

**Warren Consolidated Schools
Nutrition Service June 2018 Newsletter**
By Dietetic Intern Samantha Stucky



**HOW TO PACK HEALTHY
SCHOOL LUNCHES FOR
YOUR KIDS ON A
BUDGET.**

Shopping Tips:

- Include a variety of healthful foods from all food groups.
- Consider foods you already have in the house before shopping
- Buy only the amount you are planning on consuming or that can be frozen for later
- Check of coupons! Also find items on sale to use.
- Be mindful of portion sizes and food safety practices
- Most importantly HAVE FUN WITH FOOD!

**Example Lunch Items That are Cheap, Easy and
Healthy:**

- Low fat yogurt
- Low fat cheese sticks
- Fruit cups (packed in natural juices or light syrup)
- Baby carrots
- Fresh veggies (pick what is in season)
- Whole grain bread for sandwiches
- Whole fruits (apples, banana, kiwi ect)



Wellness Policy

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

Free and reduced meal applications can be completed online. This convenient and confidential website allows for quicker processing than the paper applications. The link to www.lunchapp.com is available at the WCS Nutrition Services website.

SendMoneyToSchool.com allows parents to make deposits online to their child's nutrition account with no service charge. You will need your child's ID number to access. Deposits can also be made at school with **CASH ONLY**.

HIRING

**WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFÉTERIA HELPERS.
APPLY ONLINE TODAY!**

Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.