

DID YOU KNOW?

Low-fat (1%) and fat-free (skim) milk offer as many nutrients as high-fat milks, but they are lower in fat and cholesterol.

Colorado schools are required to offer low-fat (1%) and fat-free (skim) milks. If schools are offering a flavored milk, it must be fat-free.

Condiments can add a significant amount of fat to meals.

The new meal pattern encourages schools to control portions of high-fat and high-sodium condiments and encourages serving low-fat condiments.

AT HOME TIP:

Choose low-fat (1%) or fat-free (skim) milk over 2% and whole milk. The difference adds up.

AT HOME TIP:

Dips increase calories. Try to find healthier dips like salsa or low-fat dressings and sauces for your family.

IMPLEMENTING THE CHANGES TO NEW MEAL PATTERN STANDARDS AT HOME

Healthy meals are important at home

Your children are learning eating habits that will last a lifetime.

- Have fruits and vegetables on hand and ready to eat for a snack.
- Try whole grain versions of your favorites: pastas, cereals, tortillas, etc.
- Offer low-fat or fat-free milk at every meal.
- Make healthier versions of fast foods at home.
- Grill, broil, or bake lean protein.
- Look for great tasting, low-sugar cereals and desserts.
- Try seasoning food with more herbs.
- Eat at home as a family more often.

REMEMBER: HEALTHY CHOICES START WITH YOU

code

Improving
Academic
Achievement

For more information visit:
www.cde.state.co.us/index_nutrition.htm

Adapted from South Dakota Department of Education Meal Pattern Standards Parent Brochure

This project has been funded in part with federal funds from the U.S. Department of Agriculture. This institution is an equal opportunity provider.

CHANGES TO COLORADO SCHOOL MEALS CREATE HEALTHIER OPTIONS

What Parents Can Expect From School Meals and Ideas for Home



code Improving
Academic
Achievement
Colorado Department of Education



MAKE THE MOST OF SCHOOL MEAL PROGRAMS FOR YOUR FAMILY

- Encourage breakfast**
School breakfast fuels learning.
- Know the options**
Most schools offer a variety of selections at meals. Talk with your child about healthy choices.
- Encourage good nutrition**
Encourage your child to take and eat the fruits, vegetables, whole grains, lean proteins and low-fat/fat-free milk offered in school meals.
- Take time to visit**
Visit your child at school and enjoy a nutritious school lunch.
- Be a healthy role model**
Eat a variety of healthy foods with your children.
- Encourage your child to choose a healthy meal every day!**



- School meals can cost less than a home packed lunch.
- School meals offer food from all of the food groups and offer a variety of healthy foods.
- School meals save parents time.

TAKE A LOOK AT THE NEW STANDARDS FOR SCHOOL MEALS

Schools serve more	
Whole Grains	Students need more whole grains for fiber and other nutrients. Look for whole grain pasta, bread, pizza and cereals in schools.
Fruits and Vegetables	Variety and color does a body good. Breakfast will include fruit. Every lunch will include fruits and vegetables.
Low-fat and Fat-free Milk	Low-fat (1%) and fat-free (skim) milk have all the nutrients without extra calories and fat. All schools offer low-fat (1%) and fat-free (skim) milk with every meal.
Legumes	Beans and dry peas are full of fiber and nutrients. Schools must offer legumes at least once a week.
Fiber	Fiber is good for the body and fulfilling. Look for fruits, vegetables, and grains high in fiber in school meals.
Schools serve less	
Trans Fat	Trans fats are not good for your heart and raise cholesterol. Schools are eliminating foods with trans fats.
Sugar	High-sugar foods provide extra calories and little nutrition. Look for healthy cereals low in sugar and desserts made with less sugar.
Sodium	Most students consume double the recommended amount of salt. School meals have great taste, but with less salt.
Cholesterol	Everyone needs to watch cholesterol. High-cholesterol foods should be replaced with healthier choices in schools.
Condiments	Condiments are a common source of fat, salt and sugar in meals. Schools will control portions and offer lower fat versions of condiments.