

IMPLEMENTING THE CHANGES TO NEW MEAL PATTERN STANDARDS AT HOME

Healthy meals are important at home

Your children are learning eating habits that will last a lifetime.

- Have fruits and vegetables on hand and ready to eat for a snack.
- Try whole grain versions of your favorites: pastas, cereals, tortillas, etc.
- Offer low-fat or fat-free milk at every meal.
- Make healthier versions of fast foods at home.
- Grill, broil, or bake lean protein.
- Look for great tasting, low-sugar cereals and desserts.
- Try seasoning foods with more herbs.
- Eat at home as a family more often.

Easy Skillet Dinner

- 1 large bag frozen vegetables
- 1 cup cooked lean hamburger or chicken pieces
- 2 cups instant brown rice, uncooked
- 1 cup low sodium broth
- 1 cup water

In a large skillet, combine vegetables, cooked meat, and rice. Add broth and water. Cook covered over medium heat for about 20 minutes until liquid is absorbed and rice is tender. Stir occasionally. Serves six.

REMEMBER: HEALTHY CHOICES START WITH YOU

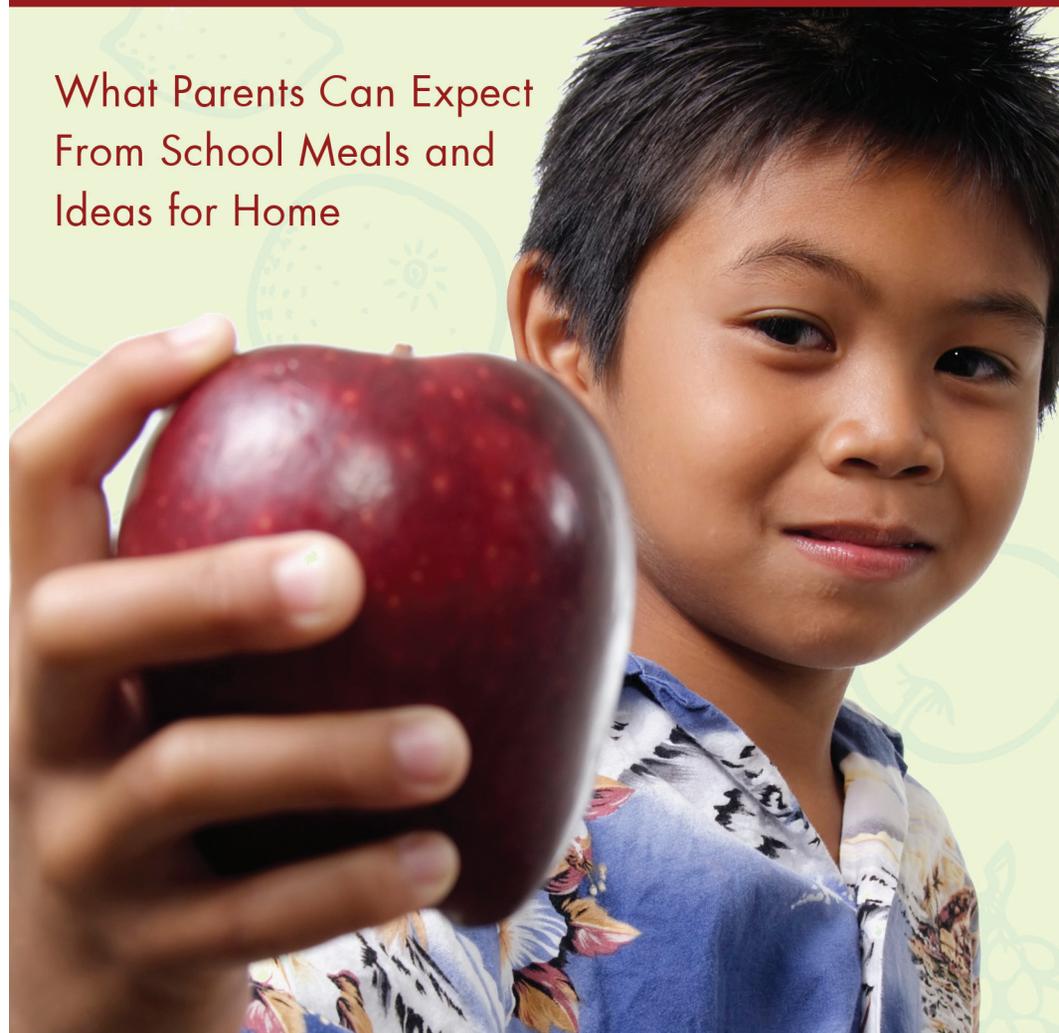


For more information on the New Nutrition Standards of South Dakota School Meals visit: doe.sd.gov/CANS/nslp.aspx. This project has been funded in part with federal funds from the U.S. Department of Agriculture. This institution is an equal opportunity provider.

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SOUTH DAKOTA SCHOOL MEALS HAVE NEW MEAL PATTERN STANDARDS

What Parents Can Expect From School Meals and Ideas for Home



DID YOU KNOW?

Low-fat and fat-free milk offer as many nutrients as high-fat milks, but they are lower in fat and cholesterol.

South Dakota schools are required to offer low-fat and fat-free milks. If schools are offering a flavored milk, it must be fat-free.

AT HOME TIP: Choose low-fat (1%) or fat-free (skim) milk over 2% and whole milk. The difference adds up.

Condiments can add a significant amount of fat to meals.

The new meal pattern encourages schools to control portions of high-fat and high-sodium condiments and encourages serving low-fat condiments and making healthier condiments from scratch.

AT HOME TIP: Dips increase calories. Try to find healthier dips like salsa or low-fat dressings and sauces for your family.

MAKE THE MOST OF SCHOOL MEAL PROGRAMS FOR YOUR FAMILY:

Encourage breakfast

School breakfast fuels learning.

Know the options

Most schools offer a variety of selections at meals. Talk with your child about healthy choices.

Encourage good nutrition

Encourage your child to take and eat the fruits, vegetables, whole grains, lean proteins, and low-fat milk offered in school meals.

Taste for yourself

Take time to visit your child at school and enjoy a nutritious school lunch.

Be a healthy role model

Eat a wide variety of healthy foods with your children.



SCHOOL MEALS ARE EASY AND ECONOMICAL:

- School meals cost less than a home packed lunch.
- School meals offer food from all of the food groups and offer a variety of healthy foods.
- School meals save parents time.

Average price for Soda + Candy Bar + Chips = \$3.29

Average price for a fast food kids meal (chicken nuggets, fries/apples, milk/soda) = \$3.87

Average price for a healthy school lunch in South Dakota = \$2.36

SCHOOL MEALS ARE A HEALTHY CHOICE

TAKE A LOOK AT THE NEW STANDARDS FOR SCHOOL MEALS

Schools serve more of the healthy foods students need:

Whole Grains	Students need more whole grains for fiber and other nutrients. Look for whole grain pasta, bread, pizza and cereals in schools.
Fruit and Vegetables	Variety and color does a body good. Every breakfast will have fruit. Every lunch will have fruit and vegetables.
Low-fat and Fat-free Milk	Low-fat and fat-free milk have all the nutrients without extra calories and fat. All schools will offer low-fat and fat-free milk with every meal.
Legumes	Beans and dry peas are full of fiber and nutrition. Schools must offer legumes at least once a week.
Fiber	Fiber is good for the body and fulfilling. Look for fruits, vegetables, and grains high in fiber in school meals.

Schools serve less of the foods students don't need:

Trans Fat	Trans fats are not good for your heart and raise cholesterol. Schools are eliminating foods with trans fats.
Sugar	High-sugar foods provide extra calories and little nutrition. Look for healthy cereals low in sugar and desserts made with less sugar.
Sodium	Most students consume double the recommended amount of salt. School meals have great taste, but with less salt.
Cholesterol	Everyone needs to watch cholesterol. High-cholesterol foods should be replaced with healthier choices in schools.
Condiments	Condiments are a common source of fat, salt, and sugar in meals. Schools will control portions and offer lower fat versions of condiments.

ENCOURAGE YOUR CHILD TO CHOOSE A HEALTHY SCHOOL MEAL EVERY DAY!