

Nutrition Corner

Healthy Eating for Children - Changing Your Family's Eating Habits

Healthy eating means eating a variety of foods from all food groups. It means **choosing fewer foods that have lots of fats and sugar**. But it does not mean that your child cannot eat desserts or other treats now and then.

With a little planning, you can create a structure that gives your child (and you) the freedom to make healthy eating choices. Think of this as **planning not just for the kids but for everyone in your family**.

First steps

Set up a regular snack and meal schedule. Kids need to eat at least every 3 to 4 hours. Most children do well with three meals and two or three snacks a day.

Eat meals together as a family as often as possible.

Start with small, easy-to-achieve changes, such as offering more fruits and vegetables at meals and snacks.

Look at your portion sizes. Remember that younger children may eat smaller amounts than adults. Although paying attention to portion sizes is important (especially of less-nutritious foods), it is up to your child to decide how much food he or she needs to eat at a meal to feel full.

Slowly cut down on soda pop and other high-sugar drinks. At mealtimes, serve whole milk to children under the age of 2 (the [essential fatty acids](#) in whole milk are needed for brain growth and development). Serve nonfat or low-fat milk to children over the age of 2 (at this age, children will be getting enough fat in their diet to supply these [nutrients](#)). At other times of the day, serve water to quench thirst. You can encourage your child to drink more water and fewer sugar-sweetened drinks by keeping cold water on hand in the refrigerator.

Use [MyPyramid](#) as a general guide for planning meals and to get an idea of the variety of foods to offer to your family. **Encourage healthy choices**

Be a good role model.

Practice the eating and exercise habits you'd like your children to have. Your example is your child's most powerful learning tool.

Increase active time. Make physical activity a part of your family's daily life. Set limits on your child's daily TV and computer time to no more than 2 hours a day.

Eat breakfast. Having breakfast with your child can help start a lifelong healthy habit.

Involve your child in meal planning and grocery shopping. When your child is old enough, teach him or her about food preparation, cooking and food safety and, later, how to use [food label information](#). While giving your child a role in decision making, remember that you have the final say in food planning.

.Souce- Web, MD



Interested in making a difference?

The Child Nutrition Department is always looking for dependable substitute staff to help out in the lunch lines. This is a paid position that starts up to \$12.35/hr and is perfect for parents with children in school.

We are also looking for volunteers to help us with our nutrition education program. We will be starting up our annual "Nutrition Education in the Classroom" program shortly and are always in need of volunteers. You don't need to be an expert, just love being around children and have lots of energy.

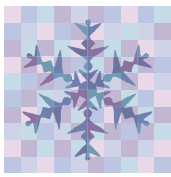
Interested? Give us a call at 760-943-2042

Parent Updates

Is your child going on a field trip?

The Child Nutrition Department will be holding our quarterly Child Nutrition Advisory Group meeting on Wednesday, March 10, 2010 at 9:00am in the Child Nutrition Office. If you are interested in attending, please give us a call to RSVP at (760) 943-2042.

Sign up for for Mealpay at <http://www.mealpayplus.com>. Even if you do not pay for your child's lunches online, you can still use the service for free to check balances and get low balance reminder emails sent to you.



December 2009 & January 2010



* Vegetarian
** Pork Product

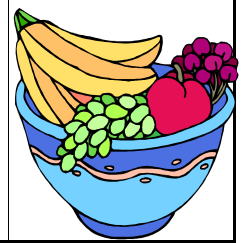
Salad Bars Every Tue and Thurs!

Menu Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday
Surfside Pizza W/ Whole Wheat Crust!	*CHEESE & **PEPPERONI PIZZA W/GRAHAM CRACKER	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza
VEGETARIAN EXPRESS	*Whole Wheat Bean & Cheese Burrito w/Graham Cracker	*Cheesy Taco Flavored Pockets	*Whole Wheat Bean and Cheese Burrito	NEW! *Cheese Ravioli w/Marinara	*Macaroni & Cheese
THE DELICATESSEN	Chicken Nuggets w/Graham Cracker	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets
BUN APPÉTITE	Turkey Hot Dog w/Graham Cracker	Hamburger on Whole wheat	Corn Dog	Tuna Sandwich on Whole Wheat	Cheeseburger on Whole wheat
	Chicken Caesar Salad & Graham Cracker	Teriyaki Beef Dunkers W/ Rice	NEW! Chicken Chow Mein	**Brunch For Lunch (Waffle and Sausage)	Chicken Caesar Salad

Weekly Nutrient Analysis - Calories 661, Calcium 453.57
Vitamin A 609re, Vitamin C 41.07 mg, Protein 27.64 g
Fiber 6.70 g, Carbohydrates 92.56g
Total Fat 19.33g, Saturated Fat 6.95g

Lunch includes choice of main entrée, fruit, vegetable, and milk. Lunch price is \$2.50 or a pre-paid lunch account. Milk is \$0.35.



Side Dish Sweeter Side Milk

Baby Carrots Corn Whole Wheat Dinner Roll	Baby Carrots Peas Whole Wheat Dinner Roll Raisins	Baby Carrots Corn Whole Wheat Dinner Roll	Baby Carrots Green Beans Whole Wheat Dinner Roll Raisins	Baby Carrots Garbanzo Beans Whole Wheat Dinner Roll
Fresh Fruit Pears	Fresh Fruit Peaches	Fresh Fruit Apricots	Fresh Fruit Mixed Fruit	Fresh Fruit Shape-Ups Pears
NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat

