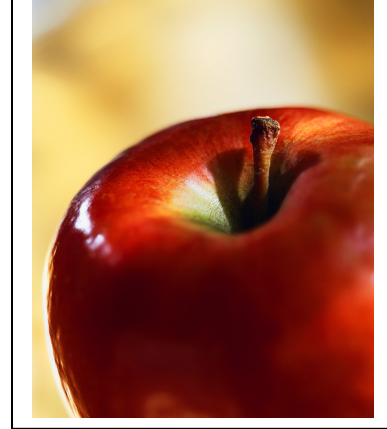


Nutrition *Niblets*



September 2011

It's a NEW School Year...

Welcome Back!!

It is a new school year- and we are excited to welcome you back to school. We have a lot of exciting promotions and special events planned for you in the cafeteria this year. Your health and well-being is our #1 priority. As a result, it is our mission to serve you nutritious, well-balanced meals that you will all LOVE!!

Furthermore, we welcome all feedback – so please feel free to talk to your cafeteria staff and let us know how we are doing.

Did you know?



The average body contains 1-1/2 gallons of blood at any one time.

If a person loses blood (like by donating blood), your body naturally adjusts by making more.

Food Focus:

Tomatoes



Tomatoes are an excellent source of vitamin C and a good source of vitamin A.

They are members of the fruit family, but are served and prepared as one of the most popular “vegetables” in the USA!

We prefer a warm, dry climate and grow best in well-drained soils. We love the sun so plant us out in the open.

We're best when we're planted into the ground as seedlings. You can either grow us from seeds (leave us on your kitchen window sill) or purchase us as seedlings from a nursery.

It will take up to 6 weeks from seeds before we're ready to plant in the garden. It will then take a further 3-4 months before we're ready to eat.

Studies have shown that people who eat large amounts of tomatoes or tomato products may be at lower risk of some kinds of cancer.

Health Tip: Make eating healthy & physical activity fun!

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous -- try new sports, games and other activities as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals -- don't try changing too much at once.

