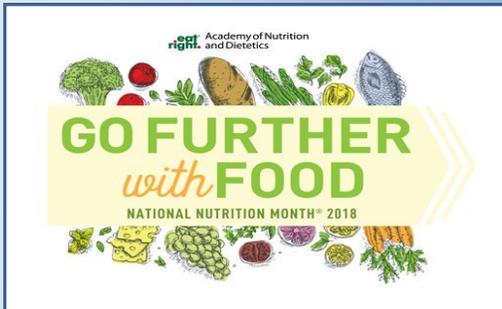


Arbor Management, Inc.

Special Edition Nutrition News

March 2018



Go Further with Food® by making healthy food choices that help keep you going strong throughout the day.

- ★ Start your day with a Healthy Breakfast! Choosing school breakfasts can help simplify mornings for busy families and provide students with a healthy start to the day. Studies show that kids have improved concentration and increased participation in the classroom when they eat breakfast.

Go Further with Food® by planning, preparing, meals and snacks in advance to enjoy throughout the week.

- ★ Planning and preparing food in advance is a great way to save time, money and reduce waste; while creating healthy eating habits for your family. This process also provides you with the opportunity to get your family involved with creating the weekly menu, prepping the meals together and even making meals and snacks that are easy enough for the kids to prepare on their own.

Go Further with Food® by Reducing Food Waste.

Reducing food waste is important on many levels, especially the impact it has on all parts of the food supply chain.

For example, the cost of producing food that ends up becoming waste affects farmers, business owners, and *our* economy. As a result, food prices increase and our personal money is lost when we throw food away at home or school.

USDA's Economic Research Service estimates:

31% of the overall food supply at the retail and consumer level went uneaten in 2010.

How can we help?

- ★ Check the kitchen inventory when making your grocery list
- ★ Make it easy to see and use food that spoils quickly
- ★ Transform leftovers into new meals (soups, salad toppings, casseroles...)

Special Activities

At Arbor Management we are committed to preparing nutritious food that taste great and providing students an opportunity to learn about nutrition beyond the plate. During the month of March, we are providing our schools with a variety of fun and interactive educational settings that focus on the development of healthy and enjoyable eating practices.

- ★ Nutrition themed banners and posters displayed in our cafeterias
- ★ Ask the Dietitian Booth during school lunch periods
- ★ Interactive Nutrition Classes, taught by our Dietitians
- ★ Nutrition focused classroom activities for teachers:
 - ★ Nutrition Games (red light/green light, bingo, jeopardy...)
 - ★ Printable Activity Worksheets (mazes, coloring, word search...)
 - ★ Printable Posters, Recipes & Handouts
 - ★ Nutrition Trivia



These are just a few of the special activities we have going on in March. Celebrate National Nutrition Month and Go Further with Food!



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Virginia Mull, RDN
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