



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

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National School Lunch Week



October is a very exciting month for The Nutrition Group because it includes National School Lunch Week! October 12-16 is National School Lunch Week (NSLW).

Created in 1962 by

President John F. Kennedy, it's a celebratory week of events and activities promoting the benefits of the National School Lunch Program. Did you know that in 180 school days, approximately 30 million children are served healthy meals each day! The Nutrition Group features many healthy options on our serving lines, including an assortment of fresh fruits and veggies, locally-sourced produce, and chef-inspired recipes. Each day offers a wide range of choices.

What does the National School Lunch Program mean to your child?

It is important for children to get a healthy, balanced diet for proper growth and development. The National School Lunch Program (NSLP) has specific guidelines to ensure that students are offered one serving of meat, grains, fruit, vegetable and milk daily. From these five options, students must choose three different components to make up a complete, reimbursable meal as part of the NSLP. One of these three choices **MUST** be a fruit and/or vegetable, both of which are offered daily. Talk to your child about the importance of choosing from all five food groups!

NATIONAL
FARM to
SCHOOL
MONTH



National Farm to School Month

In addition to celebrating National School Lunch Week, we look forward to October for another reason...National Farm to School Month! The Nutrition Group has supported the Farm to School initiative from the very beginning by developing our own concept, Farm to Fork! This exciting program introduces abundant farm fresh, locally grown fruits and vegetables to school lunch. Based on availability, we provide farm fresh items on serving lines throughout the entire year! Farm to Fork was created to demonstrate the importance of farm to school programs as a means to improve child nutrition, support local economies and educate children about the origins of food. Ask your child what fruits and veggies were on the serving line today, sometimes the answer may surprise you!



For more information visit www.thenutritiongroup.biz



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these words about farming.

Word List

BARN, CROPS, DAIRY, FARMER, HARVEST,
HAYSTACK, HONEYBEE, MEADOW, ORCHARD,
PASTURE, PLANT, SEEDS, SILO, SOIL,
STABLE, TRACTOR, VEGETABLE, WATER

H	B	T	G	P	C	E	O	C	V
A	F	R	L	W	N	L	K	N	E
Y	C	A	S	O	I	L	R	E	G
S	N	C	R	S	T	A	B	L	E
T	P	T	E	M	B	Y	S	A	T
A	W	O	D	A	E	M	E	S	A
C	A	R	R	N	Y	R	E	D	B
K	T	C	O	C	P	V	D	A	L
P	E	H	C	U	R	W	S	I	E
M	R	A	P	A	S	T	U	R	E
N	I	R	H	F	A	T	P	Y	Q
B	V	D	F	W	S	F	B	G	V

Words may be vertical, horizontal, diagonal or backwards and upside down.

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FARM FUN FACTS

American farmers produce enough food to meet the needs of our whole country with extra grain and meat to export to other countries.

There are around 2.2 million farms in the United States.

Like snowflakes, no two cows have exactly the same pattern of spots.

Pigs can run 11 miles per hour - that's faster than a six minute mile!

The heaviest turkey ever raised weighed 86 pounds, about the size of an average third-grader.

Farming employs more than 24 million American workers.

One U.S. farmer produces enough food to feed 155 people and is the leading producer of more than 50 foods of importance to diets throughout the world.

Farmers grow corn on every continent except Antarctica.

