

Behind every successful school cafeteria, there is one common thread - YOU!

Nutrition Notes

Welcome back!

Hopefully, everyone had a chance to relax, reflect and rejuvenate this summer!



*Marla Caplon, R.D., L.D.
MdsNA Nutrition Chair*

Please recognize how valuable you are to our students. You play a powerful role in preparing students for a successful future. School Breakfast and Lunch Programs, After School Meals and Snacks, the Fresh Fruit and Vegetable Program and the Summer Food Service Program are a vital link to student learning and the development of lifelong health habits. Schools continue to strengthen this foundation by providing healthy foods and beverages during school celebrations and classroom parties and limiting less healthy options throughout the school day.

Behind every successful school cafeteria, there is one common thread – YOU.

Students and school staff, as well as parents rely on your excellent customer service. You are a role model for your students. The care you take in setting up the serving line, the cleanliness of your kitchen and your sanitation practices are so important. Your personal hygiene and your friendliness are key to making your cafeteria a success. Your kind disposition and warm smile are so very important to your students! Think about when you arrive back at school after a day of taking leave and how happy students and staff are to see you!

Lastly, it's important that you are familiar with basic information about school meals so that you can market your cafeteria. **Below are a few talking point reminders you might find helpful when interacting with customers:**

- In your school cafeteria, students can find healthy choices every day.
- Menus are planned to meet federal nutrition standards. Students are able to select fruits, vegetables, whole grains, lean proteins and low fat or fat free milk.

- Meals meet calorie and sodium levels.
- Trans fats restrictions are in place.
- Research shows that students who eat a healthy breakfast perform better in school!
- Foods and beverages sold that are not part of breakfast or lunch must meet federal standards.

Children who are well nourished are more attentive and better able to learn and succeed! Keep up the excellent work you do each and every day! Have a great year!

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



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