

DID YOU KNOW?

Low-fat (1%) and fat-free (skim) milk offer as many nutrients as high-fat milks, but are lower in fat and cholesterol.

North Carolina schools are required to offer low-fat (1%) and fat-free (skim) milks. If schools offer flavored milk, it must be fat-free.

Condiments can add a significant amount of fat to meals, depending on the type.

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

AT HOME TIP:

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

AT HOME TIP:

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

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 or herb blends that do not contain salt or sugar
- Eat at home as a family more often

REMEMBER: HEALTHY CHOICES START WITH YOU

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CHANGES TO NORTH CAROLINA SCHOOL MEALS CREATE HEALTHY OPTIONS

What Parents Can Expect From School Meals and Ideas for Home

NCCS

Newton-Conover City Schools

School Nutrition Services





- School meals can 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

TAKE A LOOK AT THE NEW STANDARDS FOR SCHOOL MEALS

SCHOOLS SERVE MORE...

Whole Grains	Students need more whole grains for fiber and other nutrients. Look for whole grain pasta, bread, pizza and cereals in schools.
Fruits and Vegetables	Variety and color does a body good. Breakfast will include fruit. Every lunch will include a variety of fruits and vegetables.
Low-fat and Fat-free Milk	Low-fat (1%) and fat-free (skim) milk have all the nutrients without extra calories and fat. All schools offer low-fat (1%) and fat-free (skim) milk with every meal.
Legumes	Beans and dry peas are full of fiber and nutrients. 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...

Trans Fat	Trans fats are not good for your heart and raise cholesterol. Schools are eliminating foods with trans fats, unless naturally reoccurring.
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 have been 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.

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/fat-free milk offered in school meals.

Take time to visit

Visit your child at school and enjoy a nutritious school lunch.

Be a healthy role model

Eat a variety of healthy foods with your children.

Encourage your child to choose a healthy, complete meal every day!