



IT'S A NEW YEAR'S RESOLUTION!

The beginning of a new year is a great time to recommit to a fresh start. Consider a resolution to truly make health and wellness-related changes that focus on our children. Children need good role models to learn how to take care of their own health. Start by practicing portion control and eating in moderation. Eat more fruits, vegetables, and whole grains. Exercise at least five days a week, and more if you can. Be good to yourself and do the right thing. Have a happy and healthy new year!

"HEALTHY & NUTRITIOUS"

According to 86% of respondents in a survey conducted by Just Kid, Inc, "healthy and nutritious" are the most important qualities parents look for in children's food items. More than 3,600 mothers of children ages 2-14 years old --- including more than 700 Hispanic and 700 African-American mothers --- responded to an online survey designed to learn about their priorities regarding kids' meals. More than 80% of the parents say that they expect food choices to establish good eating habits in their children. Such attitudes as "fresh" and "nutritionally balanced" were valued as more important than the content of individual nutrients like calcium or protein. Visit www.justkidinc.com for more information.

SCHOOLS PLAY AN IMPORTANT ROLE IN HEALTH & WELL-BEING

Schools could do more than perhaps any other single institution in society to help young people, and the adults they will become, to live healthier, longer, more satisfying, and more productive lives. In addition to the home, the school plays a vital role in a child's intellectual, social, and physical development.

With students and adults combined, 1/5 of the US population can be found in schools. Since children spend a large part of each day at school, it is critical that school is a place where children can learn about nutrition and health and be able to apply what they learn in a supportive environment that facilitates healthy choices.

Research shows that well-designed, well-implemented school nutrition and physical activity programs will promote healthy behaviors. Good nutrition and physical activity for students can lead to better academic performance, higher test scores, and fewer behavioral problems, as well as establish lifelong healthy habits. Education and health go hand-in-hand in creating an environment for positive change.

Schools have the opportunity to help students develop healthy eating habits. They can be taught in the classroom and modeled in the cafeteria. By providing quality meals that are truly delicious and nutritious, Done Right Food's schools are indeed creating healthy school nutrition environments for their students. Congratulations to all of our schools!

For more information, contact us:

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