



# INDIANA NEWSLETTER FEBRUARY 2019



## NUTRITION IN SCHOOLS

Schools today are focusing on offering a variety of fruit and vegetables and serving healthy recipes. Check out these resources to learn more about why school meals are a great choice:

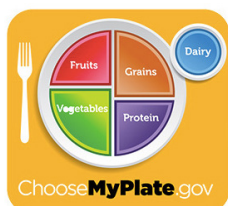


### MYPLATE GUIDE TO SCHOOL BREAKFAST

<https://www.fns.usda.gov/tn/myplate-guide-school-breakfast>

### MYPLATE GUIDE TO SCHOOL LUNCH

<https://www.fns.usda.gov/tn/myplate-guide-school-lunch>



TO FURTHER ENCOURAGE  
YOUR CHILD TO MAKE  
HEALTHIER FOOD CHOICES,  
CLICK ON MYPLATE  
<https://www.choosemyplate.gov/>

## ADDITIONAL RESOURCES

Schools can receive free nutrition education materials if they sign up on the Team Nutrition website.

<https://www.fns.usda.gov/tn/team-nutrition> .

Teachers can also access evidenced-based curricula to integrate MyPlate lessons into core educational subjects, such as Math, English Language Arts, and Science.

<https://www.fns.usda.gov/tn/myplate>



## SCHOOL EVENT AT MONROE CENTRAL

Elementary students at Monroe Central had the opportunity to attend a school assembly with Power Panther (USDA's mascot) and hear from Indiana University athletes about healthy eating. This program was funded by a Team Nutrition grant from USDA and for some students involved tasting different fruits and vegetables, watching monthly

Public Service Announcements (PSA), and completing online surveys.

The athletes focused on messages from the 2015 Dietary Guidelines such as

- **USE MYPLATE TO PLAN YOUR MEALS/SNACKS**  
Watch the Video • <https://youtu.be/XN8EJC574Lw>
- **MAKE 1/2 YOUR PLATE FRUITS & VEGETABLES**  
Watch the Video • <https://youtu.be/Cu8Ee1NtNBM>
- **EAT FRUITS & VEGGIES EVERY DAY**  
Watch the Video • <https://youtu.be/VJGOL-MJZwg>
- **EAT MORE DARK RED/GREEN VEGETABLES; BEANS; PEAS & WHOLE FRUIT**  
Watch the Video • <https://youtu.be/HiME-4UeeJg>
- **EAT MORE THAN ONE KIND OF FRUIT/VEGETABLE EVERY DAY**  
Watch the Video • <https://youtu.be/n5hKAumRtZQ>
- **SHIFT TO HEALTHIER CHOICES**  
Watch the Video • [https://youtu.be/tJPjtz\\_wqiE](https://youtu.be/tJPjtz_wqiE)



## DOWNLOAD EBOOKS

These recipes for the home promote the 2015 Dietary Guidelines.



DOWNLOAD "CHEF TODD FISHER'S RECIPE COLLECTION FOR USDA MEALS"

<https://bit.ly/2GgpUNG>

DOWNLOAD "MEETING YOUR MYPLATE GOALS ON A BUDGET"

<https://bit.ly/2jZnu6z>

## PROMOTE MYPLATE AT HOME

The USDA has resources that can help children make healthier choices.



### ACTIVITIES

<https://www.choosemyplate.gov/kids-activity-sheets>

### GAMES

<https://www.choosemyplate.gov/games>

**THANK YOU TO EVERYONE WHO PARTICIPATED. DURING THE CONTEST, WE PROMOTED:**

- MyPlate: make half your plate fruits & vegetables
- Eat fruits & Veggies Every Day
- Eat more whole fruit, dark green vegetables, red/orange vegetables and beans & peas
- Eat more than one kind of fruit every day and more than one kind of vegetable every day
- Shift to healthier choices