

## Why Breakfast is so Important

We have all heard the saying "Breakfast is the most important meal of the day." Well, it turns out that the facts behind that statement prove your mother was right after all!

Food is fuel and energy for our bodies, so by having a healthy breakfast, students can think more clearly and can function more effectively.

By encouraging your child to eat breakfast, it helps increase his or her metabolic rate and gets their bodies in gear. When children skip breakfast, their system can't process the next meal as quickly because it didn't get the morning fuel it needed. It tries to hold on to those nutrients instead of burning them right away. That increases the likelihood that they will consume more calories than necessary at the next meal.

Breakfast should include lean protein, whole grains, calcium-rich foods and fruits. Did you know that your school's cafeteria provides all these requirements, which make up one-third of your child's recommended daily nutrients? Why not encourage your child to try school breakfast today!



## HHFKA UPDATE

The Healthy Hunger-Free Kids Act (HHFKA) was enacted by Congress in 2010 to help ensure every child has access to the proper nutrition needed to combat childhood obesity and grow into healthy adults.

As your school's food service provider, we offer meals that meet the current HHFKA guidelines:

- All grains must be 51% whole grain rich
- A colorful variety of fruits, vegetables and legumes
- All meals must include 100% juice, a fruit or a vegetable. (Limit of one juice per meal).
- Fat free flavored milk, 1% white or skim milk
- Lean proteins

Additional HHFKA guidelines including monitoring calorie ranges for each age/grade group, observing saturated fat restrictions, no trans fats and limiting sodium levels.

What does all this mean to you? It means that you can be assured that when you child participates in school meals, he or she is receiving the recommended daily nutrients necessary for growing children!



[www.thenutritiongroup.biz](http://www.thenutritiongroup.biz)



Proud to be your school's food service provider.

The Nutrition Group is proud to be your school's food service management provider.

We have been managing school food service operations since 1975.

We are employed by your school district to work in partnership with cafeteria employees from your community to provide nutritious school meals.

Lunch and breakfast menus are created by the Food Service Director based on input from the Youth Advisory Committee (YAC) and Parent Advisory Committee (PAC), your district's personnel and The Nutrition Group's dietitians.

The Nutrition Group stays informed of the latest health and wellness trends to ensure that your cafeteria program promotes balanced and nutritious meals that comply with government regulations and your district's Wellness Policy.



## Our signature nutrition education and special events add up to more than just lunch.

We deliver fun, innovative learning programs that play an important role in nutrition education. We believe that when children understand why they should choose healthy foods they are more likely to do so, both willingly and enthusiastically.

Our year-long nutrition education programs are designed to be a fun and interactive way to promote healthy eating.

Our programs offer a solid nutritional foundation that students can use for a lifetime of good nutrition.



### Take Nutrition Global

Ethnic cuisines from around the world are presented through fun taste-testing events.

### Is Your Tray OK?

Students learn to choose from a variety of healthy selections to build a balanced meal.

### Wellness Wednesday

Elementary students are encouraged to try new foods and discover new flavors. When they do, they are rewarded with a colorful Chef Basil sticker.

### Breakfast is Important!

Improving overall physical and mental performance starts with breakfast.

### Food Pyramid Fun

Pyramid Man teaches students that all 5 food groups work together to create a tasty and healthy balance.

### The Scoop by Chef Basil

Our monthly publication provides parents with tips, activities and healthy recipes that are fun and easy to do with children.



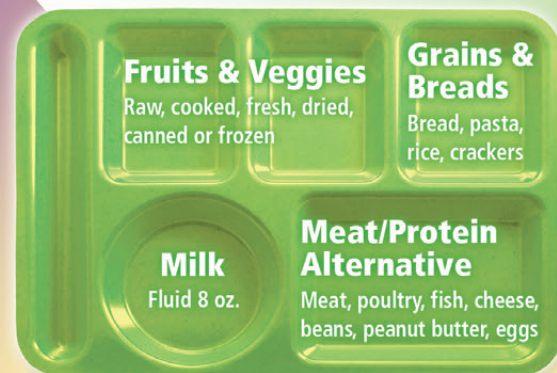
### Molly and Calvin

Characters Molly the Cow and Calvin the Calf share their dairy and fresh foods nutritional messages in person by visiting elementary students.

## Healthy, nutritious party menus.



The Nutrition Group and your school district have created fun and nutritious party food packages for purchase. These are great options for any classroom celebration like birthdays and student recognition. Easily make a birthday special at school... just contact your Food Service Director for details about classroom party menus.



## Make lunch your way.

Did you know that there are specific guidelines for providing a school lunch program that need to be followed on a daily basis? It is important to help your child understand there are 5 food groups, and all 5 food groups are offered daily.

Students must be offered 1 serving each of meat,

grains, and milk, but must be offered two different servings of fruits and/or vegetables. Your child can choose a minimum of 3 items as long as one is a fruit or vegetable.

Sometimes, one food item includes two food components. These are referred to as combination foods. Examples of combination foods include a chef salad, tuna croissant, turkey wrap or spaghetti

with meat sauce. Though it seems confusing, the idea is simple. Students are offered five options and must choose at least three components. This ensures balance and good nutrition.

These meals must be priced as a unit and in turn, students pay the same price whether they choose 3, 4, or all 5 items.