

Nutrition Notes

Hopefully, everyone has had an opportunity to relax, enjoy friends and family, and refresh over the summer. We know that many of our food service staff have additional responsibilities over the summer and so many of you are involved in the summer food service program! We thank you for supporting our children!



Marla Caplon, R.D., L.D.
MdSNA Nutrition Chair

If you have ever doubted the value of your work, I hope the information below will help you realize the impact you have on our students EVERY day!

Congratulations to all for the amazing number of meals YOU served to our students last school year:

Meal Type	Totals for Maryland
School Lunches	73,600,246
School Breakfasts	43,600,246
At-Risk Suppers	33,154,368
Summer Meals	3,253,939

Information published by FRAC (Food Research & Action Center) states that your work plays a critical role in the prevention of obesity! Oftentimes, we hear from parents and other folks that 'school meals make children fat', but there is an abundance of research that shows that the meals and snacks that you serve have NOT caused or contributed to the current obesity crisis. Research has shown that:

- Student participation in school meals improves dietary intake, which is critical to combating the current obesity problem.
- School meal participants are less likely to have nutrient inadequacies and are more likely to consume fruit, vegetables and milk at breakfast and lunch.
- Lunches brought from home tend to have more calories, fat, saturated fat, sugar and sodium than the meals you serve!
- Lunches brought from home tend to contain less protein, fiber, vitamin A and calcium than the meals you serve!
- Students who bring snacks from home or receive snacks in after school child care programs consume more calories from fat, saltier and more sugary food than the meals and snacks you provide!
- Children who do not participate in the summer food service program are more inclined to gain weight during the time out of school.

While the student free and reduced eligibility percentages (FARMS) fluctuate throughout the state of Maryland, last year's

FARMS average was 34.85%. This means that more than one out of every three children in Maryland is eligible to receive a free or reduced price meal.

Studies have shown that people living in or near poverty have worse health outcomes and less access to health care. Even marginal food insecurity is linked to some of the most common and costly health problems in our country.

Hungry children can't learn – you are a direct link to student success!

Thank you in advance for all the work you do in support our students – filling their tummies so their mind can focus on learning!

Have a wonderful school year!

Enjoy good health!

Marla Caplon, R.D., L.D., MdSNA Nutrition Chair



PETERSON FARMS
Treats

Apple Slices

Apple Sauce
ORIGINAL
INGREDIENTS: APPLES, WATER, ASCORBIC ACID (VITAMIN C)
1/2 CUP FRUIT
NET WT 4.5 OZ (128g)
NO ADDED SUGARS

20Z
NET WT

PRODUCT OF USA

Peterson Farms, your one-stop for Apple Products!
NEW!
Apple Sauce in 10 flavors!
3 Sweetened
7 Unsweetened

Smart SNACK APPROVED

ALLIANCE FOR A HEALTHIER GENERATION
HealthierGeneration.org/schoolnutrition
Make school nutrition a success.

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