

THE SCOOP on NUTRITION

November/December 2018

The Nutrition Group

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Wind Up & Go

What better way to spend quality time than enjoying exercise together. There are lots of ways to fit activity into your work day and your family's lifestyle. Here are few ideas to get you started.

Walking is the simplest way to start and continue a fitness journey, costs nothing to get started, and it's safe and easy. This is a great time to have family conversations about each other's day.

Enroll your children in a fall/winter sport program through your school district. Local YMCA's have many programs available. Tumbling, gymnastics, dance or Karate will provide your child with the exercise they need daily.

Bike trails are not only a safe place to ride bikes, but they make great walking trails.

As fall approaches, leaves are falling. Yard work such as raking leaves can be a great exercise for everyone and you'll have a great looking yard.

It's important that children get at least 30 minutes a day of exercise. Physical activity promotes a healthy weight and combined with healthy food choices increases energy levels, boosts your mood and relieves stress. Be sure to consult your physician before making any dietary and physical activity changes.



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Chef Basil's Wellness Wednesday

This signature program is a huge hit with students. Throughout the school year a sampling table will be set up in the cafeteria where students may try a complimentary sample of a healthy new recipe. Students who try the featured recipe will receive a colorful Chef Basil sticker.



Tasty Bites

Tasty Bites introduces students to familiar ingredients, but with a tasty twist. Every month a fun, creative recipe will be featured in the cafeteria. All recipes meet one of the 5 components of a reimbursable meal. Check your school's menu to see this month's *Tasty Bites* recipe.



Munchables

Munchables are similar to Lunchables® but without all the sodium, sugar calories and fat. A milk, fruit and vegetable are offered with the Munchable lunch. Check your school's menu for weekly Munchable selections.

