

GET READY FOR WELLNESS GET SET FOR HEALTHY CHOICES AND GO...

By
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Charlotte Public Schools is motivated to “step up” and create a healthy school environment. A healthy atmosphere will help students achieve their best academically. By supporting healthy eating habits, physical activity, and a tobacco free life-style at home and at school our students will be developing healthy habits to last a lifetime. Our Charlotte Food Service Program knows how important it is for our children to eat in a healthy way. We provide a wide variety of nutritious food to our students and staff daily to promote good health and education. The school lunch meal is designed to provide 1/3 of a child’s RDA of nutrients. School meals are nutritious and well balanced.



Ciara Hancock, 4th Grade Student at Galewood Elementary reviews the new Nutrition Connection Station with Mrs. Shelly Burdo.

WELLNESS ON THE MENU

Nutrition Connection Boards have been placed at each of the Elementary Building. The Station shows the current month with the daily menu choices, age appropriate characters, and nutritional information to help promote healthy choices at an early age. We focus on healthy eating by offering fresh fruit, cheese, vegetables, 100 % juice, salads, yogurt, and low fat milk on the menu. We also make homemade whole wheat rolls and have added new whole wheat grain crust to a favorite menu item, our pizza. We do not deep fry any of the menu choices at the Elementary Schools. Occasionally we offer oven baked french fries, tator tots or potato wedges. We also limit any fried item (No Trans Fat Oil) to no more than once a week at the Middle School and at the High School twice or less per week. We have added healthier ala cart items such as baked chips, string cheese and pretzels and posted a list of healthy snacks that contain 300 or fewer calories, low in fat and contain fiber or at least 10 % Calcium, Iron or Vitamin C. The Pop machines located in the High School are on timers and do not allow pop to be dispensed during the school day.

Food Service Intern Emily Young was a guest speaker and reviewed the Food Pyramid with Washington and Galewood Elementary Students.



Making Healthy Choices

Nutrition education is a part of the curriculum at Charlotte Public Schools. We follow the USDA Dietary Guidelines for Americans and it is included in our health curriculum.



It's always Summer at the Charlotte Aquatic Center and it's a great place to promote a fun family activity.

AND GO...

Charlotte students and staff are on the move.

- Students in physical education classes engage in aerobic activities that increase their fitness levels.
- Our Athletic Program is second to none.
- Student and staff participate in School Walking Clubs
- Students and staff participation in the Cancer Walk
- Staff participation in weight loss contest/America on the Move
- You can see students and staff exercising before school, during lunch and after the school day.
- The Aquatic Center is open to students and staff.

As a School District, Charlotte Public Schools will continue to strive to step up our Wellness to *Get Ready* for the future. As we review menus we will *Get Set* to add more healthy choices for students. We will *Go* and promote the overall good health for our staff and students.

