



*"Where Kids
Come First!"*

ELK HILLS ELEMENTARY SCHOOL DISTRICT

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As a parent, you have the ability to help make the school meals a positive and exciting experience for your child. School meals have whole grains, fruits, and vegetables; low-fat milk; and less salt and fat. Help your child check out these new meals and find what they like. It takes time to get kids to learn to like new foods. Here are some tips to help your children eat healthy foods:

- Make time to join your child for lunch in the school cafeteria.
- When your child gets home from school, ask what s/he ate for lunch.
- Eat meals with your child as much as you can and let your child see you eat fruits, vegetables, and whole grains.
- Grocery shop with your child. Talk about where vegetables, fruits, grains, milk and meat come from.
- Try new foods and describe how they smell, feel and taste. Offer one new food at a time and serve something your child likes with that new food.

When students eat healthy foods they perform better in school. Your child can learn good habits for life by making healthy food choices and getting proper exercise now. You have the power to inspire your children to build a healthy plate at school and home. We ask that you review the school menu with your children. Encourage them to try new foods and eat the healthy food offered. Reinforce healthy eating by offering similar foods at home.

Improving the health and nutrition of children by providing nutritious meals in school is a top priority for Elk Hills and the U.S. Department of Agriculture. Keep updated on the changes at www.fns.usda.gov/healthierschoolday. Together we can teach our children healthy habits that last forever.

Regards,
Elk Hills School District