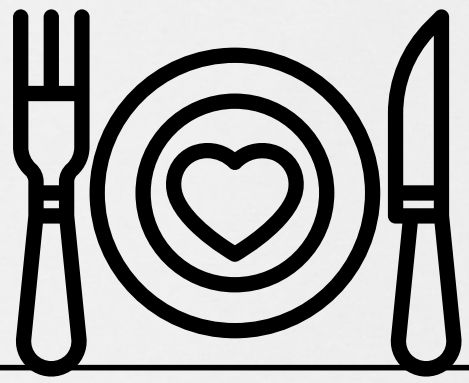


HEALTHY EATING AT SCHOOL



At Covington School District, we believe that nutrition plays a crucial role in the well-being and academic success of our students. We are committed to helping your child develop healthy eating habits that can last a lifetime. We are focused on three important nutritional topics: sodium reduction, added sugar, and the benefits of whole grains.

REDUCING SODIUM: A HEART-HEALTHY CHOICE

Sodium is an essential nutrient, but too much can lead to high blood pressure and other health problems. Many processed and packaged foods contain excessive amounts of sodium. In our school meals, we aim to reduce our sodium by:

- Increasing our use of Fresh Vegetables instead of processed vegetables.
- Incorporating herbs and spices for flavor instead of salt.
- Offering lower-sodium alternatives for items like sauces, canned beans, cheeses and other protein sources.

LIMITING ADDED SUGARS: SWEETNESS IN MODERATION

Added sugars can contribute to an increased risk of chronic diseases and even tooth decay. We are making it a priority to limit added sugars in school meals by:

- Offering fruits and 100% fruit juice as the primary sources of sweetness.
- Reducing sugary snacks and drinks
- using healthier alternatives in baked goods and snacks.

WHOLE GRAINS: FUELING HEALTHY BODIES AND MINDS

Whole grains, such as brown rice, oats and whole wheat are packed with fiber, vitamins, and minerals. These nutrients help support energy levels, digestion, and overall health. In our meals, we focus on:

- Serving whole grains like whole wheat bread, pasta, cookies and dinner rolls
- Educating students on the importance of fiber-rich foods for long-lasting energy.