

Warren Consolidated School Nutrition Services February Newsletter

Breakfast Services Is Available Daily At All Schools

In addition to lunches the Nutrition Services Department offers a variety of easy to eat nutritional breakfasts served out of the cafeteria each morning 15 minutes prior to the start of school. Our school breakfast program gives hardworking parents a hand in meeting their child’s nutritional needs without interrupting the school day or taking away from important learning.

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, the employment tab is at the top of the webpage.

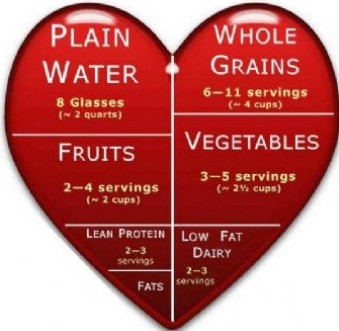
Call 586.698.4158 for more information.



Wellness Policy

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

February is American Heart Month



The perfect gift this Valentine’s Day is the gift of heart health. Along with Valentine’s Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

If you start doing small things every day that keep your body healthy, you have a better chance of living a longer, happier and healthier life.

Here are 7 simple ways to live better:

1. Avoid smoking and using tobacco products.
2. Be physically active every day.
3. Eat a heart-healthy diet.
4. Keep a healthy weight.
5. Keep your blood pressure healthy.
6. Keep your total cholesterol healthy.
7. Keep your blood sugar healthy.

