8 Tips To Create Healthy Mealtimes

01 Use child-size bowls, cups, plates, serving spoons, and other utensils.

02 Never bribe or force children to eat.

03 Eat with the children and set a good example.

04 Let the children help set the table for meals and snacks.

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06 Encourage children to serve themselves through family style meal services.

07 Offer new foods regularly. Some children need to see a new food 10-15 times before they want to try it.

08 Create a mealtime environment that focuses on positive communication.

Refrigerator Temperature Guide

- **Above 40°F**
  - Any temperature above 40°F may allow bacteria to multiply rapidly.

- **At 40°F**
  - The U.S. Food and Drug Administration says the recommended refrigerator temperature is below 40°F.

- **Between 35° and 38°**
  - The ideal refrigerator temperature is between 35°F and 38°F, below the safety threshold outlined by the FDA and above freezing. It’s not uncommon for refrigerators to be a few degrees off the mark you set, so err on the side of too-cold to avoid food spoiling more quickly or potential food safety issues.

- **At 32°F**
  - At 32°F and below, the food in your refrigerator will start to freeze. Keep your refrigerator temperature above 32°F to avoid this, and if you want anything frozen, put it in the freezer, which should be kept below 0°F.

Store frozen food @ 0°F

Q: What do you call a bagel that can fly?

*Answer on page 2*
Let's talk Seafood

by SeafoodNutrition.org

Research shows that seafood’s nutrition benefits students of all ages. That is why the Dietary Guidelines for Americans and American Heart Association both recommend eating seafood at least twice a week. Seafood is considered any fish or shellfish that lives in salt or fresh water.

FACTS:

- STUDIES SHOW FISH EATERS HAVE BIGGER MEMORY AND LEARNING CENTERS.

- ALONG WITH SUPPORTING HEALTHY EYE DEVELOPMENT, OMEGA-3S SUPPORT OUR ABILITY TO DETECT LIGHT

- JUST ONE SERVING OF SALMON PROVIDES 100% OF THE DAILY RECOMMENDED VALUE FOR VITAMIN D!

- EATING SEAFOOD 2 TO 3 TIMES PER WEEK HAS BEEN PROVEN TO REDUCE RISK OF DEATH FROM ANY HEALTH-RELATED CAUSE.

- RESEARCH SHOWS AN ASSOCIATION BETWEEN FISH INTAKE AND BETTER GRADES

The USDA Foods Available List offers several cost-effective options, including Alaska pollock, catfish and tuna.

BENEFITS:

VITAMINS A&D:
NECESSARY FOR NORMAL EYE AND BONE DEVELOPMENT.

OMEGA-3 FATS (EPA AND DHA):
ESSENTIAL FOR GROWTH AND DEVELOPMENT, ESPECIALLY OF EYES AND BRAIN.3

A: A Plane Bagel!

"The only thing I like better than talking about healthy food is Eating it!"

*Check for food allergies*

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