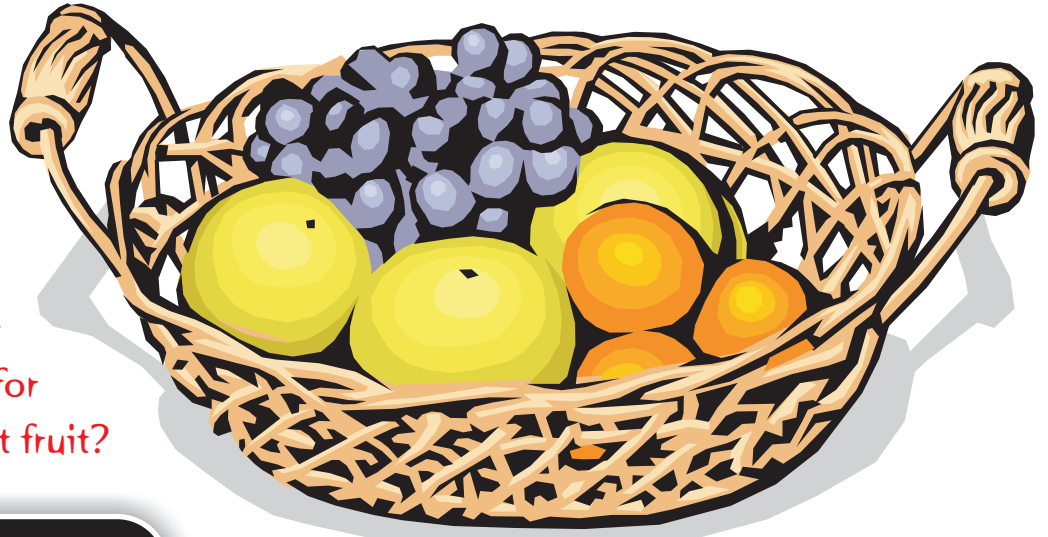


# SWEET DEAL.

Got an urge for a little something sweet with a meal? Between meals? Before bed? Instead of automatically reaching for a cookie, or a candy bar, or a can of soda, why not go for a serving of naturally sweet fruit?



the big number

0

The number of added ingredients in a serving of fruit. Check out how many are in other snacks!

While the added sugar in processed snacks and sweetened drinks like soda delivers calories without nutrition (and without satisfying your hunger), the natural sugar in fruit is just one part of a healthful “package,” which also includes fiber, nutrients, and vitamins. So fruit satisfies your hunger AND your sweet tooth with fewer total calories. In fact – get this – a medium-sized piece of fruit like an apple or a banana or a cup of grapes or berries are all right around or even under 100 calories. Which makes a serving of fruit the original “100-calorie snack pack”!

**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!

"SWEET DEAL"

## 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!

### ASPARAGUS

Asparagus, the so-called "aristocrat of vegetables," is the best vegetable source of folacin, as well as a good source of other B vitamins, vitamin C, potassium, and fiber. Asparagus grows from a "crown" that can produce spears for 15 years without replanting. Fit for a king, indeed!



## PLAY HARDER

Some parts of the United States get 20 feet of snow every year and others never get a flake. But whether winter in your town means lots of the white stuff or just cooler temperatures for a few

months, your opportunities for having fun outside are no doubt different than they are in summer. SO EMBRACE THE DIFFERENCE! Don't let winter stop you from getting out and moving around.



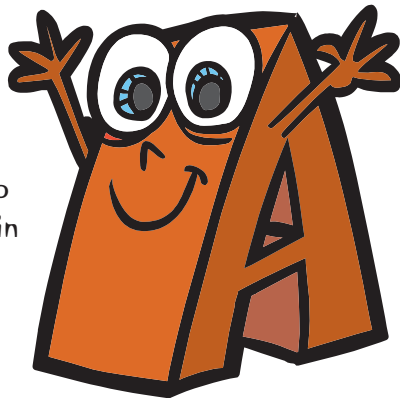
## LEARN EASIER



When a parent sits close by while a kid does homework, the kid stays on task better – even if the parent is actually doing something else. It's helpful and comforting to kids to have a parent there just for moral support – and to lend a hand, if necessary.

## LIVE HEALTHIER

Every vitamin does something special for your health. Vitamin A is important for good vision, and it also helps form and maintain healthy teeth, bones, and soft tissues. Vitamin A is good for your skin, too!



## Centuries later, scientists finally turn lead into gold.

500 years ago, scientists known as "alchemists" sought a magic way to turn lead into gold. Today, the science of nutrition has finally done the trick by turning many of our kids' favorite foods into healthier choices – like pizza with whole wheat crust and low-fat cheese.

And that works magic for students in Science class. And in History class. And English. And Math. Even on standardized tests. Because kids who regularly eat balanced, nutritious meals learn better.

Convenient, economical, healthy School Meals. A golden opportunity for school improvement!

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