

Nutrition Education

The Child Nutrition Department at ASBVI believes that nutrition education is a necessary part of its role here at the school. We provide a nutrition or fitness tip on our menu each week to encourage students (and staff) to think about ways to live healthy and active lives, and the director helps students, parents and staff in various ways, including:

- Discussing federal regulations regarding school meals, and the nutritional rationale behind them
- Helping students choose nutritious foods that they will enjoy
- Preparing and explaining special diets for students who need them

On a lighter note, we are allowed nine events during the school year where the rules are relaxed, which teaches us another important lesson...it is okay for most people to occasionally enjoy foods that may be less “healthy” than others—moderation is key. Here are this school year's nine events scheduled.

ELEMENTARY

October 30th—School Trick or Treat
November 13th—Homecoming Parade
November 30th—Birthday Party
December 15th—Christmas Party
February 12th—Valentine Party
March 18th—Easter Egg Hunt
March 31st—Birthday Party
May 19th—Birthday Party
May 25th—Kindergarten Graduation--Roundup

SECONDARY

October 30th—School Trick or Treat
November 13th—Homecoming Parade
November 30th—Birthday Party
March 31st—Birthday Party
May 19th—Birthday Party

Here are links to a couple of websites with information about nutrition and fitness:

USDA Food and Nutrition Child Nutrition:

<http://fnic.nal.usda.gov/lifecycle-nutrition/child-nutrition>

Let's Move—America's Move to Raise a Healthier Generation of Kids

<http://www.letsmove.gov/>