



Falmouth School Nutrition Newsletter

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Falmouth School District
Deb Dolley, School Nutrition Director
ddolley@fps.k12.me.us
207.781.7429 extension 700



HealthierUS School Challenge—We'll take it!

Our school nutrition program continues to participate in the Let's Go! School Nutrition Initiative. This year our Let's Go! group includes 11 Maine school districts and we are all working to reach a USDA national certification program called the **HealthierUS School Challenge**. By reaching the standards set forth by the challenge, we will be joining an elite set of schools across the nation who take an outstanding leadership role in helping students learn, at an early age, to make healthier eating and lifestyle choices. We will be focusing on the elementary school environment this year.

You may notice positive changes in our school environment as we work towards the strict criteria that we must meet to be eligible for the award.

Our school lunch will provide:

- a *wider* variety of fruits and vegetables
- a *larger* offering of beans and peas, and
- *more* whole-grain options!

In addition, we'll be ensuring that quality physical education and nutrition education are offered to students.

If you'd like more details about the award, please visit <http://www.fns.usda.gov/tn/healthierus/index.html>

Only 1% of all schools across the nation have achieved this certification!

Falmouth School District is a part of the Let's Go! School Nutrition initiative.

This means that our School Nutrition Program has committed to make important improvements in the foods offered in the cafeteria. We will also be working with Let's Go! to help students, parents and community members learn more about School Nutrition Programs.

The Let's Go! School Nutrition Initiative is generously sponsored by the Walmart Foundation and the Harvard Pilgrim Health Care Foundation.

For more information visit www.letsgo.org.

What exactly do we mean by a wider variety of fruits & veggies, a larger offering of beans & peas, and more whole-grain options?

Here are some examples...

A wider variety of fruits and vegetables...

We'll be offering a different vegetable AND a different fruit every day of the week! We'll be focusing on serving more fresh, frozen, canned or dry fruit and less fruit juice.

Foods like these will be showing up on your school menu more often:

- Acorn Squash
- Beet Greens
- Bok Choy
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leafy Lettuce
- Endive
- Escarole
- Hubbard Squash
- Kale
- Mesclun
- Mustard Greens
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes
- Swiss Chard
- Turnip Greens
- Watercress

A larger offering of beans and peas...

Cooked dry beans or peas, otherwise known as legumes, will be offered at least once a week.

Here are some of the "legumes" that fit the bill:

- Black Beans
- Black-Eyed Peas
- Garbanzo Beans, a.k.a. Chickpeas
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Red Beans
- Soybeans
- Split Peas

More whole-grain options...

We will strive to offer your children at least one whole grain a day! What qualifies as a whole grain option? Check these out...

- Whole-Wheat Pasta
- Whole-Grain Tortillas and Taco Shells
- Whole-Grain Salads
- Whole-Grain Bagels
- Soba Noodles
- Whole-Grain Breads, Rolls, or Buns
- Brown Rice
- Whole-Grain Barley
- Whole Rye
- Whole Oats

Anyone for a burrito on a whole grain tortilla chock-full of yummy veggies and black beans with a side of fresh fruit salad?

Grab a low-fat milk and we're ready to eat!