sticks Chicken Nuggets Mashed Potatoes Green Beans Pineapple Chunks Hot Roll *Hamburgers	No School PK-11
March 15-19 HAVE A GREAT SPRING BREAK				
22	23	24	25	26
Pancake Sausage Stick Mr Rib/bun Steamed Corn Tossed Salad/ Drsg Peaches *Pizza	Breakfast Pizza Cheeseburger/bun Tator Tots Green Beans Pears *Baked Potato	Muffins Chicken Strips Mashed Potatoes/gravy Peas Pineapple Chunks Hot Roll * Pizza	French Toast Sticks Hot Ham & Cheese Sand. Baked Chips Carrot Sticks Fruity Jello *Crispitos	Biscuits & Gravy Shrimp Steamed Broccoli Tossed Salad/ Drsg Rosy Applesauce Dirt Cake *Pizza
29	30	31		
Pancake Sausage Stick Chicken Pattie/bun Augratin Potatoes Steamed Carrots Peaches *Pizza	Breakfast Pizza Sloppy Joes/bun Tri-tator Green Beans Pears *Baked Potato	Breakfast Burrito Pizza Quesadilla Corn Tossed Salad/drsg Pineapple Chunks *Pizza		

*ala carte item

Every day at breakfast: Choice of juice or fruit and cereal in addition to menu item. Every day at lunch: Choice of deli sandwich or chef salad in lieu of main dish; fresh fruit available; extra main dish may be purchased for \$.75. Half pint cartons of milk offered with each meal—choice of skim, 1%, or ½% chocolate. All menus are subject to change without notice. This is an equal opportunity program. If you believe you have discriminated against because of race, color, national origin, age, sex, or disability, write immediately to the Secretary of Agriculture, Washington, D.C., 20250.

FitFUTURE

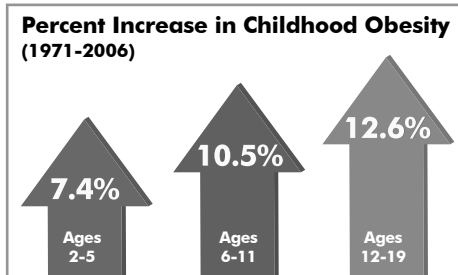
Strategies for
Better Living.

Childhood Obesity Advice for Parents



by Jennifer Kerr, MS, RD, CDN

Childhood obesity is the leading threat to children ages two through 19 in the United States. Twenty-five million children are affected; that is one in every three American children. Described as our nation's greatest tragedy, this generation is expected to be the first to live shorter lives than their parents.



Source: www.CDC.gov (National Health and Nutrition Examination Survey)

Year after year more children are suffering the effects of unhealthy eating and an inactive lifestyle. The number of overweight and obese children has tripled over the last forty years. Experts report continued increases in the number of children diagnosed with type 2 diabetes, a disease once known as "adult-onset diabetes." These young people risk facing complications like heart disease as early as their 30's. Overweight and obese children have an elevated risk for diabetes, heart disease, gastrointestinal problems, asthma, behavioral problems and depression. They are

often bullied, teased and suffer from low self-esteem.

When considering the direct and indirect costs of treating obesity-related health problems, the national cost is over \$100 billion dollars annually. Ten percent of medical dollars are spent on treating obesity-related illnesses in the United States.

What causes obesity? There are many factors involved; for one, many children have regular access to soda, high fat foods and sweets. In addition, there has been an on-going decline in the time spent on fitness and active play, as children spend hours in front of television, computer or video games.

No single solution to this problem exists. Changes are needed in government, communities, schools, doctor's offices, and at home. As a parent, you may be asking, what can I do right now?

Take it one step at a time and follow these guidelines:

- Get specific advice from your child's medical doctor and consider meeting with a registered dietitian.
- Model the eating and activity behaviors you want your children to develop.

- Be active as a family; set regular fitness dates together.
- Turn off the screens (TV, computer, video games), limit these activities to two hours or less per day.
- Communicate positive messages about eating well and being active, instead of dieting and losing weight.
- Engage your children in the process of planning, shopping and preparing healthy meals and snacks.
- Never use food as reward or punishment.
- Make sure your children get at least nine hours of sleep per night.
- Do not provide them with soda or other sweetened beverages.
- Balance healthy foods with the occasional treat.

Sources:
Center's for Disease Control and Prevention
<http://www.cdc.gov>

SCHOOL LUNCH MENU
ST. GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY
March 2010

1	2	3	4	5
Breakfast Pizza Ravioli Green Beans Peas Whole Wheat Roll	Pancake Sausage Stick Chili Dog/bun Ranch Cut Potatoes Winter Mix Orange Wedge	Scrambled Eggs Cheeseburger Mac Green Beans Chilled Peaches Garlic Bread	French Toast Sticks Beef & Bean Burrito Spanish Rice Steamed Corn Orange Pears	Biscuits & Gravy BIRTHDAY MEAL Pizza Green Beans Fruit Cocktail Ice Cream
8	9	10	11	12
Breakfast Pizza Chicken Nuggets Mashed Potatoes/gravy Peas Pineapple Chunks Hot Roll	Pancake Sausage Stick Hamburger/bun/w/fixins Crinkle Cut Fries Broccoli w/cheese Hot Cinnamon Apples	Pancakes Lil Smokies Mac & Cheese Green Beans Peaches Oatmeal Cookie	French Toast Sticks Cooks Choice	No School
March 15-19 HAVE A GREAT SPRING BREAK				
22	23	24	25	26
Breakfast Pizza Crispitos Peas Peaches Long John	Pancake Sausage Stick Super Nachos Steamed Corn Tossed Salad/Drsg Fruit Cocktail	Breakfast Burrito Chicken Strips Mashed Potatoes Green Beans Strawberries & bananas Hot Roll	French Toast Sticks Turkey Deli Sandwich Baked Chips Carrot Sticks Apple	Biscuits & Gravy Shrimp Green Beans Pineapple Chunks Chocolate Pudding
29	30	31		
Breakfast Pizza Chicken Fajita Chips/salsa Corn Peaches	Pancake Sausage Stick Sloppy Joes/bun Tri Tator Green Beans Rosy Applesauce	Muffins Chili Fresh Veggies/dip Dill Pickle Sticks Pears Cinnamon Roll		

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