

September

Building a Healthy SASD

WELCOME BACK!

Welcome to the 2011-2012 school year at Souderton Area School District! This year, make a commitment to join the district and WISE SNAC® in promoting healthy lifestyles. Maintaining good health requires eating healthy foods and regular physical activity, but making healthier changes to your family's diet and physical activities do not have to be extreme to have a positive impact. Small, simple changes in your family's eating and activity habits can add up to big results. Keeping your family healthy can be as easy as 5-2-1-0!

5

Eat five or more servings of fruits and vegetables each day. Choose a variety of fruits and vegetables. The SASD food service department has worked to promote health by increasing the number of fresh fruits and vegetables available to students each day.

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No more than two hours of screen time each day. Limit time spent on the computer, television and video games. Listen to music, play a game, take a walk, read, or work on a hobby instead.

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One hour of physical activity each day. Work together as a family to be active everyday. Take a family walk or bike ride, toss a ball or Frisbee or take a dance class together. At SASD, classroom teachers are encouraged to build physical activity into classroom activities and lessons.

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Zero sweetened beverages. Limit drinks with added sugar. Choose healthier drinks like water, low-fat or fat-free milk and 100% fruit and vegetable juices. Encourage your child to make these healthy drink choices at home and during their school meals.

So remember, it's as easy as 5-2-1-0 to a healthier family! Join us in promoting healthy schools, homes and communities this year! For more information and resources on 5-2-1-0, visit www.letsgo.org

Breakfast First!

Children need breakfast to jump-start their day. Breakfast keeps children on target for meeting their nutrient needs and for being ready to learn. Some families are too busy in the morning to sit down to a nutritious and balanced breakfast. If that is the case in your house, give school breakfast a try!

Souderton Area School District offers breakfast in all elementary and secondary schools for only \$1.10.

Contact the cafeteria manager at your child's school for more details.



Does your child(ren) qualify for a free or reduced price lunch and breakfast?

More and more families are being impacted by the current economic condition. As a result, more families may now be eligible to receive a free or reduced price school lunch and breakfast. If qualified, your child only needs his student ID number to receive a meal. **It is impossible to differentiate between paid, free, or reduced lunches.** Reduced price breakfast costs \$0.30; reduced price lunch is \$0.40. If you are interested in learning more about the free/reduced price program and whether or not your family would qualify for the 2011-2012 school year, contact the cafeteria manager at your child's school.

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