

e·bites...

encouraging healthy lifestyles for families!



Issue 8

March is National Nutrition Month®

Chartwells Steps Into A Breakfast Story



In honor of National Nutrition Month®, Chartwells School Dining Services is pleased to present *Step Into A Breakfast Story*. This educational event is being offered to district students during the first week of March. The occasion recognizes National Nutrition Month®, as well as School Breakfast Week and the National Education Association's Read Across America celebration of Dr. Seuss's Birthday on March 2nd. To celebrate this event Chartwells staff are making themselves available to read *Step Into A Breakfast Story* to elementary school students in kindergarten through third grade.

The *Step Into A Breakfast Story* book stars the Chartwells elementary school mascots (Theodore Eat, Sydney Learn, and Eva Live) and communicates messages about the importance of eating a balanced breakfast and engaging in physical activity. Prior to reading the story, participating children will be introduced to the storybook characters by watching a two minute video.

While they listen to the story, the students will "step into the story" by acting out some of the parts by participating in energizing physical activity stretches. At the conclusion of the event, all children will be given activity/coloring sheets and a list of other breakfast themed books they could read at home.

"The *Step Into A Breakfast Story* event coincides with School Breakfast Week and the National Education Association celebrating Dr. Seuss's Birthday (March 2nd), so it is a perfect opportunity to promote breakfast when community members are often welcomed to read to students in their classrooms," said Margie Saidel, director of nutrition for Chartwells.

After the event takes place, the storybook will be donated to the school's library or a classroom. Chartwells is an active partner in educating K-12 students about nutrition throughout the year with its team of registered dietitians and Balanced Choices®, their comprehensive wellness program.

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“ We’re encouraging the students to start their day with a healthy breakfast and to get plenty of physical activity, and it helps us recognize National Nutrition Month.® ”

– Margie Saidel, MPH, RD & Director of Nutrition for Chartwells



Meet Kim Salahie – Director of Culinary Development



We are pleased to introduce and welcome Kim Salahie as the new Director of Culinary Development for Chartwells School Dining Services. Kim brings with him a lifetime of culinary experience with his last 11+ years spent in various culinary leadership positions within Compass Group.

Together with our Director of Menu Management, Kim will be focused on recipe innovation and new menu development with a strong focus on nutri-

tionally balanced and wholesome meals. The goal is to continue to encourage more students to eat balanced meals at school which will help them to learn and grow.

Kim has several new and exciting culinary initiatives up his "chef coat" sleeve including a focus on healthy recipes using flatbreads and a breakfast recipe refresh which is in development. Stay tuned for future culinary updates!



National School Breakfast Week

Let's take a look at why breakfast is so important for our kids:

Why Bother With Breakfast? Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

Breakfast also can help keep kids' weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

Also, people who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight than those who skip lunch. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

Breakfast Brain Power – Research also has shown that kids who eat breakfast get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

It's important for kids to have breakfast every day, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory which they need to learn in school!

Source: www.kidshealth.org

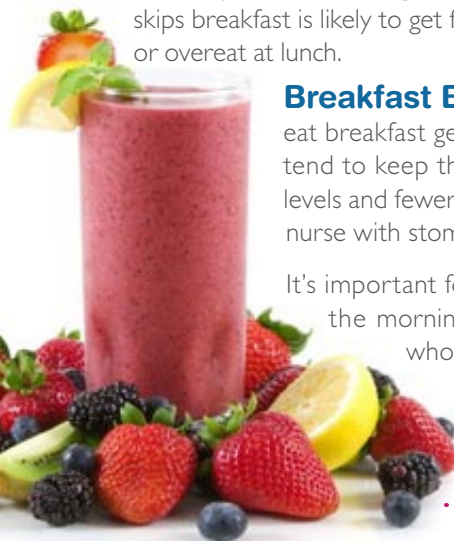


Healthy Breakfast Ideas

- whole-grain cereal topped with fruit and a cup of low-fat yogurt
- whole-wheat pita stuffed with sliced hard-cooked eggs
- hot cereal topped with cinnamon, nutmeg, allspice, or cloves
- peanut butter on a bagel with fresh fruit (banana or apple wedges) and low-fat milk
- breakfast smoothie (low-fat milk, fruit, and teaspoon of bran, whirled in a blender)
- vegetable omelet with a bran muffin and orange juice
- bran muffin and low-fat yogurt with berries
- hummus on whole-wheat toast and low-fat milk
- lean turkey on a toasted English muffin and 100% vegetable juice



Source: www.kidshealth.org



Food Focus: Breakfast

The Reality Is: Don't Skip Breakfast!

A balanced breakfast gives you the fuel you need to get you through the morning and helps your brain and body work at their best. You'll be energized and able to concentrate and perform better if you take the time to eat your breakfast.

If you can't grab breakfast at home, eat breakfast at school. It's convenient and gets you ready for the day! Some healthy breakfast food choices are yogurt, eggs, oatmeal, whole grain toast with peanut butter, cereal, milk and fresh fruit.

Don't miss a morning without your breakfast!



Did You Know?

Did you know that Chartwells has a **Balanced Choices® Breakfast Program** which follows precise nutrient and food standards to encourage students to choose a more nutritious breakfast?