




Child
Nutrition
Services



It's a fact that nutrition plays an important part in academic achievement.

Students who **"Eat Smart"** have better academic performance and improved behavior.  Many students eat smart in Durham

Public Schools' Child Nutrition Services meal program. Some 1 million breakfasts and 3 million lunches are served each year. New state and national nutrition guidelines and standards along with concerns over childhood obesity are resulting in key improvements to the breakfasts and lunches served at school.  According to Eat Smart NC's *Recommended*

Standards for All Foods Available in Schools, "School meals provide the best nutritional value for the dollar. Overall, students who eat school lunch have higher intakes of key nutrients than students making any other noontime choice, even meals brought from home....students who eat the school lunch eat more vegetables and grains, and drink more milk, while eating fewer sweet and salty snacks and drinking fewer sweetened beverages."



Eat Smart!

School lunches and breakfasts are planned to meet the Dietary Guidelines for Americans: (A work in progress:)

- Offer a variety of foods
- Limit fat to 30% of calories
- Limit saturated fat to 10% of calories
- Offer plenty of fruits and vegetables
- Offer more grain products
- Use salt and sugar in moderation.



Here's what's on the school breakfast and lunch menu

Foods Now on School Menus

Milk	1% and skim milk, flavored milks (chocolate and strawberry)
Fruits/Veggies	100% fruit juices, greater variety of fruits and vegetables, salads
Breads/Grains	More pasta or rice, reduced sugar cereals, whole grain bread

DPS offers:

- Reduced sugar/no artificial sweetener cereal
- 1% flavored and unflavored and skim milk
- Reduced fat chocolate chip cookie
- Baked French fries and potato chips
- Water in vending machines
- Whole grain breads



Meeting Standards

- DPS is a part of the Winner's Circle Program to identify healthy menu items at school.
- DINE for Life, *Durham's Innovative Nutrition Education for Lasting Improvements in Fitness and Eating*, a program of the Durham County Health Department, offers nutrition education in some area schools.
- DPS is aggressively implementing the Eat Smart: North Carolina standards for all food served in our cafeterias.

Parents can help. The American Obesity Association recommends that parents:

- Plan times when you and your children prepare food together
- Eat meals together at regular times
- Avoid rushing to finish meals
- Avoid foods that are high in calories, fat or sugar
- Have low-calorie snack foods available
- Avoid serving portions that are too large
- Avoid forcing your child to eat if he/she is not hungry
- Limit the frequency of fast-food eating
- Avoid using food as a reward or the lack of food as punishment.

For more information about
DPS Child Nutrition Services,
call **560-2370**.



Eat Smart!