THE SCOOP ON NUTRITION

From Basil *Chef of Nutrition*

The Nutrition Group

Volume 2 Number 1

It is important for kids to get a healthy, balanced diet for proper growth and development. Did you know that eating lunch at school is a great way for your child to get one-third of their recommended daily nutrients?

You choose... make lunch your way!

The Nutrition Group is pleased to be your school's food service provider, who participates in the National School Lunch Program. Did you know that there are specific guidelines that need to be followed on a daily basis?

It is important to help your child understand there are 5 food groups, and all 5 food groups are offered daily. Students must be offered 1 serving each of meat, grains, and milk, but must be offered two different servings of fruits and/or vegetables. From these five servings they are offered, they must select at least three different components to make up a complete, reimbursable lunch.

The 5 food groups are broken down into 4 components:

Meat/Protein Alternative (meat, poultry, fish, cheese, beans, peanut butter, eggs, etc.)

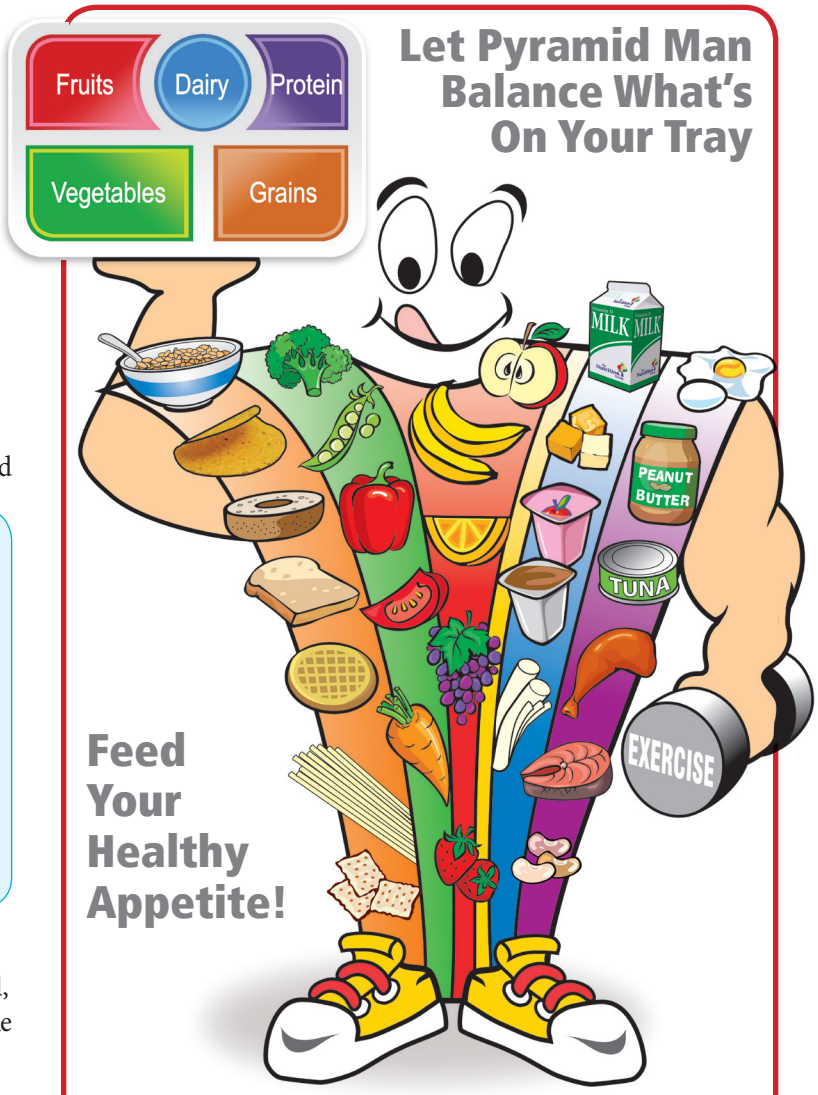
Grains & Breads bread, rice, pasta, crackers, etc.

Milk fluid 8 oz.

Fruits & Veggies raw, cooked, fresh, dried, canned or frozen

Sometimes, one food item includes two food components. These are referred to as "Combination Foods". Examples of combination foods include a chef salad, tuna croissant, turkey wrap or spaghetti with meat sauce.

Though it seems confusing, the idea is simple. Students are offered five options and must choose at least three components. This ensures balance and good nutrition. These meals must be priced as a unit and in turn, students pay the same price whether they choose 3, 4, or all 5 items.



Please take a few moments to talk to your child about the importance of choosing from all 5 food groups. The Nutrition Group is pleased to be your school's food service provider and making lunch a healthy part of your child's school day.

At The Nutrition Group, we encourage students to take all 5 items. This is why there are a variety of choices available. This enables students to choose his or her favorite items to make lunch their way...the healthy way. Choosing all 5 items provides your child with a complete meal, and best value!