

Warren Consolidated School  
Nutrition Service January 2018 Newsletter

# WE ARE LOOKING FOR YOU!!

## WCS NUTRITION SERVICES IS IN NEED OF DEDICATED FOOD SERVICE PROFESSIONALS.

- Perfect job to have while your children are in school
- Weekends, holidays, and school breaks off
- Work shifts allow you to still pick your child up from school
- Learn a fun new job, and earn some extra money

### JOIN OUR NUTRITION SERVICE FAMILY

Apply online at  
[www.wcskids.net](http://www.wcskids.net). The  
employment tab is at the  
top of the webpage.

Call 586.698.4158 for  
more information.



### Wellness Policy

You can find our district wellness policy at:  
<http://www.wcskids.net/departments/nutrition-services/wellness/index.html>

## National Sugar Awareness Week January 15 - 19, 2018

Center for Disease Control and Prevention indicated that Americans are eating and drinking too much added sugars which can lead to health problems such as weight gain and obesity, type 2 diabetes, and heart disease.

To live healthier, longer lives, most need to move more and eat better including getting fewer calories from added sugars.



ADDED SUGAR VS NATURAL SUGAR

Reduce your intake of foods that are high in added sugar.

### Natural Sugar vs. Added Sugar

The simple rule is:  
**SUGARS** naturally occurring in fruits, vegetables and dairy are OKAY  
but **SUGARS** removed from their original source and **ADDED** to foods, we need to be wary of.

