



## Tolland Public Schools Food & Nutrition Services

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### Healthy Changes in Our School Cafeterias!

This fall, Tolland school cafeterias are meeting rigorous new federal nutrition standards for school meals, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to choose school lunch!

School meals always offer students milk, fruits and vegetables, proteins and grains, and must meet strict limits on saturated fat and portion size. Starting in school year 2012-13, school lunches will meet additional standards requiring:

- age-appropriate calorie limits;
- larger servings of vegetables and fruits (students must take at least one serving of produce);
- a wider variety of vegetables, including dark green and red/orange vegetables and legumes;
- fat-free or 1% milk (flavored milk must be fat-free);
- more whole grains; and
- less sodium.

We're always working to offer Tolland students a wide variety of healthier choices. Participation in the farm-to-school and commodity foods program allows us to purchase and serve locally and regionally grown foods.

Each member of our staff is a member of the School Nutrition Association, the only professional organization dedicated solely to the support and well-being of school nutrition professionals in advancing good nutrition for all children. On-going training opportunities and networking keep us informed on the latest trends and provide resources for recipes, menu planning, and program compliance.

Food & Nutrition Services provides nutrition education for our students with the "Produce of the Week" campaign at Birch Grove and the "Build-a-Tray" program at Tolland Intermediate School. All schools have posters, displays, and promotional material encouraging healthy food choices and the importance of regular physical activity.

We look forward to welcoming all of our students to the cafeteria this fall. To find out more about our healthy school meals and see your school's menu please go the district website [www.tolland.k12.ct.us](http://www.tolland.k12.ct.us) go to district offices, then, click on food services.

Thank you!