

Nutrition Byte

Tips to Stay Healthy

Take steps to keep you and your family healthy and reduce your risk for illness.

- Avoid touching your face.
- Wait 6 feet away from others.
- Wash your hands with soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, until you can wash your hands.
- Use healthy strategies to manage stress.
- Be active—at least 30 minutes daily for adults and 60 minutes daily for kids.
- Get enough sleep.
- Drink water, lowfat or fat free milk or 100% fruit or vegetable juice. Limit sugar-sweetened beverages.
- Eat a healthy diet, including whole grains, lean protein, lowfat or fat free dairy, and a variety of fruits and veggies.

For Fruits & Veggies—More Matters™ Month in September and Farm to School Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and families can sign up and receive a free guide with tips and resources at <https://growing-minds.org/north-carolina-crunch>. Share photos on social media of you tasting and learning about North Carolina produce using #NCCrunch2020.

After School Menu for October 2020

NHCS



Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice