



NUTRITION NEWSLETTER

Grace Johnson, MS RDN, CD
Food and Nutrition Director

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Wishing You a Healthy New Year!



We hope everyone enjoyed their holiday vacation and is ready to make 2019 a happy and healthy new year! The holidays may be over, but unfortunately flu season is not. In the US, flu activity most commonly peaks from December-February. Use these tips to keep your immune systems healthy this year!

Tip of the Month: Fight Flu Season

- 1. Stay Hydrated-Inside & Out.** Cold and flu viruses thrive in dry environments, and dry scratching skin can introduce germs into your body. Drink plenty of fluids, use moisturizing lotion, and try a humidifier while you sleep to combat the dry winter air.
- 2. Wash Your Hands.** And wash them often! Wash your hands for 20 seconds using warm soapy water to eliminate the spread of germs.
- 3. Catch Some Zzz's.** Adequate sleep can help reduce stress, and can strengthen your immune system. Now that the hustle and bustle of the holiday season is over, its your chance to get back into a regular routine.
- 4. Be Mindful.** If you are sick, try to stay home to prevent the spread of germs to others! Use your elbow to cover your cough and sneeze, and avoid touching your nose, eyes, and mouth throughout the day.
- 5. Be Active.** Staying active is difficult in the cold weather, but it can help strengthen your immune system. All you need is 30-60 minutes! Just make sure to bundle up if you're going outside!
- 6. Eat Well.** You've probably heard hundreds of special remedies for fighting colds, and maybe you have one that works! But eating a well-balanced diet year round is a sure way to allow your body to get all the vitamins and minerals it needs to fight cold and flu season!

What's New on the Menu?

Turkey Bacon Wrap (01/09)

A delicious combination of turkey, bacon, crisp lettuce, and tomato wrapped into a tortilla and served with ranch for a light and satisfying lunch!

Hamburger Scalloped Potatoes (01/10)

Hearty scalloped potatoes and hamburger baked into a cozy and creamy casserole!

Tuna Pasta Salad (01/14)

Enjoy the taste of summer with this classic, home-made tuna pasta salad packed with protein and nutrients!

Dutch Waffle (01/18)

Nutritious, whole grain Dutch waffle served with tasty berries!

Santa Fe Chicken Wrap (01/28)

A flavorful chicken wrap with a little kick! Made with crisp veggies and our new signature Chipotle Ranch Dressing.

Vitamins and Minerals for Fighting Cold and Flu

- ◆ **Vitamin A:** Sweet Potatoes, Carrots, Milk, & Eggs
- ◆ **Vitamin C:** Citrus Fruits, Berries, Bell Peppers, Broccoli, & Brussels Sprouts
- ◆ **Vitamin E:** Nuts, Seeds, Whole Grains, Leafy Greens, & Vegetable Oils
- ◆ **Copper:** Seafood, Lean Meat, Milk & Nuts
- ◆ **Zinc:** Red Meat & Poultry
- ◆ **Selenium:** Seafood, Lean Meat, & Whole Grains

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)