

GET DOWN WITH THE BROWN.

Most of us grew up eating white bread, white rice, and pasta made from refined white flour. **But** whole grain foods (which are usually brown) are better for you than the white stuff. Refining flour and rice



the big number

20

Simply switching from white bread to whole wheat can lower your heart disease risk by 20%.

removes the most nutritious parts of the grain—the fiber, essential fatty acids, and most of the vitamins and minerals. Some wily manufacturers have begun to add coloring to white grain products to make them look more brown, but don't be fooled: check to **make sure the first ingredient is whole wheat, whole grain, or brown rice.** So you can be sure you're getting all of the **wonderful flavor and health benefits** of nature's whole grains.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource by our school system's School Meals Program

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"GET DOWN WITH THE BROWN"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

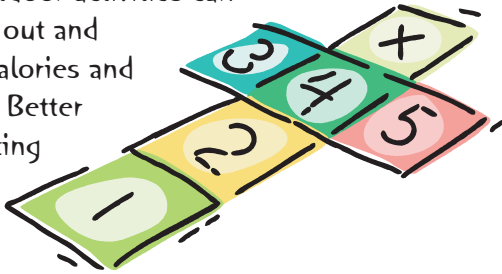
RASPBERRIES



Raspberries are one of the healthiest foods you can eat! A cup provides 40% of the recommended daily allowance of vitamin C and eight grams of fiber (more than 30% of the RDA).

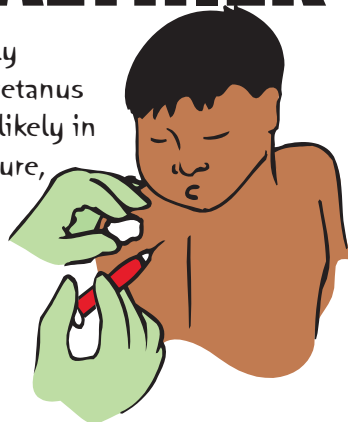
PLAY HARDER

Whatever it takes, get outside and play this summer. Even simple outdoor activities can get you up and out and burning a few calories and excess energy. Better than always sitting inside watching TV or playing video games!



LIVE HEALTHIER

Every member of your family should have an up-to-date tetanus shot. Tetanus is especially likely in a deep wound or skin puncture, like you might get if you step on a nail. Kids are typically vaccinated against the disease, and adults should get a booster once every 10 years.



LEARN EASIER

Little kids ask a lot of questions. And adults sometimes get a little tired of answering them. Eventually, kids get the message and, as they get older, they might start keeping their questions to themselves. That's not a good thing. Kids of all ages need to ask questions to learn – about school subjects, about how to act and treat others, and about themselves and their place in the world. Be patient and encourage them to keep the questions coming. Who knows? You both might learn something!



Don't be fooled by the apron.

Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to our students' educational success. Research shows that kids who eat well learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals to our kids. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, largely unseen by parents, students, and other staff members. Please show them that you're proud of them, too, by taking a moment to stop by and say "thanks" next time you're at school. And don't be fooled by the aprons -- these folks help work miracles for our kids every day!

School Meals
We serve education every day™