

Families Making the Connection

Cutting Back on Salt and Sodium

Most of us have a taste for salt, but salt plays a role in high blood pressure. Your entire family can benefit from lowering sodium intake to less than 2,300 milligrams a day* (about 1 teaspoon of salt). Try these tips:

Think fresh. Fresh foods tend to be lower in sodium than processed foods, like cured meats, ready-to-eat foods and cheesy foods. Choose these foods less often or eat smaller portions. Food labels can help—look for “low sodium”, “reduced sodium” or “no salt added” on the package or can.

Take control. Make more meals at home where you can control the amount of salt that goes into foods. Use spices, herbs, garlic, vinegar, lemon juice or no salt seasonings to enhance flavor. When eating out, request lower sodium foods. Ask for sauces and dressings on the side so you can use less.

Fill up on fruits and veggies. Both fresh and frozen varieties (without sauces) are smart choices. They are also high in potassium, which helps lower blood pressure.

Pick dairy and protein foods with less sodium. Choose fat free or low fat milk and yogurt in place of cheese. Select fresh meat, seafood and poultry over those with salt added, such as brined or marinated. Go for unsalted nuts and seeds.

Little by little, you can adjust your taste for salt. The natural tastes of foods will come alive!

January

- Family Fit Lifestyle Month
- Salt Awareness Week (Jan 27th-Feb 2nd)



* African Americans, individuals 51 years of age or older, and those with high blood pressure, diabetes or chronic kidney disease should reduce intake further to 1,500 mg a day.

Monday, January 7

Whole Grain Croissant
Or
Toasty O's Cereal
Orange Juice or Apple Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Chicken Sandwich
Baked Potato w/ Meat & Cheese w/ Roll
CHOOSE TWO
Green Beans
Steamed Broccoli
Orange Wedges
Lettuce w/ Pickle Chips
CHOICE OF COLD MILK

Tuesday, January 8

Waffle w/ Sausage Link
Or
Cheerios Cereal
Grape Juice or Sliced Peaches
Toast w/ Jelly
LUNCH
CHOOSE ONE
Turkey Pasty w/ Roll
Cheeseburger
CHOOSE TWO
Sweet Potato Fluff
Pinto Beans
Coleslaw
Apple Wedges
CHOICE OF COLD MILK

Wednesday, January 9

Scramble Eggs w/ Grits
Or
Cinnamon Toast Cereal
Apple Juice or Orange Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Pepperoni Pizza
Turkey Deli Sandwich
CHOOSE TWO
Steamed Corn
Black eyed Peas
Tossed Salad
Peaches
CHOICE OF COLD MILK

Thursday, January 10

Ham Biscuit w/ Oatmeal
Or
Toasty O's Cereal
Orange Juice or Applesauce
Toast w/ Jelly
LUNCH
CHOOSE ONE
Bar-Q- Chicken w/ Roll
Or
Hotdog
CHOOSE TWO
Creamed Potatoes
Steamed Collards
Red Jell-O w/ Mixed Fruit
Fresh Pears
CHOICE OF COLD MILK

Friday, January 11

Grilled Cheese Sandwich
Or
Cheerios Cereal
Apple Juice or Orange Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Fish Sticks w/ Cornbread
Or
Hot Ham and Cheese Sandwich
CHOOSE TWO
Oven Baked Fries
Baked Beans
Peaches
Apple Wedges
CHOICE OF COLD MILK

HAPPY
NEW
YEAR

2013

Ringing in
the new year
with
Good
Nutrition

Wednesday, January 2

Pancake N' Sausage
Or
Cheerios Cereal
Toast w/ Jelly
Orange Juice or Diced Pears
CHOICE OF COLD MILK
LUNCH
CHOOSE ONE
Cheese Pizza
Sloppy Joe on School Made Bun
CHOOSE TWO
Green Beans
Steamed Corn
Orange Wedges
Sliced Peaches
CHOICE OF COLD MILK

Thursday, January 3

Sausage Biscuit w/ Oatmeal
Or
Toasty O's Cereal
Apple Juice or Sliced Peaches
Toast w/ Jelly
CHOICE OF COLD MILK
LUNCH
CHOOSE ONE
Vegetable Meat Soup w/ Grilled Cheese Sandwich or Hotdog
CHOOSE TWO
Sweet Potato Fluff
Baked Beans
Orange Jell-O w/ Pears
Coleslaw
CHOICE OF COLD MILK

Friday, January 4

Scramble Eggs w/ Grits
Or
Cinnamon Toast Cereal
Applesauce or Grape Juice
Toast w/ Jelly
CHOICE OF COLD MILK
LUNCH
CHOOSE ONE
Taco Salad w/ Chips
Fish Sticks w/ Cornbread
CHOOSE TWO
Pinto Beans
Baked Apples
Sliced Peaches
Cherry Tomatoes
CHOICE OF COLD MILK

Monday, January 7

Whole Grain Croissant
Or
Toasty O's Cereal
Orange Juice or Apple Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Chicken Sandwich
Baked Potato w/ Meat & Cheese w/ Roll
CHOOSE TWO
Green Beans
Steamed Broccoli
Orange Wedges
Lettuce w/ Pickle Chips
CHOICE OF COLD MILK

Tuesday, January 8

Waffle w/ Sausage Link
Or
Cheerios Cereal
Grape Juice or Sliced Peaches
Toast w/ Jelly
LUNCH
CHOOSE ONE
Turkey Pasty w/ Roll
Cheeseburger
CHOOSE TWO
Sweet Potato Fluff
Pinto Beans
Coleslaw
Apple Wedges
CHOICE OF COLD MILK

Wednesday, January 9

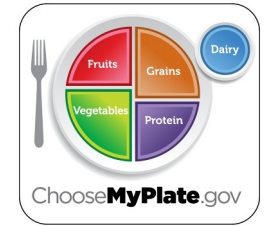
Scramble Eggs w/ Grits
Or
Cinnamon Toast Cereal
Apple Juice or Orange Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Pepperoni Pizza
Turkey Deli Sandwich
CHOOSE TWO
Steamed Corn
Black eyed Peas
Tossed Salad
Peaches
CHOICE OF COLD MILK

Thursday, January 10

Ham Biscuit w/ Oatmeal
Or
Toasty O's Cereal
Orange Juice or Applesauce
Toast w/ Jelly
LUNCH
CHOOSE ONE
Bar-Q- Chicken w/ Roll
Or
Hotdog
CHOOSE TWO
Creamed Potatoes
Steamed Collards
Red Jell-O w/ Mixed Fruit
Fresh Pears
CHOICE OF COLD MILK

Friday, January 11

Grilled Cheese Sandwich
Or
Cheerios Cereal
Apple Juice or Orange Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Fish Sticks w/ Cornbread
Or
Hot Ham and Cheese Sandwich
CHOOSE TWO
Oven Baked Fries
Baked Beans
Peaches
Apple Wedges
CHOICE OF COLD MILK



Fit Foundations

Roasted Vegetables

Ingredients

- 1 medium green bell pepper, seeded and cut into 1/2 inch pieces
- 1 small red onion, cut into 1/2 inch pieces
- 1 pound sweet potatoes, cut into 1 inch cubes
- 8 ounces red potatoes, cut into 1 inch cubes
- 1 tablespoon olive or canola oil
- 1 teaspoon dried parsley
- 2/3 teaspoon garlic powder
- 1/2 teaspoon salt free seasoning
- Nonstick cooking spray

Directions

- Place peppers, onions and potatoes in a large bowl.
- In a small bowl, mix oil, parsley, salt, garlic powder and salt free seasoning.
- Pour oil mixture over veggie mixture, and toss.
- Lightly spray a sheet pan with nonstick spray. Spread veggies evenly on a sheet pan.
- Bake for 20 minutes at 400° F. Reduce heat to 350° F, and cook for an additional 10 minutes.

Families Eating Smart and Moving More



Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.



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Sources: www.choosemyplate.gov, www.recipesforkidschallenge.com

Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Waffle w/ Sausage link Or Toasty O's Cereal Apple Wedges or Orange Juice Toast w/ Jelly CHOICE OF COLD MILK LUNCH Hot Ham & Cheese Sandwich Or Chicken Sandwich CHOOSE TWO Lima Beans Steamed Carrots Lettuce w/ tomato Orange Wedges CHOICE OF COLD MILK	Scramble Eggs w/ Grits Or Cinnamon Toast Cereal Apple Juice or Grapes Toast w/ Jelly CHOICE OF COLD MILK LUNCH Vegetable Meat Soup w/ Grilled Cheese Sandwich Or Hamburger CHOOSE TWO Baked Apples Pinto Beans Fresh Grapes Broccoli Flores w/ Dip CHOICE OF COLD MILK	Sausage Biscuit w/ Oatmeal Or Cheerios Grape Juice or Sliced Peaches Toast w/ Jelly CHOICE OF COLD MILK LUNCH Pepperoni Pizza Or Sloppy Joe on School Made Bun CHOOSE TWO Steamed Corn Green Beans Spinach Salad Sliced Peaches CHOICE OF COLD MILK	Whole Grain Croissant Or Toast O's Cereal Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Baked Chicken w/ Roll Or Hotdog CHOOSE TWO Sweet Potato Fluff Baked Beans Orange Wedges Red Jell-O w/ Pears CHOICE OF COLD MILK	Continuous School Improvement day Non=Student Day 
Monday, January 21 Martin Luther King Jr Day Holiday Non-Student/ Non Teacher Day 	Tuesday, January 22 Pancake 'N Sausage Or Cheerios Applesauce or Grape Juice Toast w/ Jelly CHOICE OF COLD MILK LUNCH Cheese Pizza Or Sloppy Joe on School Made Bun CHOOSE TWO Steamed Corn Green Beans Tossed Salad Fresh Apple CHOICE OF COLD MILK	Wednesday, January 23 Breakfast Pizza Or Toasty's O's Cereal Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Turkey Sandwich w/ Gravy Or Spaghetti w/ Meat Sauce & French Bread CHOOSE TWO Sweet Potato Fluff Lima Beans Spinach w/ Cherry tomatoes Orange Wedges CHOICE OF COLD MILK	Thursday, January 24 Ham Biscuit w/ Oatmeal Or Cinnamon Toast Cereal Apple Juice or Pineapple Toast w/ Jelly CHOICE OF COLD MILK LUNCH Bar-B-Que Chicken w/ Roll Or Hamburger CHOOSE TWO Pinto Beans Creamed Potatoes Baked Apples Red Jell-O w/ Mixed Fruit CHOICE OF COLD MILK	Friday, January 25 Yogurt w/ Granola & Sliced Peaches Or Cheerios Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Fish Sticks w/ Cornbread Or Taco's CHOOSE TWO Oven Baked Fries Baked Beans Peaches Fresh Pears CHOICE OF COLD MILK
Monday, January 28 Pancake w/ Sausage link , & Syrup Or Toasty's O's Cereal Apple Juice or Sliced Peaches Toast w/ Jelly CHOICE OF COLD MILK LUNCH Chicken Sandwich Or Baked Potato w/ Meat & Cheese , w/ Roll CHOOSE TWO Green Beans Steamed Broccoli Orange Wedges Lettuce w/ Pickle Chips CHOICE OF COLD MILK	Tuesday, January 29 Scramble Eggs w/ Grits Or Cinnamon Toast Cereal Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Spaghetti w/ French Bread Or Hamburger CHOOSE TWO Garden Peas Baked Apples Spinach Salad Sliced Apples CHOICE OF COLD MILK	Wednesday, January 30 Ham Biscuit w/ Oatmeal Or Cheerios Grape Juice or Orange Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Cheese Pizza Or Turkey Deli Sandwich CHOOSE TWO Steamed Corn Pinto Beans Romaine lettuce w/ Chery Tomatoes Orange Wedges CHOICE OF COLD MILK	Thursday, January 31 Whole Grain Croissant Or Toasty's O's Cereal Orange Juice or Applesauce Toast w/ Jelly CHOICE OF COLD MILK LUNCH Oven Baked Chicken Or Hotdog CHOOSE TWO Sweet Potatoes Fluff Baked Beans Sliced Peaches Coleslaw CHOICE OF COLD MILK	Featured recipe adapted from David D. Jones Elementary (Greensboro, North Carolina) 