

Making every day a better day at L'Anse Creuse Public Schools

Better Tomorrow Plan

Our Sustainability and Corporate Responsibility team recently announced the company's 14 commitments to promote health and wellness protect the environment and foster vibrant communities. The plan includes efforts to:

Promote choices with reduce sugar, salt, and fats.

Source local, seasonal or sustainability grown products.

Reduce our carbon intensity across our operations and clients' sites.

At L'Anse Creuse we use baskets not Styrofoam trays. Every year we replace many of these baskets that have been thrown in the trash. Please help us save money and the planet by not throwing away the baskets.



Thanks!

Don't forget **BREAKFAST**

Mornings are rushed and we know you don't always have time to eat breakfast at home. We've got you covered. All our buildings offer breakfast each morning. Jump Start your day by eating breakfast! Remember if you receive a free lunch, breakfast is free, too!

Free or Reduced Breakfast & Lunch

Your family may be eligible for free or reduced priced meals. Our district participates in the federally funded National School Lunch & Breakfast programs. To participate, you must fill out an application. Complete all information requested, listing all of your students, household members and income. On this year's application, only the last 4 digits of your social security number are required. Don't forget to sign the form. Only one form per family should be completed. You can also apply online at www.lunchapp.com. You will receive a letter to notify you if your family qualifies.

"My Plate" Replaces the Food Pyramid!



The USDA recommends that consumers make changes to their diets in these three areas:

Balancing Calories

Enjoy your food, but eat less.
Avoid oversized portions.

Foods to Increase

Make half your plate fruit & vegetables.
Make at least half your grains whole grains.
Switch to fat-free or low fat (1%) Milk.

Foods to Reduce

Compare sodium in foods like soup, bread, and frozen meals.
Drink water instead of sugary drinks.

For more ideas, visit www.choosemyplate.gov



Alliance
for a
**Healthier
Generation**



**Our Healthy Snacks and Beverages Meet the
Alliance for a Healthier Generation Guidelines!**

**We are proud to be connected with AHG and
working toward dramatically reducing childhood
obesity.**

CONTACT US! I encourage you to call and
leave a message whenever you have a
question or comment about school meals.

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**STUDENT
Well-Being** by *sodexo*
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