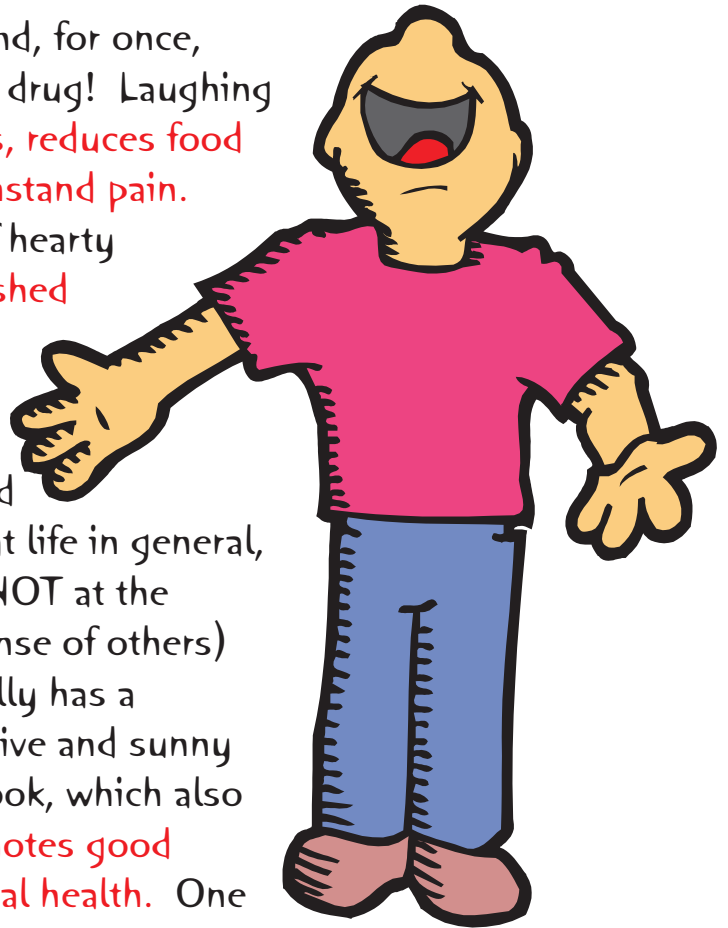


HAHAHAHAHAHA

They say that laughter is the best medicine, and, for once, they're right. In fact, laughter is like a miracle drug! Laughing strengthens the immune system, lowers stress, reduces food cravings, and even increases the ability to withstand pain.

Laughter even uses energy – a few minutes of hearty laughter a day could burn enough calories to shed more than 4 pounds a year. And it's not just the physical act of laughing that's important.

A person who laughs easily (at himself and at the world



and at life in general, but NOT at the expense of others)

usually has a positive and sunny outlook, which also promotes good mental health. One

study found that an average four-year-old laughs or smiles about 400 times a day, but that number drops to just 15 times a day by age 35. This is a case where grown-ups could learn something from little kids, because, when it comes to your health, laughter is no laughing matter!

the big number

17

Laughing has been documented in human babies as young as seventeen days old.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This newsletter is provided as a wellness resource by our school system's School Meals Program

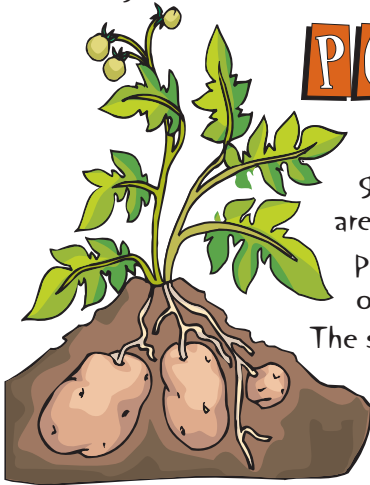
WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"HAHAHAHAHAHA"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



POTATOES

Did you know potatoes grow underground? They are incredibly wholesome, providing protein and loads of vitamins and minerals.

The skin is the most nutritious part! Fresh potatoes are healthiest – just watch the stuff you put on them!

LIVE HEALTHIER

Here's an EXTREME example of why eating a variety of nutritious foods is SO important for good health. In Ireland in the 1800's, many people depended on potatoes for nearly all their nutrition. The average Irish person ate almost 10 pounds of potatoes a day! When disease struck the potato crop in the 1840's, about two million Irish people died or were forced to leave their homes for America and other foreign shores.



LEARN EASIER

This one's a no-brainer. Kids who regularly eat a good breakfast pay better attention and participate more actively in class, behave better, and have higher standardized test scores than kids who skip breakfast. So why skip?



PLAY HARDER



Aerobic exercise – like running, biking, playing basketball, and swimming – gets you breathing hard and makes your heart beat faster. If you want to be able to play long and hard, do activities like these regularly!

Our commitment to food safety is absolute.

We buy a lot of the food we use locally, but we also receive some from out of state through the U.S. Department of Agriculture. But wherever the food comes from, rest assured that our primary commitment is always to the health and well-being of the children in our schools. That's why we follow the strictest food safety standards, and in the very rare event that we might need to address a food recall or other problem, we promise you that we will do so quickly and openly.

We're here to provide the nutrition kids need to learn well, and whenever a question about food safety comes up, we will always act immediately in the best interest of our kids.

That's our commitment to you and your family.

School Meals
We serve education every day™

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