

# AUGUST

## HEALTHY BITES NEWSLETTER



Welcome back to a brand-new school year! Our Child Nutrition Team is excited to serve your child healthy, balanced meals that help fuel learning and growth. Here is some updates about our menu and positive changes happening in school nutrition.

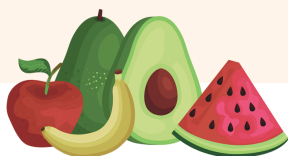
### *Did You Know?*

Our Rockwood Child Nutrition team carefully evaluates every product we serve to our students, prioritizing options with the fewest additives and most wholesome ingredients.

We recognize the growing concern among families regarding ultra-processed foods and artificial ingredients, including food dyes. In response, many food manufacturers are making positive changes, such as reducing added sugars and removing artificial dyes from their products. Some are making changes as early as fall 2025.

In the meantime, we are phasing out certain foods from our menu containing artificial dyes and those with higher amounts of added sugars.

Rockwood Child Nutrition will continue to advocate for better food choices and work with our industry partners to offer safe, appealing, and nutritious meals to all students.



This institution is an equal opportunity provider.

### *How to Make a Meal*

Every school lunch includes five components:

- ✓ Fruit
- ✓ Vegetable
- ✓ Grains
- ✓ Protein
- ✓ Milk

Students must choose at least 3 components, and one must be a fruit 🍉 or a vegetable 🥬, to make it a complete meal. Encourage your child to take all five for the best balance!

### *Fruits & Veggies: A Colorful Part of Every School Meal!*

At school, your child has the opportunity to choose from a variety of fresh, colorful fruits and vegetables every day. These may include:

🍎 Apples, Grapes, Watermelon, Peaches, Bananas, Strawberries

🥕 Baby Carrots, Cucumbers, Bell Peppers, Broccoli, Cherry Tomatoes

We work hard to serve seasonal produce when possible to ensure maximum freshness and flavor.

### **Why Fruits and Vegetables Matter:**

Adding more fruits and vegetables to your child's diet helps them:

- ✓ Get key vitamins and minerals (like Vitamin C, potassium, and fiber)
  - ✓ Stay full longer with fewer empty calories
  - ✓ Support healthy digestion and strong immune systems
  - ✓ Develop lifelong healthy eating habits
- Encourage your child to try something new each day!