

# Food for Thought

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## Tips for snacking



### Snacks provide needed energy between meals!

- Choose a snack from all 5 food groups
- Portion out snacks in advance
- Let kids help preparing healthy snacks
- Eat snacks without distractions
- Eat the snack 1 hour before meals

### Healthy, tasty snack ideas

**Yogurt parfait:** layer low-fat yogurt with fruit and granola or dry cereal

**Mini Pizza:** toast a whole wheat English muffin, drizzle small amount of pizza sauce and sprinkle low-fat mozzarella cheese, then microwave until cheese is melted.

**Fruit:** Dip slices of fruit in low-fat yogurt.

**PB&G:** Peanut butter and jelly spread on graham crackers



Academy of Nutrition  
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Winter is upon us and so is cold and flu season. Why not get a head start on building a strong immune system to fight off the germs of the season. Here are some tips on to staying healthy.

- Eating a balanced diet of all 5 food groups
- Eat breakfast
- Plenty of sleep
- Drink plenty of water
- Washing hands for 20 seconds- sing the "Happy Birthday" song- with hot soapy water

## Grab-n-Go Breakfast Program

By the start of school year 2017-2018, the State of Illinois (Public Act 096-0158) required every public school to be effectively serving 70% of their students' breakfast. Schools not serving 70% of the students' breakfast were then required to offer a breakfast after the bell option. (Public Act 99-0850) Our district's breakfast program fell below the participation percentage. The result was our district being mandated to follow the Breakfast after the Bell program. Our grab n go breakfast program allows for students to pick up their breakfast in the cafeteria and, if time allows, sit and eat their meal. Students may also take their breakfast to their classroom and eat it there. This allows more students, including those arriving late, to have breakfast.

Nutrition requirements are mandated by the Healthy Hunger-Free Kids Act of 2010, which forced manufacturers to reformulate foods being served in the K-12 school foodservice industry. Strict guidelines require these foods to contain lower sodium, no trans-fats, reduced sugar and made with whole grain wheat ingredients in order to be child nutrition labeled.