



# Elsipogtog First Nation School



HEALTHY LIVING NEWSLETTER

FALL 2017

## School Nutrition Program

A new school year has started and with it comes new programs, activities and staff.

This year, the school will continue to offer both **breakfast** and **lunch** to all students, free of charge. Milk will also be offered, white milk on Mondays, Wednesdays and Fridays, and chocolate milk on Tuesdays and Thursdays (*white milk will be available on chocolate milk days*).

The school nutrition program is constantly working at ensuring that children receive healthy and nutritious foods in appropriate quantities. Good nutrition not only helps children grow but it also helps them learn better. **Children who eat healthy and exercise regularly** are also at less risk of developing type 2 diabetes.

Healthy eating also means offering nutritious snacks. You will find healthy snack/lunch ideas and examples of less healthy snacks that should not be sent to school, on the back of this page.

Nutrition counselling is available if you are interested in learning more about healthy eating, label reading, menu planning, meal preparation, etc.

### Staffing Highlight: Healthy Lifestyle Support Worker

We would like to welcome Ariel Robichaud Gallant to our team! Ariel will be in charge of promoting, supporting and encouraging healthy eating/lifestyles to all students. She will do this by organizing a weekly salad bar for our older students, she will also provide information about various nutrition related topics, promote healthy lifestyle challenges and offer taste tests throughout the year!



If you have any questions or concerns about the School Nutrition Program or would like to be part of the committee please feel free to contact me, Christina Metcalf, at 523-8306.

Yours in Good Health,

Christina Metcalf, Community Dietitian,  
Elsipogtog Health & Wellness Centre.

### What does it mean to 'eat healthy'?

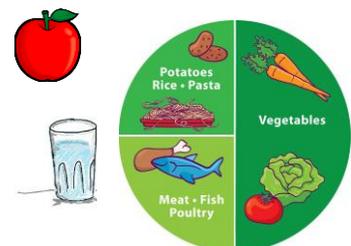
- Include food from all 4 food groups!
  - Vegetables & fruits
  - Grains
  - Milk & alternatives
  - Meats & alternatives
- **Limit** foods that are high in FAT, SUGAR and SALT (french fries, hot dogs, chips, chocolate bars, candy, pop, iced tea, cookies, cakes and pies).



- **Include** foods with lots of minerals like fruits, vegetables, whole grains, dairy, lean meats, fish, beans, nuts and seeds.



Its ALL about balance, use this plate as a guide for your next meal!



Food Category	Healthy Choices!	Unhealthy Choices (NOT to be sent to school)
<b>Vegetables &amp; Fruit</b>	<ul style="list-style-type: none"> <li>Fresh fruit (apples, oranges, bananas, berries, plums...)</li> <li>Fruit cups or canned fruit (<i>canned in water or juice is healthier</i>)</li> <li>Apple sauce or other fruit sauces (<i>unsweetened is healthier</i>)</li> <li>Dried fruit - no added sugar (i.e. raisins, 100% fruit bars)</li> <li>Raw vegetables (carrot sticks, celery sticks, cucumber...)</li> <li>100% fruit juice</li> <li>100% vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>Jello</li> <li>Fruit cups (packed in syrup)</li> <li>Processed fruit snacks (i.e. fruit roll ups, gummies)</li> <li>Sweetened juices (i.e. Sunny D, Cool Aid, punches, drinks, cocktails)</li> <li>Any juice greater than 340mL</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Bread, bannock, rolls, bagels, pitas (<i>whole grain is healthier</i>)</li> <li>Crackers, bread sticks (<i>whole grain is healthier</i>)</li> <li>Rice cakes</li> <li>Unsweetened cereals (i.e. Cheerios, Shreddies...)</li> <li>Low fat, high fibre muffins and breads</li> <li>Popcorn (plain, low fat)</li> </ul>	<ul style="list-style-type: none"> <li>Croissants</li> <li>High fat crackers</li> <li>High fat muffins or breads</li> <li>High sugar cereals (i.e. fruit loops, coco puffs...)</li> <li>Pastries, pies, cakes</li> <li>Vachon type cakes</li> <li>Doughnuts</li> <li>Cookies</li> <li>Chocolate/yogourt covered granola bars</li> </ul>
<b>Milk &amp; Alternatives (dairy)</b>	<ul style="list-style-type: none"> <li>White or chocolate milk</li> <li>Soy milks</li> <li>Yogourt or yogourt tubes</li> <li>Yogourt drinks</li> <li>Cheese, cheese strings</li> <li>Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>Packaged puddings</li> <li>Ice cream</li> </ul>
<b>Meat &amp; Alternatives (protein)</b>	<ul style="list-style-type: none"> <li>Boiled eggs</li> </ul>	<ul style="list-style-type: none"> <li>Processed meats (i.e. pepperoni sticks)</li> </ul>
<b>Other foods</b>		<ul style="list-style-type: none"> <li>Candy</li> <li>Chips, cheesies, nachos</li> <li>Chocolate, chocolate bars</li> <li>Pop</li> <li>Sports drinks (i.e. Gatorade)</li> <li>Lemonade, ice tea</li> <li>Mr. Noodle</li> </ul>

### Meal and Snack Ideas:

- Fresh fruit (apple, banana, clementine, grapes, berries, pineapple) with cheese
- Fruit cup (packed in water or juice) and yogurt (low sugar)
- Crackers and cheese
- ½ jam and cheese sandwich
- Raw vegetables and dip (carrots, celery, cucumber, broccoli)
- Homemade muffin with yogurt tube
- Cereal (low in sugar) with milk or dry cereal (low in sugar)
- Left over pizza with vegetables (salad or raw veggie sticks)
- Left over macaroni with vegetables (salad or veggies sticks)
- Tuna or salmon sandwich with vegetables
- Homemade soup, chili or beans with a piece of bread



**\*\*DO NOT SEND FOODS WITH NUTS OR PEANUTS!\*\***

There are children with severe allergies to these at school.

## Nutrition Tips

- Apple picking is a fun and healthy way to be active this fall
- Pack a healthy school snack like an apple or yogurt
- Include at least 1 fruit or vegetable at each meal
- Choose water more often than pop or juice
- Try a baked potato rather than french fries
- When having pizza, replace your garlic fingers with a salad
- Make physical activity a priority!

