

# CANTON PUBLIC SCHOOLS HEALTH SERVICES

## SUGGESTIONS TO INCREASE ACTIVITY

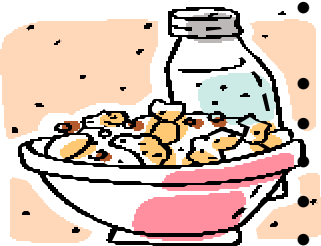


- Reduce screen-viewing hours (TV, Videogames, Computer, DVD)
- Substitute one hour of physical activity every day for one hour of watching television or playing video games
- Walk with your child whenever possible. Use the walk for a purpose: collect coins found along the route, clean up trash in the neighborhood or travel to the store or school.
- Plan family activities that provide everyone with exercise. A family that is physically active together has lots of fun.
- Encourage active playtime in a safe environment



## SCHOOL LUNCH BOX TIPS

- Build a better sandwich with whole grain breads and rolls. Use low fat or fat free cold cuts
- Stuff a pita pocket with vegetables, fat free cheese or leftover grilled chicken.
- Prepare tuna salad with chopped vegetables (onions, carrots and celery) and low fat mayonnaise, try low fat Russian dressing for a different flavor
- Add chicken, turkey or tuna to top a salad
- Mix cranberry sauce and non-fat mayonnaise to dress up a turkey sandwich
- Use leftover chicken or turkey strips to make a cold fajita, use lots of vegetables and fat free sour cream as a dressing
- Chicken salad mixed with fat free mayonnaise, raisins, shredded carrots, top with salsa for a southwestern flavor
- Low sugar cereal (Kix, Cheerios, Chex, etc)
- Rice or popcorn cakes spread with natural peanut butter, jelly or soybean
- Yogurt with fruit or granola
- Hard boiled eggs
- Fresh fruit, cut into chunks or slices
- Pair natural peanut butter with “all-fruit” jelly for a traditional favorite



## HEALTHY SNACKS

- Fresh or dried fruit (whole, sliced or fruit salad)
- Raw vegetables (grape tomatoes, baby carrots, bell pepper slices, cucumber, broccoli)
- Dip (for either fruit or vegetables), use low calorie dressing, yogurt, yogurt/cream cheese blended with dip mix, salsa or hummus.
- Cheese (sticks, slices or cubes)
- Popcorn (microwave, homemade or kettle cooked) plain or with grated cheese
- Mix low sugar cereal, mini pretzels, raisins, craisins and dried fruit
- Reduce consumption of fruit juice, Gatorade and soft drinks. Offer low fat milk (1%) or skim milk for children over 2 years of age. Encourage your child to drink water.



## TRADITIONAL FOOD-BASED MENU PLANNING IS USED BY CANTON PUBLIC SCHOOLS TO MEET U.S.D.A. GUIDELINES.

These are the minimum requirements by food component and age/grade group for school age students:

- **Meat/Meat Alternative**
  - Grades K-3: 1 ½ ounce
  - Grades 4-12: 2 ounces
- **Grains/Breads**
  - Grades K-3: 8 servings/week, minimum 1 serving per day
  - Grades 4-12: 8 servings/week, minimum 1 serving per day
- **Vegetable/Fruits**

At least two different fruits and vegetables must be offered with every lunch

  - Grades K-3: ½ cup per day
  - Grades 4-12: ¾ cup per day
- **Milk**

For all age/grade groups  
8 oz fluid milk as a beverage

## THE FOLLOWING WEBSITES PROVIDE IMPORTANT INFORMATION FOR FAMILIES ABOUT HEALTHY NUTRITION AND LIFESTYLES.

*Aim for a Healthy Weight- Obesity Education Initiative:* Department of Health and Human Services, National Institute of Health

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

*We Can!* (Ways to Enhance Children's Activity & Nutrition) is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on *three* critical behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time. <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

### ***Portion Distortion! Do You Know How Food Portions Have Changed in 20 Years?***

<http://hin.nhlbi.nih.gov/portion/>

*Keep an Eye on Portion Size. What is the difference between Portions and Servings?*

<http://hin.nhlbi.nih.gov/portion/keep.htm>

*The Department of Education website has information about school lunch programs.*

<http://www.doe.mass.edu/cnp/programs/nslp.html>

*The John Stalker Institute at Framingham College has developed a list of healthier snack foods that are lower in fat and sugar.*

<http://www.johnstalkerinstitute.org/>