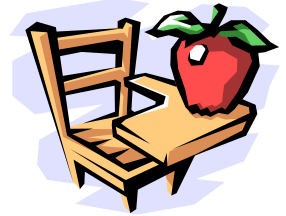


Food and Nutrition Bulletin Winter 2010



**Why is it important to eat grains...especially whole grains?
Visit MyPyramid.gov for more information.**

- Grains are important sources of many nutrients, including [dietary fiber](#), several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals ([iron](#), [magnesium](#), and selenium).
- Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories. Whole grains are good sources of dietary fiber; most refined (processed) grains contain little fiber.
- B vitamins (thiamin, riboflavin, niacin, and folate) play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.

Is your child a vegetarian?

If your child eats regularly with the school, we can make sure to have choices available. Please contact us for more information.

The National School Lunch Program Info:

You may be eligible for a free or reduced price lunch. Applications are available at your school site or by accessing the School Nutrition website.

Go to www.spusd.net, click on your school site. Go to "Food Menus". In our Food and Wellness website go to "Meal Applications".

Please return the application to your site or mail it to:

**SPUSD Food and Nutrition Services
1020 El Centro Street, South Pasadena, CA 91030**

Please contact Food and Nutrition Services with any questions @ 626 441-5820, ext. 2950.
-Michelle Curry, Director

Manage your child's account online!!!

Even if you don't want to pay online you can still manage your child's account. What does this mean?...

- You have access to their transaction report for the last 30 days.
- You can set up a "Low Balance" reminder and receive an e-mail when balances are low.
- You are "in charge" of their accounts!



Lunches are always available for Field Trips- ask your teacher!

Online Prepayment Notes:

- If you receive a "low-balance e-mail reminder" you will continue to get the message until we have uploaded the payment. Please allow 24 hours or longer for weekend deposits to be posted.
- Bonus Meals are only credited when the balance is \$50 or more after the deposit, per child. If you have a negative balance, please deposit enough to reach a positive \$50. Check your child's account transactions to insure that they receive their bonus meal- Please allow a few days.