

A message from NUTRITIONAL DEVELOPMENT SERVICES

March 1, 2023

Greetings from NDS!

This week's Wellness Wednesday topic is:

National School Breakfast Week: March 6th-10th 2023

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success! The goal is to encourage schools and students to participate in breakfast so they have a healthy start to the day. NSBW started in 1989 and is observed yearly during the first week of March.



Did you know that children who eat breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight
- Students who participate in **school breakfast** tend to have better attendance rates and fewer behavioral problems.

Making NSBW a fun-filled occasion at your school will help get students excited about your breakfast program and increase participation.

- Offer nutrition education emphasizing the importance of breakfast
- Highlight healthy foods and importance of breakfast in the cafeteria using posters, balloons, tablecloths or student artwork
- Make morning announcements highlighting the importance of breakfast

- Host a social media contest where students post pictures of their healthy school breakfast
- Promote your school breakfast program on your school's social media pages, school newsletter and to your PTA/PTO to reach parents and the community.
- Download and print NSW coloring and activity sheets [here](#)!

On Monday, March 6th, we are featuring a new breakfast item, **Raspberry Churros**! Kick off NSW by getting students excited at your school to try something new!



A message from NUTRITIONAL DEVELOPMENT SERVICES

March 8, 2023

Harvest of the Month- Dairy



Each month Harvest of the Month (HOM) highlights a locally grown produce. During the month of March, we highlight **dairy**! Dairy includes milk and all food products made from milk such as cheese and yogurt. Modern day dairy farming began in the early 1900's with the introduction of pasteurization. This process destroys bacteria that causes milk to spoil, and therefore extending the shelf-life of milk.

Pennsylvania is ranked 7th in the U.S. for total milk production, with 500,000 cows producing more than 10.2 billion pounds of milk annually. The average cow will produce 8 gallons of a milk a day, which is equal to 100 glasses of milk! The USDA recommends 2 ½ cups of low-fat or fat free milk and dairy foods daily for those 4-8 years old and 3 cups per day for those 9 years and older.

Nutrition

Dairy provides calcium, potassium, vitamin D and protein. Dairy products are the primary source of calcium for Americans. Calcium is important for building bones and teeth and maintaining bone mass. Potassium may help to maintain healthy blood pressure. It also helps maintain cell growth and normal water levels in the body. Vitamin D helps to maintain proper levels of calcium and phosphorus in the body, helping to build and maintain bones. Protein is an important building block muscles, bones, skin and blood.

Looking for ways to increase your dairy intake, try:

- Sprinkle a small amount of cheese such as parmesan on vegetables or other side dishes
- Use plain low fat or fat-free yogurt instead of sour cream
- Top fruit with low-fat yogurt
- Use fat-free or low-fat cheese, such as ricotta or cottage cheese, in casseroles.

Dairy is incorporated into students' meals every day!

NDS' menu offers a variety of dairy products each day from vendors such as Wawa, Upstate Farms, and more.

- Click [here](#) to see how the dairy products on our menus contribute towards the daily recommended intake for children through the breakfast and lunch program!

Recipe Ideas

One-Pan Chicken Parmesan Pasta



Chicken & Zucchini Casserole



Strawberry-Chocolate Greek Yogurt Bark





A Spoonful of Sugar

"Just How Much Added Sugar Are We Talkin?"

1 teaspoon of sugar =
14.6 grams

45 grams



Cherry Slushie 8oz
Vitamins, Minerals &
Nutrients
None

28 grams



Simple Lemonade 8oz
Vitamins, Minerals &
Nutrients
None

11 grams



Chocolate Milk 8oz.
Vitamins, Minerals &
Nutrients
Vitamin A
Vitamin D
Calcium
Magnesium
Phosphorus
Potassium
Protein

The Harvest of the Month for March features **Dairy!** Milk specifically, is the #1 source of Calcium for Americans. Milk provided to schools through our breakfast and lunch program, meets **66% of the total dairy requirement** for kids every day. Each carton of milk served, provides **8g of protein, 25-30% of the daily Calcium & Vitamin D** requirements, combined with the right balance of **Sodium, Calcium, Potassium and Magnesium**...the perfect recipe for growing healthy bones!



Milking the Benefits

Not All Sugar is Created Equal

Milk has naturally occurring sugar called lactose that gives milk its natural sweetness. The added sugar in a candy bar is not the same as the natural sugar in milk.

School Milk Gets Kids Ahead

Kids are offered 2 out of the 3 recommended servings of milk at school breakfast and lunch.

Building Strong Bones

Calcium is crucial for a kid's bone development. Each carton of milk served in the National School Lunch and School Breakfast programs, provide kids with 15% of their Vitamin D and 20% of their Calcium needs for the day!

Steady Decline

Kids' milk consumption has declined from 1.1 cup equivalents daily in 2009-2010, to 0.79 cup equivalents daily in 2017-2018 (USDA).

Optimal Growth

The daily recommendation of dairy for kids over the age of 9 is 3 cups daily. Kids aged 4-8 is 2.5 cups daily (2020-2025 Dietary Guidelines for Americans).

Milk Has Valuable Electrolytes

Milk has the right balance of Sodium, Calcium, Potassium and Magnesium, which is better than water after recess. Kids who drink nonfat chocolate milk, consume more Magnesium and protein than both low-fat white milk drinkers AND those that choose to not drink milk. (Cambridge University Press, Journal of Public Health Nutrition)



Nutrition Facts

Serving size 1 carton

Amount per serving

Calories 100

% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Transfat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%

Protein 8g

* The % Daily Value (DV) tells you how much a nutrient contributes to a daily diet.



Nutrition Facts

Serving size 1 carton

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Transfat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 11g Added Sugars	22%

Protein 8g

* The % Daily Value (DV) tells you how much a nutrient contributes to a daily diet.



Nutrition Facts

Serving size 4oz (113g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Transfat 0g	
Cholesterol 6mg	1%
Sodium 65mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%

Protein 8g

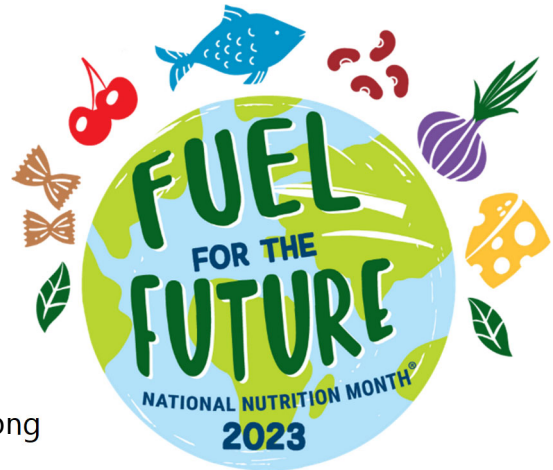
* The % Daily Value (DV) tells you how much a nutrient contributes to a daily diet.

A message from NUTRITIONAL DEVELOPMENT SERVICES

March 15, 2023

***Greetings from NDS! This week's Wellness Wednesday topic is:
National Nutrition Month - "Fuel for the Future"***

National Nutrition Month was created by the Academy of Nutrition and Dietetics and is celebrated annually during the month of March. The goal is to educate and encourage everyone about making informed food choices, developing healthy eating and physical activity habits. The campaign began in 1973 and started as National Nutrition Week - due to growing interest in nutrition, in 1980 it became a month-long observance.



Each week throughout the month focuses on nutrition messages. You can use these messages to help guide your monthly celebrations.

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

Looking for ideas to celebration?

- [50 Ideas to Get Involved in National Nutrition Month](#)
- Click [here](#) for resources to help celebrate including tip sheets, activity handouts, and a presentation from the Academy of Nutrition and Dietetics.



A message from NUTRITIONAL DEVELOPMENT SERVICES

March 22, 2023

Greetings from NDS! This week's Wellness Wednesday topic is:
Nutrition Education in School



Offering nutrition education during the school day provides children with the knowledge and skills they need to help choose and consume healthy foods and beverages. Nutrition education teaches students how to choose and enjoy healthy foods along with teaching the benefits of healthy foods on one's body and mind. Nutrition education can take place all across the school - formally or informally, inside and outside the classroom including the cafeteria, hallways, gym or at school events.

Ideas for supporting healthy eating and promoting nutrition education at your school:

- **Display posters and signs** that promote healthy eating and drinking.

- **Plan a fun and interactive event** around nutrition education. Take advantage of events like parent-teacher conferences, where you have a built-in audience, to provide healthy snacks and nutrition tips.
- **Seek out nutrition experts** — from your school nutrition department and in your community — to provide presentations and classroom lessons for students and families. Registered dietitians and university extension staff are great resources. NDS works with interns throughout the school year that would be happy to speak at your school!
- **Plan a health fair** - Bring in community partners to provide resources and different perspectives. Offer these events as part of a staff wellness program, too.
- **Lead a student group** dedicated to healthy eating and nutrition promotion. The feedback from these students can also help you inform wellness and school health advisory committees.
- **Write healthy-eating tips** for the school newsletter or have the wellness team create its own media, like a newsletter or website, that provides updates on team activities along with information on healthy living.
- **Promote healthy eating all year long** with a school wide nutrition campaign such as [Go, Slow, Whoa](#), [5-2-1-0](#), or [Rethink Your Drink](#).
- **Find out what organizations in your community offer** in terms of nutrition workshops, assemblies or events that they can bring to your school. Local healthcare providers and gardening associations are a great place to start.

Join [Team Nutrition](#) to receive free resources from the USDA!



A message from NUTRITIONAL DEVELOPMENT SERVICES

March 29, 2023

Greetings from NDS! This week's Wellness Wednesday topic is:



Eating Right on a Budget

Healthy eating is often considered expensive, however with a little know-how and planning, you can enjoy healthy foods without breaking the bank. Below are tips that can help stretch your budget.

#1: Plan Your Recipes

Planning ahead is key! It allows you to think about your food needs and budget. Deciding on meals and snacks before shopping can save both time and money.

#2: Shop with a List

Having a shopping list makes shopping easier and faster, which helps you reduce impulse buys and take home only the items you need. Added benefit – it helps prevent extra trips to the grocery store to buy forgotten items.

3: Cook More, Eat Out Less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

#4: Shop for Foods That are in Season

Fresh fruits and vegetables that are in season are usually easier to find and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

#5: Buy Store Brands

Buying generic or store brand items can save you 20% to 30% on your food bill. Items like canned tomatoes, milk, olive oil, and frozen fruits and vegetables are usually available in a cheaper store brand version.

#6: Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

#7: Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price. Farmers' Markets feature local products, often at lower costs because they are often sold directly from the source.

Visit [MyPlate](#) for tips on healthy eating on a budget and so much more!

