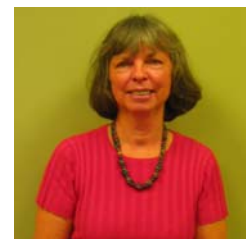




Falmouth School Nutrition Newsletter

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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 understand how the School Nutrition Program works. For more information visit www.letsgo.org.

Myth Busters: Understanding the National School Lunch Program

School lunch has a bad rap. The fact is that the National School Lunch Program, a federally assisted meal program, offers nutritiously balanced, low-cost or free lunches to more than 28 million children each school day.

Myth:

Everything a student buys in the school cafeteria is a "school lunch."

Fact:

There are two types of foods offered in the cafeteria. Foods served through the federally subsidized National



School Lunch Program -the "meal on a tray" – and all other foods. If students buy other packaged items a la carte, those items are called "competitive foods" and are

not part of the National School Lunch program. Competitive foods do not have to meet the same nutritional requirements as the National School Lunch program.

Myth:

Schools serve junk food for school lunch.

Fact:

National School Lunch Program meals are required to provide 1/3 of the recommended daily allowance of protein, Vitamin A, Vitamin C, iron, calcium and calories. No more than 30% of calories are to come from fat and less than 10% from saturated fat.

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Baked vs. Fried Potato Chips: What's the Diff???

Each 1 ounce serving size (about 15 chips) has:	Potato Chips	
	Baked	Fried
Calories	120	150
Calories from Fat	15	90
Total Fat (g)	2	10
Saturated Fat (g)	0	1
Trans Fat (g)	0	0
Dietary Fiber (g)	2	1

Baked potato chips have 80% less fat than fried!

Many schools are attempting to switch to baked potato chips, however it's not as easy as you may think. All foods served at school need to meet the "5% rule". This Maine State Regulation says that foods sold at school must supply at least 5% of one of 8 nutrients. Interestingly, regular fried potato chips meet this rule, but many baked chips do not!



Myth Busters: Understanding the National School Lunch Program

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Myth:

Everyone hates school lunches.

Fact:

Let's Go! supports the National School Lunch Program meal. Kids who eat the National School Lunch Program meal eat more essential nutrients at lunch than those who do not participate. They also are less likely to drink sugary drinks like soda and sports drinks at school. Let's Go! is actively working with our School Nutrition Program to make even more healthy options available.

Myth:

The Federal Government pays for the entire cost of school lunches.

Fact:

The Federal Government pays the School Nutrition Program \$2.68 for free meals, \$2.28 for reduced pay meals and 25 cents for fully paid meals. It may seem that \$2.68 would be enough to cover a meal, but School Nutrition Programs also have to purchase and repair our own equipment, buy non-food supplies like plates, silverware, napkins and straws, and pay the salaries and benefits of our staff. The \$2.68 per meal that we may receive rarely covers all these costs.

References:

Briefel, R.R., Wilson, A., & Gleason, P.M. (2009). Consumption of Low-Nutrient Energy-Dense Foods and Beverages at School, Home, and Other Locations among School Lunch Participants and Nonparticipants. Supplement to the Journal of the American Dietetic Association, 109 (2), S79 – S90.

Gordon, A R, Fox, M. K., (2007). School Nutrition Dietary Assessment Study-III Summary of Findings. Office of Research, Nutrition, and Analysis. Food and Nutrition Services, USDA.

Free and Reduced Lunches

Your child may qualify for this confidential benefit. Families can sign up at any time during the school year. Call your child's school for an application.