

Nutrition Services

February Newsletter

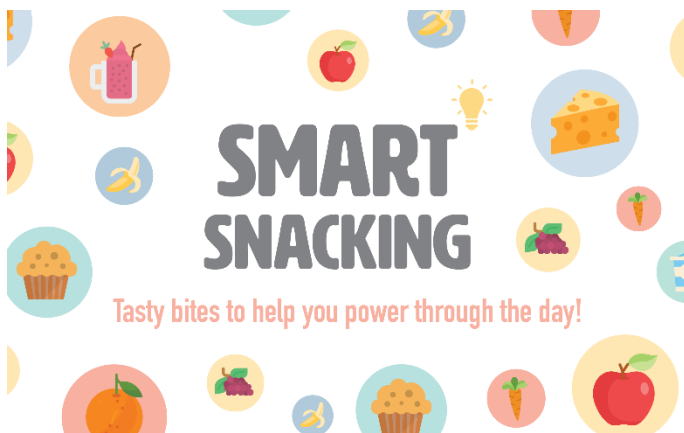


MOUNTAIN HOME SCHOOL DISTRICT



What's New in Your Schools?

Welcome to your monthly newsletter! We have some exciting things going on in February! Check it out!



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In this issue:

**Discovery Kitchen:
Smart Snacking**

**Mood Boost:
Feed Your Mood**

Smart Snacking Can Be Fun!

Each month we bring our Discovery Kitchen program to the cafeteria. This month, our Discovery Kitchen theme is Smart Snacking, and once again will be featuring menu items such as Roasted Carrot Fries, Corn & Black Bean Salsa, and Italian Power Packs that encourage smart snacking throughout the month.

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long.



Healthy Snacks

Kids are probably asking for snacks- all day long! Here are some healthy snacks that are fine for them to munch on throughout the day:

- Dried fruit, like apple rings, raisins, or banana chips
- Homemade trail mix
- Popcorn
- Whole wheat crackers and cheese
- Whole wheat pretzels
- Peanut, nut or seed butter
- String cheese
- Cottage cheese

Visit the [USDA MyPlate](https://www.myplate.gov) website for more tips on healthy snacking.



chartwells
Discovery
KITCHEN

MOOD BOOST



...a fun and engaging new program to help students connect the foods they eat with how they feel!



Mood Boost will be featured at the Elementaries.

Emerging research suggests that the food we eat can affect our mental well-being. To help students learn what foods may help them feel their personal best, Chartwells launched Mood Boost.

Designed by chefs and dietitians for elementary-and middle-school students, Mood Boost is a seven-week program that features interactive experiences, tasty new menus and fun characters that focus on six moods: Strong, Alert, Happy, Calm, Smart, and Confident and which foods can boost them and why.

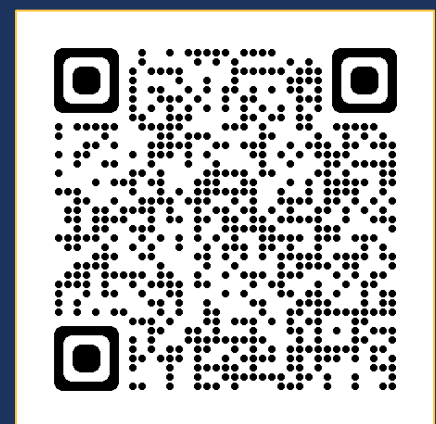
MOOD BOOST TRADING CARDS!



COLLECT THEM ALL!



Students can earn SWAG by sampling the featured Mood Boosting menu items.



Click on the QR code for more information on this award-winning Program.