

RIPPLE EFFECT.

the big number

8

People need to take in an average of about 8 cups of fluids a day to replenish their water supply.

Up to 75% of the human body is made up of water, and this simple substance **works daily miracles for your health and fitness.** In fact, EVERY system in your body depends on water to function properly. **Water aids digestion, keeps your skin and other organs healthy, helps regulate your body temperature, and can even help prevent colds and flu (or at least lessen the symptoms).** So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda. **Let the fantastic effects of water ripple through your whole body!**



**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This newsletter is provided as a wellness resource by our school system's School Meals Program

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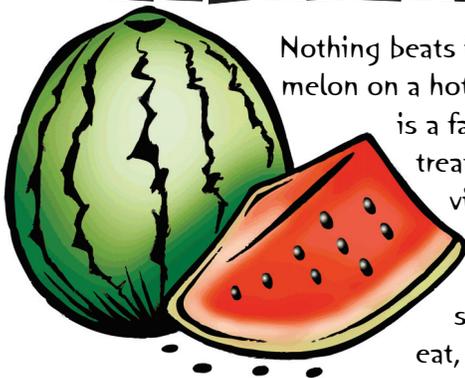
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“RIPPLE EFFECT”

EAT BETTER

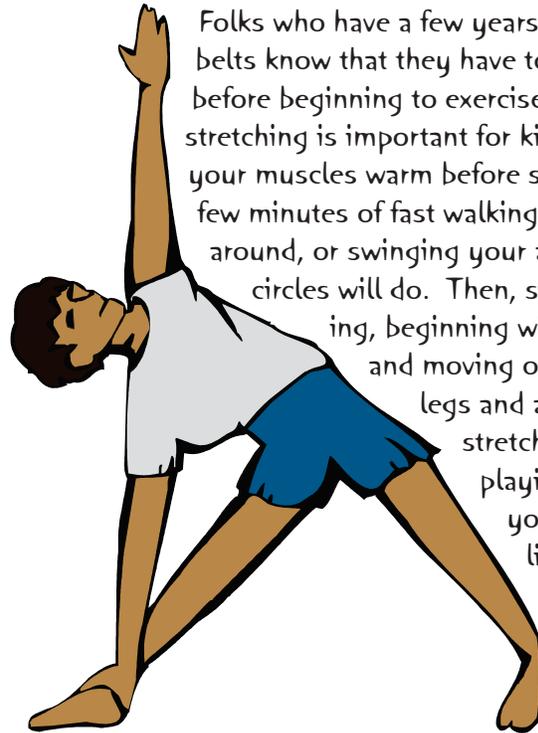
Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

WATERMELON



Nothing beats ice-cold watermelon on a hot day. Watermelon is a fat-free, low-calorie treat, and it provides vitamins A and C and some fiber, too. Plus it's sweet, juicy, fun to eat, and delicious!

PLAY HARDER



Folks who have a few years under their belts know that they have to stretch out before beginning to exercise. But stretching is important for kids, too. Get your muscles warm before stretching – a few minutes of fast walking, dancing around, or swinging your arms in circles will do. Then, start stretching, beginning with your back and moving on to your legs and arms. If you stretch good before playing hard, you're less likely to strain a muscle and have to sit on the sidelines!

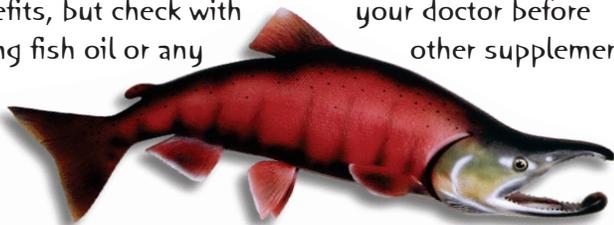
LEARN EASIER



Sometimes the simplest little things – a good light, for example – can make homework easier and studying more effective. If you can see what you're doing, you're more likely to do it right!

LIVE HEALTHIER

He might be ugly, but fish like this salmon are a key source for omega-3 fatty acids, an important nutrient that most of us don't get enough of. Nutritionists say that fish oil capsules can deliver lots of great health benefits, but check with your doctor before taking fish oil or any other supplement.



For us, food safety is a year-round job.

September is National Food Safety Education Month, but in our school restaurants food safety is job one throughout the year. Our parents and administrators depend on us to make sure that the meals we prepare and serve our kids are always nutritious, economical, *and safe*. We take that responsibility seriously and regularly provide our staff with the most rigorous food safety training in the industry.

School Meals
We serve education every day™