

Lunch Program & Healthy Meal Suggestions

The Gibbsboro Board of Education has adopted a new School Nutrition Policy to meet the updated federal health guideline. The Board has recognized that child and adolescent obesity has reached epidemic levels in our country and that poor diet combined with lack of activity negatively impacts students' health and learning. Some of the key changes include eliminating all foods of minimal nutritional value, all candy, all food and beverages with sugar as the first ingredient, and foods with a fat content higher than 8 grams.

The Gibbsboro School lunch program meets all federal guidelines for nutrition. We have substituted low fat and non-fat ice cream products that are offered to students during lunch. If you pack a lunch for your student please try to follow the federal guidelines and include healthy selections. A great lunch could include a turkey or tuna sandwich, fruit, a granola bar, and low fat milk. Please be aware that **candy and sodas are not permitted** for any students in lunchroom.

Good nutrition is important all day long, and **no meal is more important than breakfast.** Cereal, eggs, pancakes, or other typical breakfast foods are a great starter for the day. But if you have a "picky" eater, try to be flexible. Last night's leftovers are fine, non-fat yogurt, or any kind of sandwich, especially the old standby, peanut butter and jelly. But, please, no cookies, cakes, or candy for breakfast. They provide quick energy which fades by around 9:30 AM and have little nutritional value.

Short of time in the morning – think of foods that can be eaten on the run: granola bars, fruit, sandwiches, peanut butter crackers. In the time it takes to walk or ride to school, most students can finish a yogurt of these items and arrive at school ready to work. Or what child can resist a popsicle in the morning? Try this easy recipe: Take a cup of non-fat yogurt (any flavor) and canned pears (about half the can including the unsweetened juice.) Put in the blender, pour into ice-pop molds, and put in the freezer. Add a slice of fruit and healthy!