

Hello Parents!

My name is Sally Schulte, otherwise known by the kids as the "Nutrition Lady". I am returning this Spring to teach some of your kids more about nutrition and healthy eating habits for 5 weeks. This program is funded by Oregon State University Extension and SNAP-Ed.

This year my focus will be building upon the nutrition concepts that the kids learned last year. First Graders will learn about healthy eating through book and activities, emphasizing the importance of eating breakfast. Grades 2-3 will learn with garden-based nutrition plan based upon plant parts. Lastly, 4th and 5th graders will learn the importance of eating from all five food groups using the new MyPlate concept, which has replaced the Food Pyramid. My goal is to get the kids to think about what they are eating, learn some basic nutrition concepts, all while having fun! Hopefully some of these eating guidelines will stick with them during the challenging teenage years.

It would be ideal if we could partner together to produce greater results. Some of the ways you could do this are by:

- Asking your child what they learned from the "Nutrition Lady"
- Exploring healthy food choices together in your kitchen or the grocery store
- Offering healthy snacks first, such as fruit, yogurt parfaits, or whole-grain waffles
- Eating a variety of vegetables and fruits every day
- Eating more whole grains, such as oatmeal, brown rice and whole-grain breads and cereals
- Limiting the sugary drinks such as soda, sports drinks, and fruit-flavored drinks

When you make healthy eating a family affair, everyone benefits. This means foods and beverages with plenty of nutrients (protein, fiber, vitamins and minerals) and not too many calories, fats or sugars.

There are some great web sites available to help with information, tips and recipes. Some of these are: FoodHero.org; ChooseMyPlate.gov; and kidseatright.org. If you have any questions you can contact me at: Sally.Schulte@oregonstate.edu.

Happy Eating!

