



Warren Consolidated School Nutrition Service Monthly Newsletter

Universal Free Breakfast at Elementary Schools

On March 8th, the Nutrition Services Department will offer **FREE BREAKFAST** to all students at elementary schools. This event is sponsored by United Dairy Industry of Michigan.



Overnight oats is a great way to boost fiber intake in our diet. Try this trendy nutritious breakfast on **March 8th**, at your elementary schools' Overnight Oatmeal Buffet Bar.

HINTS FOR A HAPPY HEALTHY HEART



NEARLY 60%

of overweight children ages 5-17 had at least **one risk factor** for cardiovascular disease and **25% had two or more.**



NEARLY 1 IN 3 KIDS OR TEENS

in the U.S. are **overweight or obese**, nearly 3 times the number in 1963.



LESS THAN 30%

of high school students get enough physical activity each day to keep their hearts healthy.



Obese kids have an **80% CHANCE OF STAYING OBESE** their entire lives.



Overweight children under age 13 may start developing **HEART DISEASE AS EARLY AS AGE 25.**



TO REDUCE FATTY BUILDUP IN ARTERIES,

children ages 2+ should be encouraged to eat **4 to 5 cups of fruits and vegetables daily** & a wide variety of other foods low in saturated fat and trans fat.



Starting Young: 5 Heart-Healthy Lifestyle Tips for Kids

Do you know children who have good heart health practices are at lower risk of developing cardiovascular diseases later in life?

Here are five heart-healthy lifestyle practices for a child or adolescent:

1. **Limit screen time:** Limiting screen time for kids encourages them to get involved in physical activities.
2. **Say no to smoking:** Kids look up to their parents as role models, and often emulate their behavior patterns.
3. **Watch what you eat:** Kids are encouraged to eat more fruits and vegetables, whole grains and fiber to maintain a healthy diet. It's important to avoid sweetened drinks and other processed food from an early age.
4. **What's your BMI:** Your child's body mass index (BMI) – calculated from a person's weight and height – tells you if your child is obese or overweight.
5. **Check your cholesterol:** Recent guidelines from American Academy of Pediatrics recommends cholesterol screening for all children between ages of 9-11, and sooner if your child is obese or has a concerning family history.

