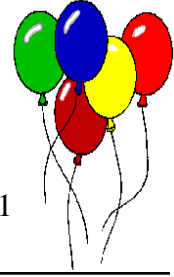




NUTRI-NEWS



September 2008

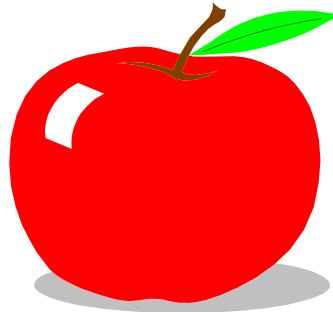
"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 20 Number 1

Welcome to Nutri-News !!!

Welcome to the 2008- 2009 school year! We at Nutri-Serve hope you had a fun summer and are ready to make new friends and learn a lot this school year. If you are new to Nutri-Serve, the Nutri-News is now in our 20th year of publication and serves as evidence of Nutri-Serve's continued commitment towards children as well as the entire family's nutritional well-being. The newsletter's editor is a Registered Dietitian and mom. The publication's goal is to provide you with up-to-date, reliable nutrition information as well as suggestions on leading a healthier life.

Each month Nutri-News contains the sections "**Test Your Nutri IQ**" in which there are quizzes and games testing nutrition know-how, "**Kids In the Kitchen**" which has delicious and easy recipes for kids of all ages and "**Fitness Forum**" which provides the most recent research on sports nutrition. This coming school year we will continue to focus as well on the battle of childhood obesity within our schools and communities. We always welcome your suggestions and ideas as well.



Balloons for a Balanced Lunch

Something we are most proud of at Nutri-Serve is our "Balloons for a Balanced Lunch" program for elementary school students. Students are encouraged to choose one food item from each food group which is indicated by colored balloon stickers on the food line. Each colored balloon is based on the Food Guide Pyramid colors so choosing one food from each color will provide the child with a balanced lunch!

Blue - provides calcium, phosphorus and riboflavin such as a carton of milk

Red -represents a food high in Vitamin A such as a fruit or vegetable

Yellow -represents a food such as canola oil, fish or nuts which are essential for good health.

Green -provides foods that are rich in Vitamin C such as fruits or vegetables.

Purple -foods are those that are rich in protein, iron and the B vitamins.

Orange—represents the grains which are necessary for brain function. Examples of these foods are bread, rolls, pasta and rice.

Free and Reduced Meals

Nutri-Serve shall provide free and reduced meals to children as designated by the Board. We shall protect the anonymity of such children as required by law. Please contact your principal for further information.

Newsletter Editor:
Rosemary L. O'Dea, MA, RD