Families Making the Connection

Let's Cook—Setting Up Family Meals for Success

Shop smart.

- Plan a menu for the week with your child. Think about meals and snacks.
- Make a shopping list and stick to it! Try out the shopping list template at www.letsmove.gov/sites/letsmove.gov/files/Grocery_List.pdf.
- Aim to make fresh, frozen or canned fruits and veggies a part of every meal. Shop for those without added sugar, syrup, salt or cream sauces.

Cook healthy.

- Involve your child in preparing all meals. It inspires kids to eat right!
- Cut back on added sugar in meals, snacks and beverages. Substitute water or low fat milk for soda and juice with added sugar.

Eat right.

- Make healthy snacks easy to grab. Keep fresh fruit in a bowl within your child's reach.
- Serve right-sized portions. Try easy tricks for eating right-sized, like using smaller plates and bowls.
- Turn off the TV during meals. Share some family time by eating together.
- Show kids that eating right can be balanced with moving more. Take a walk as a family after dinner.

Menus for August 2011

EDGECOMBE COUNTY ELEMENTARY SCHOOLS

Monday, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5

Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12

MEAL PRICES:

Breakfast

	Student Paid	$1.00
	Adult A la Carte	

Lunch	Student Reduced	$ .40
	Student Paid PK-5	$1.50
	Student Paid 6-12	$1.75
	Adult A la Carte	

ONE ENTRÉE (2 Items) with a choice of 2 fruits and/or vegetables and 1 serving of either 1% or Skim Milk makes a complete lunch for $1.50 for PK-5 - $1.75 for 6-12.

PREPAY: In order to avoid charges to your child's account, parents are encouraged to prepay for student meals. See your Cafeteria Manager for details.

Chef Salads are served daily. Assorted cereals, juice and a choice of 1% or skim milk are served daily with breakfast.

Monday, August 15	Tuesday, August 16	Wednesday, August 17	Thursday, August 18	Friday, August 19

Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26
			Turkey Pancake Sausage on Stick Chicken Nuggets Creamed Potatoes Lima Beans Whole Wheat Roll Applesauce Fresh Orange Milk	French Toast Cheeseburger on Bun French Fries Green Beans Mixed Fruit Milk

Monday, August 29	Tuesday, August 30	Wednesday, August 31
Sausage Biscuit Chick Fillet on Bun Broccoli w/Cheese Whole Kernel Corn Pineapple Tidbits Milk	Breakfast Muffin Hot Dog on Bun Chili Cole Slaw Baked Beans Peach Halves Fresh Fruit Milk	Steak Biscuit Baked or BBQ Chicken Seasoned Red Potatoes Seasoned Collard Greens Whole Wheat Roll Sliced Pears Fresh Fruit Milk

Families Eating Smart and Moving More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.

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www.ncdhhs.gov • www.nutritionnc.com

Sources: www.eatright.org/kids, www.letsmove.gov, www.health.gov