



Pentucket School Lunch... Feeding the Minds of the Future

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What We Are All About....

Another way the food service department is dedicated in making sure that the lunch-time experience is a safe and enjoyable one is by keeping abreast of the ever changing world of food and nutrition. I will again be attending the School Nutrition Association's Conference this spring to investigate any and all new healthy foods that are available and can be incor-

porated into the Pentucket Regional School Lunch Program. As a reminder menu suggestions are always welcome.

In Like a Lion—Out Like Lamb!



The Menus....

Did you know that March is “National Nutrition Month?” According to the Dietary Guidelines for Americans, increased intakes of fruits (such as apples, oranges, peaches, bananas, grapefruit, strawberries, blueberries, kiwi and cantaloupe), vegetables (such as broccoli, spinach, carrots, corn, red & green peppers, leafy salad greens and sweet potatoes), whole grains (such as whole grain breads (like wheat or rye) , pastas & cereals, oatmeal, brown rice and air-popped popcorn) and fat-free or low-fat milk and milk products (such as white or flavored low-fat milks, lactose-free milk, low-fat cheddar, Swiss or mozzarella cheeses and yogurt) are likely to have important health benefits for most Americans. A variety of foods from each group are encouraged for a healthful diet. Choose foods that are nutrient dense as they usually have the fewest calories and are excellent sources for specific nutrients of which many Americans are not getting enough of like calcium, potassium, fiber, magnesium, vitamins A, C and E. Don't forget to include lean or low-fat protein sources like chicken, turkey, fish, eggs, nuts, seeds, peas, soy and beans. Balance nutrition and physical activity for optimal health.



Eat Right When Money's Tight....

Did you know that Massachusetts has various programs that offer assistance in getting food and other necessities? Project Bread offers food stamps and other resources to qualified families. Families may be eligible even if they own a home, are working or have a car. Special rules apply for all those families with children under the age of 19. For more information, please call 1-800-645-8333 M-F, 8 am to 5 pm or visit the website: www.gettingfoodstamps.org. Do you have a child under the age of 5? Are you pregnant or breastfeeding? WIC offers qualified families nutrition education, checks for free healthy food, tips for improving health, referrals for medical & dental care, health insurance, child care, housing, fuel assistance, and other services. For more information, please call 1-800-942-1007 or visit www.mass.gov/wic.

Free & Reduced Lunch: Your family may qualify for free or reduced priced lunch. Applications are available at any of the district schools and are accepted throughout the entire school year. Questions can be directed to the Food Service Department at 978-363-5557.



Pentucket School Lunch Program

Lucinda Ward, R.D., SNS
Director Food & Nutrition Services
22 Main Street
West Newbury, MA 01985
Phone: 978-363-5557
Fax: 978-363-5557
E-mail: lward@prsd.org

We're on the Web!

www.prsd.org



Good Nutrition promotes better learning.

Closing Comments...

With all that snow on the ground, it's hard to imagine that winter is almost behind us and it's time to start thinking about Spring. With daylight savings time beginning on March 8th, the days will be brighter longer so we can all be outside getting our fix of sunshine & Vitamin D boosting our levels of serotonin. The higher the serotonin levels, the better we feel and more energy we will have. What to do with all that extra energy—what a perfect time to start thinking about getting physical! It is recommended that we should be getting 30-60 minutes of physical activity everyday. Here are some easy suggestions to include exercise in your day: walk the dog, take the stairs not the elevator, play an active sport, create a walking club or take a bike ride with friends or family. **Be Active and Be Healthy!**

**FROM ALL OF US IN THE FOOD SERVICE DEPARTMENT—
HAVE A HAPPY AND SAFE APRIL VACATION! ENJOY!**

Things To Celebrate!



Happy St. Patrick's Day



Save Our Planet!

Celebrate Earth Day!

