

NO BONES ABOUT IT.

Touch the tip of your nose – that’s what bones feel like without calcium. **Bones that don’t get enough calcium are weaker and more likely to break.** Calcium also plays a key role in muscle contraction, among other important functions in your body. **But 85% of**

girls and 60% of boys ages 9-18 don’t get the

minimum amount of calcium they need – 1300 mg a day. Part of the problem is that many kids drink more soda than milk, but low-fat dairy products – **cheese, milk, yogurt, cream cheese** – are some of the best sources of calcium, along with **calcium-fortified products like cereal and orange juice.** People with dairy allergies or who can’t tolerate milk can take calcium supplements. But, make no bones about it, you need calcium for good health!

the big number

290

An 8-ounce carton of milk contains 290 mg of calcium. That’s 290 more than a can of soda.

**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

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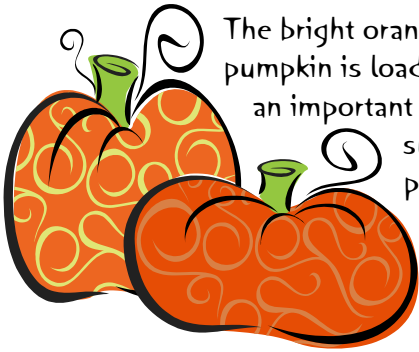
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"NO BONES ABOUT IT"

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!

PUMPKIN



The bright orange color tells us that pumpkin is loaded with beta-carotene, an important illness-fighting substance. Whether it's pureed or cooked in soups, breads, pies, or cookies, pumpkin is both delicious and good for you!

LIVE HEALTHIER

Halloween doesn't have to mean the end of healthy eating – if parents and kids work together to keep the candy from taking over. Start by making sure kids eat a good, healthy meal or snack before trick-or-treating, so they're not as tempted to dig in as they go. Then, keep the candy out of sight the day after Halloween, and ration out pieces as treats. A small portion of candy after a meal instead of dessert is perfectly OK, and it's better for your teeth to eat your candy with other food rather than little by little through the day.



PLAY HARDER



Raking leaves is great exercise and it can be a lot of fun, too. Especially if you take a good running jump into the pile when you're done!

LEARN EASIER

It's never good to watch TV while doing your homework, but listening to tunes as background noise can be OK.

Studies have shown that listening to music (especially instrumental music) can actually help many people learn better. How about you?



Every week is School Lunch Week.

By proclamation of the President of the United States, the second full week in October is celebrated as National School Lunch Week.

But, in a larger sense, every week is school lunch week. Studies show that when kids eat well, they learn better, pay more attention in class, participate more, and even score higher on standardized tests.

So the nutritious meals we serve to our kids help make good education possible every single day of the school year. Convenient, economical, healthy School Meals. Results like these are worth celebrating year-round!

School Meals
We serve education every day™