



# Tasteful Tidbits

## Winter Words

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### Fruits and Veggies at School: The Facts

Each meal served in our school cafeteria must meet USDA regulations. Specifically, fruits and vegetables must be served every day in specified amounts. At breakfast, fruits, but not vegetables, are served. Both fruit and fruit juice options are available, and each student must take at least one. Students may take both if they would like. At lunch, students in grades K-8 have one fruit choice available to them, while high schoolers have the option of two fruit servings. Additionally, all students regardless of grade have the option of taking 2 vegetable servings at lunch.

It is important to note that these rules are set by the government, not the schools, so in order for the child's food choices to be considered a meal these regulations must be met. This also means that if a student would like additional fruit servings, he or she may certainly purchase it as an a la carte item, but if it is more than 1 serving (K-8) or 2 servings (9-12), it is not included in the child's meal.

### Stay Warm and Healthy This Winter!

With the cold weather just beginning, it is very important to take precautions to ensure a healthy, safe and warm winter season! Here are a few tips to keep in mind this winter:

- Wash your hands often
- Wear several layers when going outside
- Don't forget the scarf, hat and gloves!
- If it is safe, get outside as often as possible to enjoy the sunlight
- Stay hydrated! Drink plenty of water, or try hot tea to stay warm
- Moisturize your skin with lotion daily
- Eat plenty of fiber to boost your immune system
- Keep moving! Exercise is important all year round, even when it's too cold to walk or run outside
- Relax and enjoy time with family and

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*For more tips on having a healthy winter:*

<http://www.parenting.com/article/winter-health-guide>

<https://www.nhs.uk/Livewell/winterhealth/Pages/Healthywinter.aspx>

*For more New Year's Resolution ideas:*

<https://www.rd.com/health/wellness/best-new-years-resolutions/>

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### **MCPS School Nutrition News**

Due to rising costs and budgetary restraints we will not be able to provide free utensils and condiments to students who pack their lunch. Utensils and condiments may be purchased separately.

## Happy New Year!

Do you have a New Years Resolution? If not, it's not too late!  
Here are a few healthy ideas for you and your family!

### ~ Add an extra 10 minutes of walking to your day

Adding only ten minutes of exercise to your daily routine is a great way to get more active. Ten minutes can slowly turn into fifteen, and then thirty minutes!

### ~ Try a new fruit or vegetable each week

Trying a new fruit or vegetable each week introduces more variety into your meals. It will also help your child learn to accept more foods!



### ~ Replace one drink a day with water

Try replacing a sugary drink a day (soda, juice, or coffee) with water, to cut down on calories and added sugars!



### ~ Reduce screen time



Limit TV, computer, and tablet time to no more than one hour a day. Try replacing screen time with fun physical activities instead!

## Fruity Peanut Butter Pitas

### Ingredients:

- ¼ cup peanut butter
- 1/8 tsp ground allspice
- 1/8 tsp cinnamon
- 1/8 tsp nutmeg
- 2 whole wheat pita pocket halves
- ½ medium apple, sliced thinly
- ½ medium firm banana, sliced



### Directions:

In a small bowl, mix the peanut butter, allspice, cinnamon and nutmeg together. Spread this mixture inside the pita bread halves, and fill with apple and banana slices. Enjoy this simply delicious snack!

<https://www.tasteofhome.com/recipes/fruity-peanut-butter-pitas>

### Nutritional Facts: for 1 serving (1 pita pocket half with fruit)

Calories: 324

Fat: 17 g

Cholesterol: 0 mg

Sodium: 320 mg

Carbohydrates: 36 g

Fiber: 6 g

Protein: 12 g