

## BE A ROLE MODEL: BE SEEN EATING HEALTHY SCHOOL MEALS IN THE CAFETERIA

Students need healthy role models.

A great way to model healthy eating is to make healthy choices from the school cafeteria and eat meals with the students.

The cafeteria is a learning lab. Use meal times as an opportunity to teach students.

If you have a comment or concern about the meals being served, have a discussion with the food service manager or director.

Be a Child Nutrition Program supporter.



### 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](http://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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# TEACHERS WE INVITE YOU...

To experience the new meal pattern standards for South Dakota school meals



Child and Adult Nutrition Programs

# YOU ARE INVITED TO EXPERIENCE...

## THE NEW MEAL PATTERN STANDARDS FOR SCHOOL NUTRITION PROGRAMS

The new meal pattern standards are new guidelines, issued by the U.S. Department of Agriculture to keep school nutrition programs healthy and up-to-date.

By implementing the changes in the new meal pattern standards, South Dakota Child Nutrition Programs are meeting the most current Dietary Guidelines.

### TO MEET THE STANDARDS, SCHOOLS MUST SERVE:

#### MORE of the foods students need:

- Whole grains
- Beans
- Fruits
- Low-fat milk
- Vegetables
- Lean protein

#### And limit the ones students don't need:

- Foods with added saturated fat and trans fat
- Foods high in added salt/sodium
- Foods high in added sugar

#### Schools shall also limit:

- Salt shakers
- Sugar packets
- Deep-fat frying

## YOU CAN SUPPORT THE NEW NUTRITION STANDARDS BY SUPPORTING SCHOOL MEALS

- Encourage students to make healthy choices.
- Help students adjust to the new nutrition standards by discussing the new healthy food changes.
- Provide nutrition education in the classroom.
- Discuss the day's healthy choices with your class.
- Read menus with a positive tone. Encourage students to try new foods.
- Encourage students to eat breakfast and lunch. Well-nourished students are more likely to succeed in the classroom.

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## SCHOOL MEALS ARE HEALTHY

### Take a FRESH look at the meals offered at your school.

Look for these features:

- A variety of whole grain foods such as: pasta, bread, tortillas, pizza crust, brown rice, and breakfast items.
- Fruit served at every breakfast.
- Fruits and vegetables available at every lunch.
- Cereals and desserts lower in sugar.
- Low-fat milk choices.

