

# PLEASE TAKE US HOME!



The humble potato is nutritious, abundant, and inexpensive. Potatoes deliver vitamin C, fiber, and plenty of vitamins and minerals -- and all for only 110 calories (per medium potato) and zero fat.

But there's a problem – not with the potato, but with the way we eat it. Most of the potatoes Americans eat are fast food french fries, which are cooked in deep-fat fryers, and which mostly just deliver lots of fat calories and whopping amounts of sodium. Better to eat a baked potato with a little butter or sour cream. Or fresh mashed potatoes. Or even home-cut “fries” tossed in olive oil and baked in the oven. We don't need to give up french fries altogether. But we should try to eat more potatoes that start out in the kitchen, looking like actual potatoes!

the big number

25

25% of the vegetables eaten by the average Americans are french fries, and the number is higher for kids.

**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!

"PLEASE TAKE US HOME"

## EAT BETTER

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

### EDAMAME

Edamame (pronounced "ed-a-mom-ay") are young soy beans that are usually served steamed or boiled with a little salt or dip, as a side dish or a snack. Edamame are one of the few "complete" vegetarian sources of protein-- they contain all nine essential amino acids that your body cannot make on its own.



## LIVE HEALTHIER

A lot of unhealthy eating habits develop because we don't think much about what we're eating. Studies show that when people pay attention to what they eat, they eat healthier. And that starts with reading the label.

## LEARN EASIER

Here's a good way to study better: stop studying! At least for a little while. Take a break for 5 or 10 minutes – stretch, stare out the window, run up and down the stairs. Your mind, like a computer, benefits when you hit the "refresh" button every so often.



## PLAY HARDER

Want to do yourself a favor? Walk your dog. Don't have a dog? Walk your friend. Or your Dad. Or your sister. Or yourself. You see, the only part of "walking the dog" that matters is the "walking" (except, of course, to the dog). Find any motivation to get regular aerobic exercise, preferably for 20-30 minutes daily – no matter the time of day, the weather, or the hundred other excuses we use to stay on the sofa.

Your dog (or your friend, Dad, or sister) will thank you. And you'll also thank yourself.



## Kids do the heavy lifting. We just provide the fuel.

Learning is hard work, and if kids are going to reach their goals in school they have to eat well. That's where we come in. We provide convenient, economical, healthy school meals every school day for just one reason: so kids can concentrate on the work they need to do to succeed. We invite all students to join us often!

## School Meals

*We serve education every day™*