



May 2017 Newsletter

Student Grocery Store Tour

Over the past two school years, health and wellness staff within our district have been collaborating with each other on approaches that help educate pre/post natal teens by offering various nutrition and wellness opportunities that help them achieve a healthy pre and post pregnancy for both mom and baby. This year, the team organized a grocery store tour for the group to help them become more comfortable and knowledgeable about their Women, Infants, and Children (WIC) benefits. The group was eager to understand more about how they could utilize their WIC benefits to their fullest potential, where they learned how to create a healthy and complete meal for themselves and their children. After taking a tour through a local Stop & Shop in Lynn, the group learned what foods are covered with their WIC benefits, how to navigate through the grocery store to make health food choices, and how to budget their benefits to their fullest potential. The team looks forward to expanding these tours to a variety of other students and staff throughout our district.

SCHOOL LUNCH HERO DAY



May 5th is School Lunch Hero Day! On this day make sure you thank the heroes that work hard every day in providing healthy meals to all of our students! Celebrate with your cafeteria staff by recognizing them for being a part of those who serve over 30 million students every day!

SIMPLY GOOD

This month, our **Food Focus** is on Berries! Full of antioxidants, berries are a great food choice that keeps your immune system strong! The sweetness of berries makes them great to eat by themselves or to add to your favorite salad.



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**Easy-to-Access
School Menus**

Easy to access, real time digital menu and nutrition information for you, our valued **Lynn** community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone, or visit <http://lynnschools.nutrislice.com/>

May Tasting at Callahan

This month students at Callahan will be sampling a Fiesta Wheat Berry Salad! This salad was such a big hit at the high school back in March, we decided to share the excitement by letting more kids test it out. Stay tuned for the outcome of our tasting in our next newsletter!



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Menu Highlights

We are continuously offering new and exciting menu items for our students and staff! Be sure to check out the following menu items for the month of May:

- Spinach & Cranberry Salad
- Thai Pork w/ Cilantro Lime Coleslaw
- Breaded Chicken Parmesan Served w/ Stewed Tomatoes
- Bacon Cheeseburger
- Chickpea Cranberry Wrap w/ Spinach
- Spicy Fajita Chicken



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Berries are a sweet and colorful addition to any meal. Cranberries and strawberries can be added to a salad to give it a little extra sweetness. Berries go great in a healthy, refreshing smoothie, and are even terrific in your morning oatmeal or yogurt!

Adding berries to your diet is a great way to keep your body happy and healthy. Berries are packed full of phytochemicals, vitamins, minerals, and antioxidants, all of which help fight aging, disease, and cancer. In addition, they are also a great source of daily fiber, which helps keep you fuller longer!



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LPS Wellness Committee

LPS is dedicated in providing a healthy and safe environment for all of our students. Our LPS Wellness Committee is made up of health professionals, food service professionals, specialists, teachers, principals, and community representatives, all dedicated in promoting the health and well-being of our schools. In recent months, the team has been hard at work reviewing and editing our current district wellness policy to evaluate and update our goals, standards and policies to continuously improve the unique health and wellness needs of our students and staff. Once the policy is updated, it will be brought to school committee for approval of final changes. A copy of the district wellness policy can be found on the LPS website.

