



Nutrition

Most quick easy prepackaged snacks and meals contain little or no nutrition. They are filled with sugar, artificial dyes and preservatives.

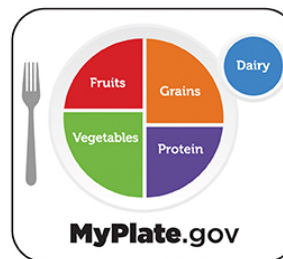
School age children need 3 meals a day.

School age children also need:

- 5 servings of fruit and 5 servings of vegetables every day
- 2 servings of protein (things like beans, nuts, eggs, and lean meat)
- 2 servings of whole grains/starches (things like corn, peas, rice, whole grains)
- Dairy has been removed from the plate but 2-3 servings a day needed for a balanced diet. (things like low fat milk, yogurt and cheese)



Your plate should be half fruits and vegetables & half protein, whole grains, and starches.



CALORIE INTACT:

- School age children need a total of 1000-3200 calories/day - based on age and gender.
- 4 year olds need around 1000
- 17 year olds need 3200
- The less physically active a student is, the less calories they need.

Children need healthy food options for meals and snacks. Processed foods have added dyes and preservatives that affect mood and overall health.

Lunch from home should also contain a balanced diet from the 4 food groups. Children's bodies and brains need nutrition to learn and grow.

If you have any questions, please contact the school nurses:
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