

SUPERINTENDENT NEWSLETTER

June 17, 2022

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Gull Lake Families and Staff,

A few weeks ago, I wrote about the importance of taking a holistic approach to our physical and mental health and wellbeing. Three main areas for consideration are:

1. Nutrition
2. Exercise
3. Managing Social Media

Today's message deals with nutrition and some of the basics worth reviewing. The first thing to consider in diet and nutrition is the level of processing that has gone into the food on your table. A lot of the food we buy and serve in bulk has been highly processed and has many added stabilizers that extend shelf life and appearance. Whole foods, on the other hand, need to be purchased fresh and are best when prepared and consumed within a few days. For most of us who lead busy lives, the convenience factor of processed foods tends to win out over the preparation requirements that come with fresh and whole foods. Are there ways to bring more fresh items into your weekly menu?

Cost is perhaps an even greater consideration when it comes to securing healthy foods. A few trips down the grocery aisles are enough to see that organic foods tend to have a higher price tag. One suggestion is that you find a good affordable Farmer's Market where you can stock up on fresh produce for the week. Another technique is to look for places where you can find healthy whole grains and flours for your cooking and baking. Asking questions and doing some basic research on how these food items are manufactured will confirm the nutritional value or help you move on to another choice.

The third and final tip is to identify and avoid "nutrition deserts" where there is a pronounced gap between the number of calories in food products and the amount of actual nutrition in each serving. For example, did that sliced wheat bread also include a lot of corn syrup as a filler ingredient? It pays to do a little detective work and identify the brands that you can trust to provide the best nutritional value for you and your family. The benefits of a more nutrient rich diet show up in unique ways that we will look at in future newsletters. For your student, there are connections to better learning and academic stamina that promote growth and retention of new skills.

A little thought goes a long way when it comes to creating healthy choices and routines for you and your loved ones. There is great reward in knowing you can make *small* changes to get better results for those you care about.

Have a wonderful weekend!



Raphael Rittenhouse/Superintendent

Gull Lake Community Schools

