



# The Healthy Family



A Newsletter from the Food and Nutrition Services Department

Willmar Public and Community Christian Schools

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**Para traducción,  
llame**  
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## November Highlights:

Day Light Savings Time  
(November 3rd)

Election Day  
(November 5th)

Veterans Day  
(November 11th)

Thanksgiving Day  
(November 28th)

**No School Dates:**  
**Willmar:**  
November 1st, 28th, 29th

**CCS:**  
November 1st, 27th-29th



 Check out the  
Breakfast and  
Lunch Menus  
on your District's Website.

## Childhood Obesity-Roles and Responsibilities

Our family structure has changed since 1970. Today most parents or guardians now work full time. According to the CDC, family homes in the city live within a 2.6 mile radius to any food establishment, the availability to grab a meal on the way home is a lot more convenient than 30 years ago. Home cooked meals have decreased, as well as families eating together. What has suffered is our children. Childhood obesity continues to increase, affecting our children and adolescents with health and mental consequences. Studies show that students who have regular home cooked meals with their family tend to have good grades, improved behavior at home and school, better communication skills, and a higher nutrition status. The responsibilities for our children and adolescents are shared responsibilities between the parents/guardians and the child.

### Roles of Responsibilities

\*The parents' primary role and responsibility for the food environment including what, when, and where a child eats. Deciding what food to serve and preparing it, is a balancing act between what your child will eat and introducing new foods or flavors. The parents role is to establish regular meal and snack times.

\*The child's role and responsibility includes how much and whether they eat. Don't pressure your child in any way to eat a certain amount or types of food. Children will eventually eat or sample what they see their parents/guardians consume. Remember, some days children will eat a lot and other days not so much, trust your child that they are consuming enough food to keep them full.

Evidence has shown that families that eat a home cooked meal at home 1 to 2 times a week, helps reduce the odds of children and adolescents being overweight and obese. Cooking can be fun for the whole family. Parents/guardians should get children involved with menu planning, grocery shopping, preparing the meal, setting the table, and clean-up. In addition, at the dinner table have no outside distractions - put away cell phones, tablets, and turn the television off. Enjoy the companionship of everyone at the table.

The National average of children that are overweight or obese is 31.6%, while Minnesota is currently at 23.1%. (Child and Adolescent Health Measurement Initiative). Minnesota has made great strides to decrease the rise of childhood obesity by receiving grants that offer communities equitable access to healthy foods. In addition, fifteen schools have been recognized for their outstanding efforts of creating a healthier school environments by increasing access to nutritional foods, physical activity, and social-emotional support ("About Us | Alliance for a Healthier Generation." *Alliance for a Healthier Generation*, [www.healthiergeneration.org/about-us](http://www.healthiergeneration.org/about-us)).

Parents/guardians of Minnesota are making an impact on their children's' lives by getting involved and supporting their children. You are the role model for your children - stay involved.

Reference: Child and Adolescent Health Measurement Initiative. *Minnesota State Fact Sheet. report, 2007*, [www.childhealthdata.org/docs/nsch-docs/minnesota-pdf.pdf](http://www.childhealthdata.org/docs/nsch-docs/minnesota-pdf.pdf).

## Nourishing Our Community

Too many of our neighbors have stretched their financial budget where parents skip meals to feed their children. Some households have to choose to purchase medication over food. The face of hunger looks like all of us. As we head into the holiday season, many families with limited funds are in need of assistance. Our local food resources offer a wide range of groceries for families and individuals to help stretch their food budget.

Below is a list of Food Shelves in Willmar.



- \*Kandiyohi County Food Shelf
- \*Willmar Salvation Army Food Shelf
- \*Hope for Our City
- \*Ruby's Pantry



\*Commodity Supplemental Food Program (for low-income senior citizens)

# Meal Prices

## Willmar

|       | Breakfast | Lunch  |
|-------|-----------|--------|
| K-5   | Free      | Free   |
| 6-8   | Free      | Free   |
| 9-12  | Free      | Free   |
| Adult | \$2.40    | \$5.00 |
| Milk  | \$0.65    | \$0.65 |

## Community Christian

|       | Breakfast | Lunch  |
|-------|-----------|--------|
| K-5   | Free      | Free   |
| 6-8   | Free      | Free   |
| 9-12  | Free      | Free   |
| Adult | \$2.50    | \$5.10 |
| Milk  | N/A       | \$0.65 |



## Greens!

Leafy green are packed full of nutrients such as vitamin K, potassium, folate, iron, fiber, calcium, magnesium, and vitamin A.

These nutrients promote good vision, support your immune system, and help regulate blood pressure, blood sugar, and blood cholesterol.

Search for romaine, kale, arugula, collard greens, spinach, bok choy, and mustard greens at your grocery store!



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# Thanksgiving Leftover Pizza



- ◆ 1 Puff Pastry Sheet, thawed according to the instructions on the package
- ◆ 1/2 Cup Mashed Potatoes
- ◆ 5 Tbsp. Gravy, divided up
- ◆ 1/4 Cup Corn
- ◆ 1/4 Cup Green Bean Casserole
- ◆ 1/2 Cup of Chopped Turkey
- ◆ 1/2 Cup Stuffing
- ◆ 1/2 Cup Shredded Cheddar
- ◆ 1/4 Cup French Fried Onions
- ◆ 1/4 tsp. Ground Black Pepper
- ◆ Basil, parsley, or thyme for garnish

### Instructions:

1. Preheat oven to 400°
2. Gently press puff pastry sheet into a 9-inch greased pie pan. Trim the corners and use them to fill any empty spaces along sides of the pan.
3. Spread the mashed potatoes over the bottom and drizzle with 2 tablespoons of gravy.
4. Sprinkle with corn and green bean casserole.
5. Top with turkey, stuffing, and three tablespoons of gravy.
6. Sprinkle with shredded cheddar cheese.
7. Bake at 400° for 18-20 minutes.
8. Sprinkle with French fried onions and bake an additional 3-5 minutes.
9. Garnish with basil, parsley, or thyme and ground pepper. Cut into 8 pieces. Enjoy with fresh fruits, vegetables and a glass of milk to complete your meal.

- ◆ **District Student Wellness Meeting Update:** In 2024-2025, your school district wellness committee will complete their triennial assessments of the district policy. This information will be posted publicly on your school district's website for your reference.
- ◆ Other topics discussed at wellness meetings: updates from county health professionals, site level updates, nurse updates, food and nutrition updates, challenges with meeting wellness policies, student's health and wellness, tobacco prevention, policy review, healthy classroom treats/incentives, etc.
- ◆ **Next Meeting:** If you'd like to attend your district's next wellness meeting, reach out to your district wellness coordinator. All are welcome.

Willmar Public Schools—Bobbi Varichak at 320-231-8560  
Community Christian School—Stacie Tuttle at 320-235-0592



The United States Suicide and Crisis hotline.



If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support.



Simply calling or texting 988 or chatting 988Lifeline.org will connect you to compassionate care and support for mental health-related distress.