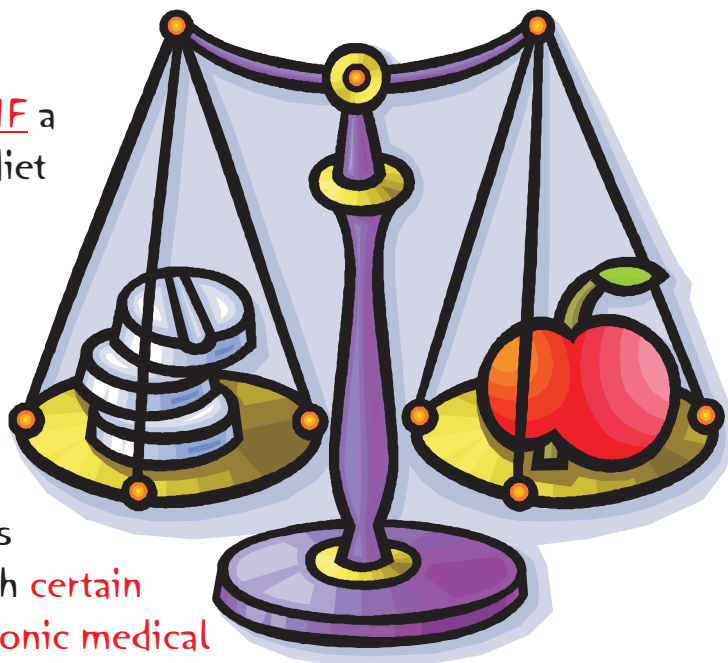


BALANCING ACT.

Should kids take a vitamin pill every day? Doctors say that probably isn't necessary – **IF** a kid eats a reasonably healthy and balanced diet including lots of **fruit, veggies, grains, dairy, and lean protein**. But some kids **SHOULD** take a daily vitamin, especially if they are **picky eaters** or if they eat mostly **processed convenience foods and/or fast food**.



the big number

13

There are 13 vitamins that are essential for our health – A, C, D, E, K, and the eight B vitamins.

Kids with **certain chronic medical conditions**, like asthma, might need a daily vitamin, too, as might **vegetarians**, kids on a **dairy-free diet**, and kids who are **extremely active** or play a physically demanding sport. Also, kids who drink **a lot of carbonated soda** (which can actually leech vitamins from the body) might need a multi-vitamin supplement. Bottom line: **you can get the vitamins you need from a balanced diet of fresh, natural foods**, but ask your doctor if he or she thinks a daily vitamin might be a good idea, just to be sure.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource by our school system's School Meals Program

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"BALANCING ACT"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

SWEET POTATOES

Often called "yams" (although they're not really the same thing), sweet potatoes are among the most nutritious vegetables of all. They have a natural, delightful sweetness that increases with storage and with cooking.



LEARN EASIER

Kids can't learn well if they can't see well! Vision problems can cause classroom fidgeting, boredom, and all sorts of learning difficulties. And one-third of all students with behavioral issues in school need glasses or contacts.



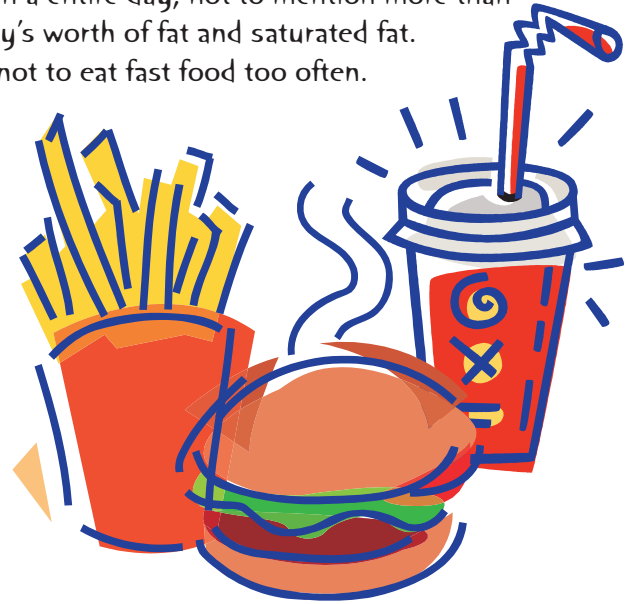
PLAY HARDER



As the weather gets cooler, put on a sweater (or two) and keep getting outdoors for some exercise! Just try to take it easy on Dad, OK?

LIVE HEALTHIER

A typical fast food meal – big cheeseburger, medium fries, 22 oz. soda – can weigh in at 1,500 calories. That's two-thirds of the calories most people should eat in a entire day, not to mention more than a day's worth of fat and saturated fat. Try not to eat fast food too often.



We're here to save you time, money, – and worry.

Sure, we serve food to kids. But that's not all we do -- we provide a service to families, too. We know that modern households can be hectic in the morning, so we want you to know that we're here for your kids every day. Lunch is one less thing you have to worry about. You can also rest assured that the meals we prepare and serve are nutritious and affordable, and you can take further comfort in knowing that kids do better in school when they eat a good meal.

Convenient, economical, healthy School Meals. We make the food for kids, but we serve the whole family. Enjoy!

School Meals
We serve education every day™