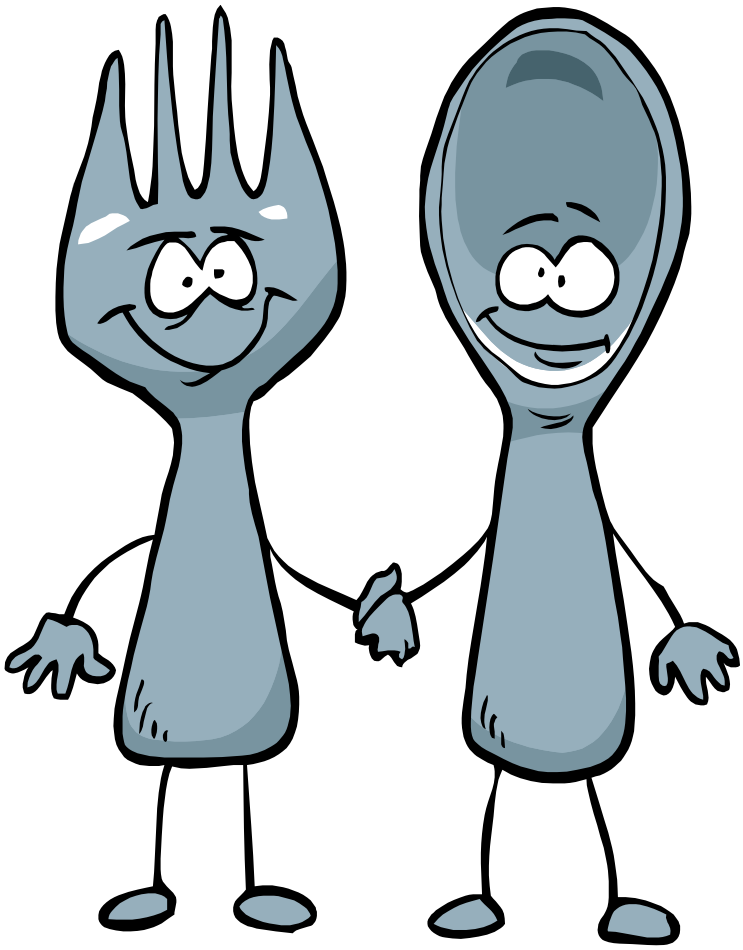
THE FAMILY THAT EATS TOGETHER.



the big number

40

Children are 40% more likely to be overweight if they don't eat dinner with their parents 2 or more times a week.

Eating as a family isn't always easy these days. But it's well worth the effort. As you might expect, family meals improve kids' nutrition and health. And that's just the beginning of the benefits. Kids who eat with their family most nights have less trouble with drugs and drinking AND perform better in school, too. Plus eating together as a family helps boost social skills and increases kids' appreciation for the value of food and the effort needed to fix meals. Enjoy!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

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WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "THE FAMILY THAT EATS TOGETHER"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



ROMAINE

When it comes to healthy salad, one type of lettuce is "heads" above the rest. Romaine is an excellent source of fiber as well as key minerals and nutrients like vitamin C, folic acid, and beta-carotene. Nice and crispy on sandwiches, too!

LEARN EASIER

Eating meals together as a family correlates strongly with improved vocabulary and higher grades. In fact, eating meals together predicts academic success for kids more strongly than whether a child lives with one or two parents.



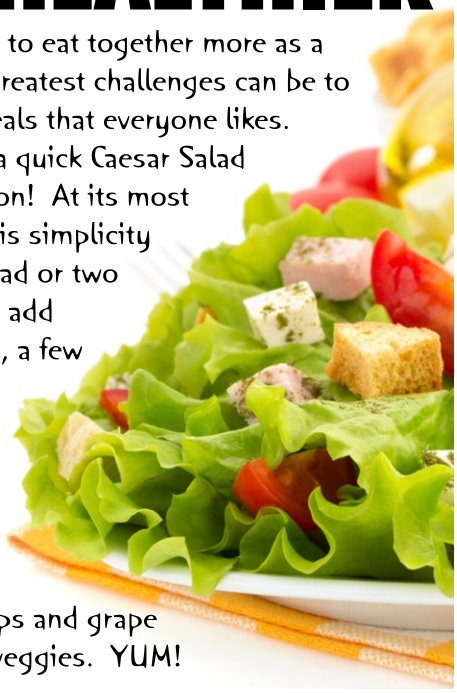
PLAY HARDER

While you're eating more often together, you might try playing together more, too! Like shared mealtimes, shared playtimes help build strong family bonds that translate to all kinds of benefits – social, physical, academic, and developmental. You might start with a brisk walk together after that family meal!



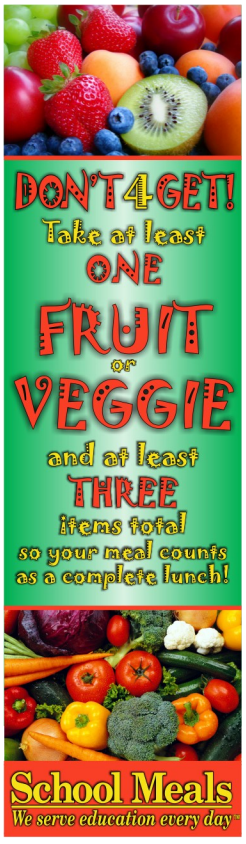
LIVE HEALTHIER

When you're trying to eat together more as a family, one of the greatest challenges can be to find quick, tasty meals that everyone likes. That's what makes a quick Caesar Salad a great weekly option! At its most basic, Caesar Salad is simplicity itself – tear up a head or two of Romaine lettuce, add shredded Parmesan, a few croutons, dressing, and toss and serve! For added variety, include some baked or grilled (fresh or frozen) chicken strips and grape tomatoes or other veggies. YUM!





Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!



This newsletter is provided as a wellness resource by the Stephens County School Nutrition Program.