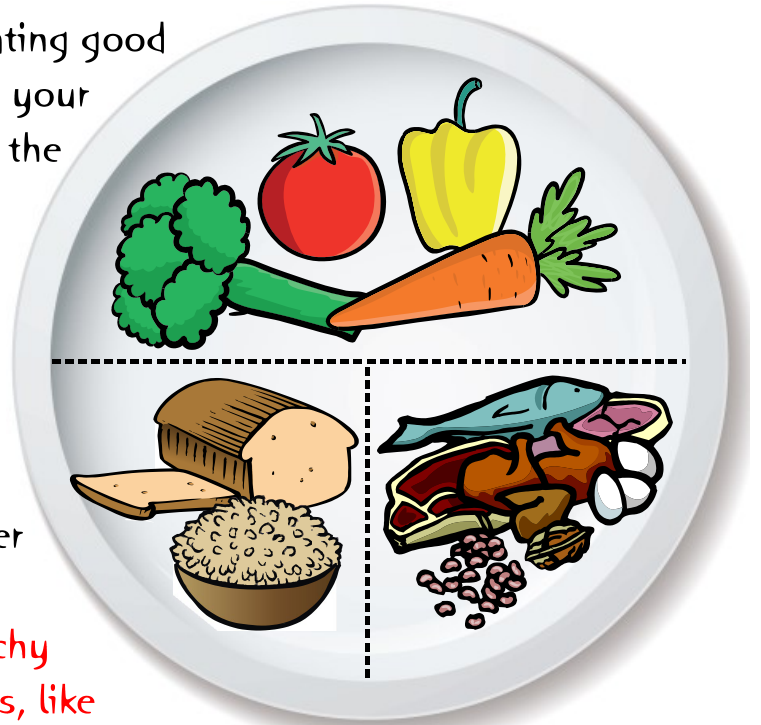


# DIVIDE AND PROSPER.

There's a **simple way** to make sure you're eating good proportions of the various foods you put on your dinner plate. Draw an imaginary line across the middle, and fill the area above that line with **fruits and non-starchy veggies**. Draw another imaginary line to divide the lower half of the plate into quarters. Fill one of the quarters with **lean protein, like skinless chicken, fish, or lean meat**. Fill the other



quarter with **starchy carbs, like bread, rice, or potatoes** – try to choose mostly 100% whole grains for this section. **Portion sizes matter, too**. The protein should be the size of a deck of cards, the starch serving about fist-sized, and the fruit and veggies at least as much as you could hold in two open hands. **For active kids of normal weight, the fruit and veggie section and the starchy carb section can be reversed**. Those kids need the extra carb energy to fuel their activities and their growth.

the big number

# 22

Research suggests that if you use a 10" plate instead of a 12" plate, you'll eat an average of 22% less.

**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!

"DIVIDE AND PROSPER"

## 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!

### QUINOA

Pronounced "keen-wah," this South American food is the ancient "gold of the Incas."

Quinoa has a crunchy texture and light, nutty flavor, and it provides a dozen key nutrients, including more iron and protein than most plant foods.

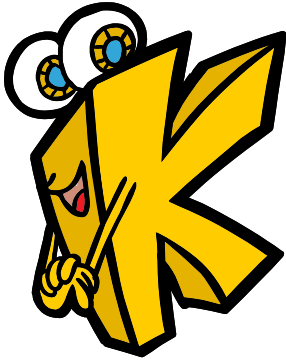


## PLAY HARDER

For the most part, sports drinks just provide a lot of sugar and empty calories – kind of like soda, except with lots more added sodium. Unless you are an endurance athlete (exercising without stop for an hour or more in an activity like running or cycling) you don't really need an energy or sports drink. Water is the perfect hydration drink for young athletes who play team sports and other active kids.



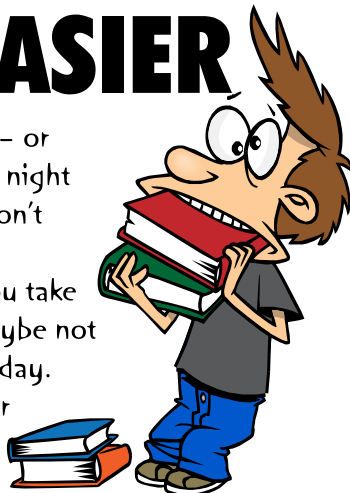
## LIVE HEALTHIER



Every vitamin does something special for your health. Vitamin K is necessary for normal clotting of the blood. The good news is that eating a balanced diet that includes green leafy vegetables, meat, and dairy products probably gives you all the vitamin K your body needs.

## LEARN EASIER

Cramming is no way to eat – or study. When you cram the night before a test or quiz, you don't learn as well and you don't remember much of what you take in for very long either – maybe not even until the test the next day. Better to study for a shorter period for each of several nights before the big day.



## Because every kid needs to eat well to learn well.

Before the pandemic, almost half of the school meals served in America each year were served to kids who paid full price for the meals. **We're here for all kids.** But starting next year, it looks like we'll be going back to the old system. Which means that for those who can't afford to pay full-price – even temporarily – we will provide free and reduced-price meals. Especially in times of economic stress, this is a crucial resource for families in our community. The application process is easy, and families can apply at any time during the year. We'll tell you more soon!

**School Meals**  
*We serve education every day™*

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