



Our Kids • Our Community • Our Future

October 2023

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

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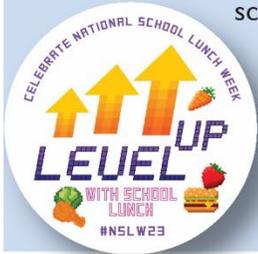
## National School Lunch Week: Oct. 9-13

**National School Lunch Week** is an opportunity for parents to join in celebrating the importance of school meals in students' lives. Organized by the School Nutrition Association, this annual event brings positivity to our schools as we recognize the nutritious and delicious meals served to our kids each day. As parents, we often worry about our children's diets and whether they're getting the nutrition they need. National School Lunch Week is a reassuring

reminder that schools are dedicated to providing balanced, wholesome meals that meet strict nutritional guidelines. This week, encourage your student to explore the diverse and flavorful menu options available at school. National School Lunch Week gives us all the chance to celebrate the role of school meals in supporting students' growth, well-being, and academic success.

### Learn more:

<https://schoolnutrition.org/about-school-meals/national-school-lunch-week/about-national-school-lunch-week>

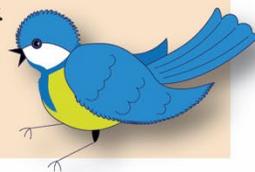


## This Craft is For the Birds!

**Looking for a creative and family-friendly fall activity?** Why not make a bagel bird feeder! It's a fun, seasonal way to engage your children in nature and nurture their love for wildlife. Using simple materials like bagels, peanut butter, and birdseed, this craft not only encourages creativity but also teaches kids about the importance of caring for our feathered friends during the cooler seasons. Hang your homemade bird feeder in the yard and watch as birds gather for an educational backyard experience. This craft combines fun and learning, making it a perfect autumn activity for the whole family to enjoy together.

### Get the details here:

<https://www.pbs.org/parents/crafts-and-experiments/make-a-bagel-bird-feeder>



## Seasonal Snacking

**With fall in full swing,** it's the perfect time for families to embrace a variety of wholesome, seasonal snacks. From crisp apple slices paired with almond butter, providing a satisfying mix of fiber and protein, to pumpkin seeds packed with essential nutrients like magnesium and zinc, autumn eating offers an array of delicious and nutritious options. Roasted sweet potatoes are another excellent choice, delivering a vitamin A boost and antioxidants to support immune health. These fall snack ideas not only showcase the flavors of the season, they also ensure your family enjoys their nutritional benefits all autumn long.



### Click here for more fall snack ideas:

<https://health.usnews.com/wellness/food/slideshows/best-fall-snacks>

## World Food Day: Oct. 16th

**World Food Day** provides parents with an opportunity to teach their children about the growing global concern of hunger and food insecurity. This day serves as a reminder to appreciate what we have while also instilling responsibility toward those who are less fortunate. It's a chance to engage in reducing food waste, and supporting organizations that work tirelessly to combat hunger worldwide.

By acknowledging World Food Day, parents can inspire their children to become compassionate global citizens who actively contribute to building a hunger-free world for future generations.

### Read more:

<https://www.fao.org/world-food-day/en>



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

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