

PARENTS



School Lunch Supports Healthy Lifestyles!

Parents—do you know what’s being served in your Child’s school cafeteria? The answer may surprise you!

National School Lunch Week is October 13-17. The 2014 theme, “Get in the Game with School Lunch” celebrates the importance of balancing good nutrition with physical activity. Talk to the cafeteria manager at your child’s school to see what’s for lunch this week!

TODAY’S SCHOOL LUNCH

Serving 31 million children every school day, the National School Lunch Program (NSLP) provides nutritionally balanced, low-cost and free meals to students. Today’s school cafeterias are:

-  Offering students fruits and vegetables every day
-  Increasing offerings of whole grains;
-  Limiting calories, fat, and sodium to age-appropriate levels
-  Introducing locally-grown ingredients, chef-inspired recipes, and even lunchroom lessons about healthy eating

To learn more about school meals, visit www.facebook.com/traytalk



Anne-Arundel County Schools, MD

GET IN THE GAME TOGETHER!

Engaging in physical activity as a family can be a fun way to get everyone moving. Kids need 60 minutes of play with moderate to vigorous activity every day—but it doesn’t have to occur at once, it all adds up! Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:



As a family, commit to taking the stairs instead of the elevator.



Take a walk around the block in the evening after dinner.



Encourage your kids to try a new sport or activity—whether it’s a recreational league, school team, or club.



Walk to and from school together a few times a week.

Made possible by:  SCHOOL NUTRITION ASSOCIATION

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For more information about the School Nutrition Association (SNA), please visit us online at www.traytalk.org or call (800) 877-8822.

STUDENTS

**It's National School Lunch Week:
October 13-17, 2014. School cafeterias
everywhere are celebrating
"Get in the Game with School Lunch".
Put your game face on and complete the
games and activities below!**

SPOT THE DIFFERENCE The images below are almost

identical—but there are five small differences between them.
Can you identify the differences?

SPORTS AND ACTIVITIES WORD SCRAMBLE



IMAGE 1



IMAGE 2



1. _____
2. _____
3. _____

4. _____
5. _____

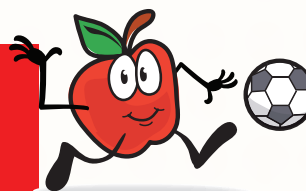
Answers: 1. Image 1 has a banana on the roof, Image 2 has a taco on the roof. 2. There's a slide in Image 1 but not Image 2. 3. In Image 2 the tomato is missing the baseball. 4. In Image 1 the sandwich is standing on a balance beam and in Image 2 it's not. 5. Image 1 is missing the sun.

LUNCHTIME FUN FACTS

**Early explorers used
watermelon as canteens.**
National Watermelon Promotion Board

**25% of an apple's volume is
air – which is why it floats!**

Source: Washington State Apple Commission



**Broccoli comes from the
Latin word brachium—
which means branch
or arm.**

Source: Fresh!



**Carrots can
be purple!**

*Source: National Gardening
Association*



**The green "hat"
that tops the
strawberry is
known as the
calyx.**

*Source: California
Strawberry Commission*