

APRIL 20 19 - NEWSLETTER



Exeter Township School District
– Food Services Department

www.exeter.k12.pa.us

School Lunch Superhero Day is May 3rd. Are your lunch ladies Super Heros?

Ours Are!!!



Spring kicks off a variety of outdoor sports for kids.

If you have a young, budding athlete in your house, you're probably aware that your child needs to drink plenty of fluids and eat a balanced diet to function at her best. But did you know that there are certain types of foods – and even combinations of foods – that are best to eat before, during and after the game to help him perform even better? There are two key nutrients that make a big difference for athletes: carbohydrates and protein. Carbohydrates will supply your child with the energy she needs to get through practice and games.

Article by Kate Bertz, DO as posted on cincinnatichildren.org

Choose whole grains such as brown rice and whole wheat bread and vegetables such as peppers and carrots.

Protein is important for building and repairing muscles. Choose healthy sources such as fish, meat and poultry, dairy products, beans, nuts, and soy.

1-2 HOURS

BEFORE ACTIVITY

- Yogurt
- Banana
- Oatmeal
- Apples
- Granola Bar

DURING ACTIVITY

- Orange Slices
- Apple Slices
- Grapes (try freezing them!)
- Always Stay Hydrated

AFTER ACTIVITY

QUICK FUEL UP

- Apples or Oranges
- Bananas
- Trail Mix
- String Cheese
- Raisins
- WATER!

Smart Snacking for an Active Lifestyle



Regular snacking is vital to a healthy and active lifestyle. Fitness-friendly snacks should be quick,

delicious, and balanced to satisfy your exercise and nutrition needs (as well as your hectic schedule). Active women should aim for snacks in the 100- to 200-calorie range (active men may need a bit more) and keep in mind, you may need to eat up to two snacks a day between meals to keep your energy levels steady all day long.

RECIPE OF THE MONTH – SNACK ON THE GO

Sweet & Salty Trail Mix

Ingredients

- 1 1/2 cups oat circles cereal
- 1 1/2 cups corn squares cereal
- 1/2 cup whole almonds (chopped)
- 1/2 cup raisins
- 1/2 cup small pretzels
- 1/2 cup chocolate chips

Mix together in large bowl. Store in airtight container.

Recipe courtesy of USDA.gov