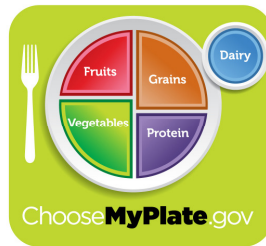


BEYOND THE SCHOOL DAY

IMPLEMENTING THE CHANGES TO NEW MEAL PATTERN STANDARDS AT HOME

Healthy meals are important at home. Your children are learning eating habits that will last a lifetime.

- Have fruits and vegetables on hand and ready to eat for a snack.
- Try whole grain versions of your favorites: pastas, cereals, tortillas, etc.
- Offer low-fat or fat-free milk at every meal.
- Make healthier versions of fast foods at home.
- Grill, broil, or bake lean protein.
- Look for great tasting, low-sugar cereals and desserts.
- Try seasoning foods with more herbs.
- Eat at home as a family more often.



NEED HELP GETTING FOOD?

There are lots of ways to make your food dollars go further. Here are some programs that can help:



The **Supplemental Nutrition Assistance Program (SNAP)** offers food benefits through the Montana Access debit card.



The **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)** is a nutrition education program providing nutrition services and food vouchers.

For more information about SNAP, WIC, and many other programs, check out the Montana Food Bank Network's Get Help web site:

www.mfbn.org/gethelp



What Parents Can Expect From School Meals

School Year 2012-13



Montana
Office of Public Instruction
Denise Juneau, State Superintendent



DID YOU KNOW?

Low-fat and fat-free milk offer as many nutrients as high-fat milks, but they are lower in fat and cholesterol.

Montana schools are required to offer low-fat and fat-free milks. If schools are offering a flavored milk, it must be fat-free.

Condiments can add a significant amount of fat to meals.

The new meal pattern encourages schools to control portions of high-fat and high-sodium condiments and encourages serving low-fat condiments and making healthier condiments from scratch.

MAKE THE MOST OF SCHOOL MEAL PROGRAMS FOR YOUR FAMILY:

Encourage breakfast

School breakfast fuels learning.

Know the options

Most schools offer a variety of selections at meals. Talk with your child about healthy choices.

Encourage good nutrition

Encourage your child to take and eat the fruits, vegetables, whole grains, lean proteins, and low-fat milk offered in school meals.

Taste for yourself

Take time to visit your child at school and enjoy a nutritious school lunch.

Be a healthy role model

Eat a wide variety of healthy foods with your children.

SCHOOL MEALS ARE EASY AND ECONOMICAL:

School meals cost less than a home packed lunch.

School meals offer a variety of healthy foods.

School meals save parents time.

WHAT DO SCHOOL MEALS CONTAIN?

Schools now serve more of the healthy foods students need:

Whole Grains

Students need more whole grains for fiber and other nutrients. Look for whole grain pasta, bread, pizza and cereals in schools.

Fruit and Vegetables

Variety and color does a body good. Every breakfast will have fruit. Every lunch will have fruit and vegetables.

Low-fat and Fat-free Milk

Low-fat and fat-free milk have all the nutrients without extra calories and fat. All schools will offer low-fat and fat-free milk with every meal.

Legumes

Beans and dry peas are full of fiber and nutrition. Schools must offer legumes at least once a week.

Fiber

Fiber is good for the body and fulfilling. Look for fruits, vegetables, and grains high in fiber in school meals.

Schools now serve less of the foods students don't need:

Trans Fat

Trans fats are not good for your heart and raise cholesterol. Schools are eliminating foods with trans fats.

Sugar

High-sugar foods provide extra calories and little nutrition. Look for healthy cereals low in sugar and desserts made with less sugar.

Sodium

Most students consume double the recommended amount of salt. School meals have great taste, but with less salt.

Cholesterol

Everyone needs to watch cholesterol. High-cholesterol foods should be replaced with healthier choices in schools.

Condiments

Condiments are a common source of fat, salt, and sugar in meals. Schools will control portions and offer lower fat versions of condiments.