

Warren Consolidated School Nutrition Service March 2018 Newsletter



“Go Further with Food” is the theme for 2018 National Nutrition Month. Learning how to manage food resources at home will help you “Go Further with Food” while saving both nutrients and money.

Key Messages:

1. Include a variety of healthy foods from all of the food groups.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that is right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.



WE ARE LOOKING FOR YOU!!

WCS NUTRITION SERVICES IS IN NEED OF DEDICATED FOOD SERVICE PROFESSIONALS.

- Perfect job to have while your children are in school
- Weekends, holidays, and school breaks off
- Work shifts allow you to still pick your child up from school
- Learn a fun new job, and earn some extra money

JOIN OUR NUTRITION SERVICE FAMILY

Apply online at www.wcskids.net. The employment tab is at the top of the webpage.

Call 586.698.4158 for more information.



Information from Academy of Nutrition & Dietetics

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 5-9, 2018

I SCHOOL BREAKFAST


Students who eat school 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
- Maintain a healthy weight

PARENTS!
Hectic mornings?
Your child has healthy breakfast options at school!

THE SCHOOL BREAKFAST PROGRAM SERVES OVER **14 MILLION** CHILDREN EVERY SCHOOL DAY.

#NSBW18



MADE POSSIBLE BY:  

Wellness Policy
You can find our district wellness policy at:
<http://www.wcskids.net/departments/nutrition-services/wellness/index.html>