

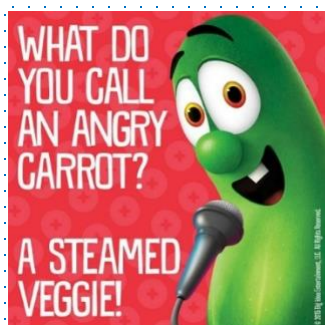
Healthy Huskies



June 2018

This or That?

For our fun lunchtime nutritional education activity this month Shoprite Dietitian Elle Bernardo was back with a great educational game. And the winners received Fruit Slime prizes provided by the PTA! Some of the questions were not easy even for the adults in the room (Is skim milk or almond milk more nutritional??).



Information Update

According to the Board of Education Public Agenda from the May 18, 2018 meeting Aramark will continue to be the food service provider for Livingston Public Schools. So we should redouble our efforts to work with Michael Fassbender at Aramark improve the healthy lunch options.

3.14 Award of Contract – Food Service Management

Whereas, the Livingston Board of Education received proposals for the operation and management of the Livingston Public School food service program on April 12, 2018; and

Whereas, the Livingston Board of Education received two proposals; and

Whereas, the proposal from ARAMARK Education guarantees a minimum client return of \$106,385 plus a capital contribution of \$100,000 and is in compliance with Policy #8505 and state regulations cited in N.J.S.A. 18A:33-16; and

Whereas, this contact is being awarded under 18A:18A-4.5 Competitive Contracting; now therefore be it

Resolved, that the Livingston Board of Education approves the contract with ARAMARK Education to provide food services for the 2018-2019 school year with options not to exceed four additional years.

**WE DONT HAVE ANY
VEGETABLE
JOKES YET**



**SO IF YOU DO
LETTUCE KNOW**

H	B	O	T	A	M	O	T	V	Q	 BROCCOLI CARROTS CABBAGE BEETS TOMATO PEPPERS SPINACH ZUCCHINI AVOCADO HEALTHY
X	H	E	A	L	T	H	Y	S	C	
E	I	R	E	L	P	P	R	H	G	
G	A	L	M	T	I	T	E	T	E	
A	S	X	O	N	S	S	S	H	R	
B	N	Z	U	C	C	H	I	N	I	
B	C	O	D	A	C	O	V	A	W	
A	S	M	F	H	R	O	F	N	D	
C	H	P	E	P	P	E	R	S	J	
I	H	C	A	N	I	P	S	B	N	
F	S	T	O	R	R	A	C	B	X	

Vegetables Group For more fun nutrition games Visit ChefSolus.com



NOURISH

Parent Kid Tip of the Month

The Nutrition Facts Label Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on all packaged foods and beverages



Use it to compare foods!



Choose the foods that are high in nutrients to get more of, and low in nutrients to get less of.



If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high; 100 calories per serving is moderate.

Calories

Check the serving size on food packages. The information listed on the Nutrition Facts Label is based on **one** serving. Servings are shown in common measurements like cups, ounces, or pieces.

One package may contain more than **one** serving! If you eat multiple servings – you're getting "multiples" on calories and nutrients, too.

Serving Size & Servings Per Container

2SERVINGS=CALORIESX2

Nutrition Facts

Serving Size 1 package (272g)
Servings Per Container 1

Amount Per Serving	Calories from Fat 45	% Daily Value*
Calories 300		
Total Fat 5g		8%
Saturated Fat 1.5g		9%
Trans Fat 0g		
Cholesterol 30mg		10%
Sodium 430mg		18%
Total Carbohydrate 55g		18%
Dietary Fiber 8g		25%
Sugars 23g		
Protein 14g		
Vitamin A		80%
Vitamin C		35%
Calcium		6%
Iron		15%

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrients

+ Nutrients To Get More Of

- Get 100% DV of these:
- Calcium
 - Dietary Fiber
 - Iron
 - Vitamins A & C

- Nutrients To Get Less Of

- Get less than 100% DV of these:
- Cholesterol
 - Saturated Fat
 - Sodium
 - Sugars and Trans Fat are nutrients to get less of, but they have no %DV. Use grams to compare!

To meet these goals, eat a variety of foods, including:

- fruits and vegetables
- lean meats and poultry
- beans and peas
- whole grains
- eggs
- soy products
- fat-free or low-fat milk/ milk products
- seafood
- unsalted nuts and seeds

%DV

When comparing nutrients in foods, use %DV.

%DV = Percent Daily Value

%DV is based on "Daily Values" – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

5% DV or less per serving is low

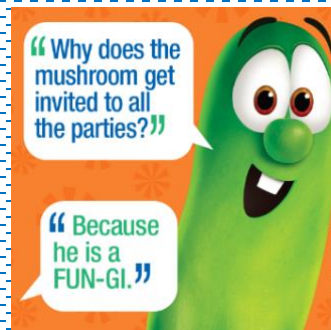
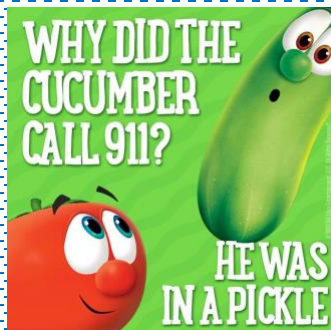
20% DV or more per serving is high

Nutrition Facts
Read the Label



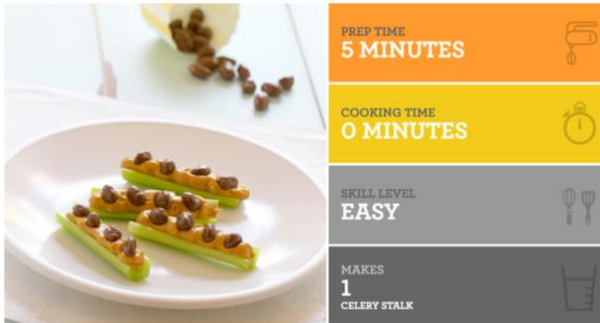
www.fda.gov/nutritioneducation

Percent Daily Values on the Nutrition Facts Label are based on a 2,000 calorie diet; however, your Daily Values may be higher or lower depending on your calorie needs. Calorie needs vary according to age, gender, and physical activity level. Visit www.choosemyplate.gov to find your calorie needs.



Student Council

Recipe of the Month



Bumps on a Log

INGREDIENTS

- 1 celery stalk, washed and ends trimmed
- 2 tablespoons creamy or chunky peanut butter (or sunflower seed butter)
- 10 raisins (or milk chocolate covered raisins)

INSTRUCTIONS

- Fill celery with peanut butter
- Press raisins into peanut butter

LITTLE KITCHEN HELPER HINTS:

- Even the littlest hands can press the raisins into the log.
- Help the children count out the raisin pieces or make little piles of 5 each. It's fun math!
- For those who are still hungry, spread the peanut butter on small round crackers and have the kids make eyes, nose and mouths with raisins.
- Have small baby carrots and apple wedges on hand for hungry kids to dip in peanut butter.

Awesome Nutrition themed jokes and puzzles also provided by the student council this month!