



NUTRITION NEWSLETTER

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Choose Water: Stay Hydrated!

Our bodies are made up of approximately 70% water. Throughout the day we lose water by sweating, breathing, and urinating. To avoid becoming dehydrated, its important to replace the water you lose. Choose water over sugary beverages!

How Much Water Do You Need?

The amount of water you need varies on your age, size, and level of activity. Typically, children under 8 years old should make a goal of drinking 4-6 glasses per day, while older students should drink about 6-8 glasses per day.

Signs of Dehydration:

- Headaches
- Poor Concentration
- Thirst
- Cracked Lips
- Dry mouth
- Constipation
- Tiredness
- Dark Urine

Tip of the Month: Drink More Water

1. Keep a water bottle on hand. Fill a pitcher to keep in the fridge.
2. Drink water with meals and snacks.
3. Try adding slices of fruit to water for extra flavor.
4. Dilute sugary drinks, like juice, with water.
5. If you are hungry, try drinking water first. We often mistake being hungry for being thirsty!

Limiting sugary drinks is key in promoting healthy eating and preventing excess weight gain. Sugary drinks, like juice, soda and sports drinks, are high in calories.

Try some of these flavored water recipes for a fun alternative!

- ◆ Cucumber
- ◆ Lemon + Orange
- ◆ Strawberry + Basil
- ◆ Raspberry + Lime
- ◆ Watermelon
- ◆ Pineapple + Mint
- ◆ Blackberry + Thyme

What’s New on the Menu?

Soft Filled Cereal Bars (04/03, 04/17)

A warm cereal-pastry crossover filled with cinnamon (or chocolatey) Neufchatel cheese. Comes in Cinnamon Toast Crunch and Cocoa Puffs flavors!



Italian Sampler (04/05)

Breaded mini cheese raviolis and a twisted breadstick filled with mozzarella, served with a dipping cup of marinara sauce.

We Want to Hear from YOU!

In order to make the Food and Nutrition department a success, we are going to need your feedback! What foods would you like to see on the menu? What topics would you like discussed in the newsletter? What did you think of new menu items?

Look for the Comment/Suggestion box on the district website and let us know your feedback!



Breakfast: \$1.80 (K-12) \$2.50 (Adult) \$0.30 (Reduced Price)

Lunch: \$2.25 (K-12) \$2.45 (6th-12th) \$3.70 (Adult) \$.40 (Reduced Price)