

November  
2019

# Coordinated School Health Newsletter



## SES Canned Food Drive

One Can... Two Can... Who Can?

**YOU CAN!**



Help Fight Hunger!

SES will be collecting canned foods Nov. 4th-Dec. 6th

for the DeKalb County Back Pack Program Christmas boxes.

\*Please make sure that donated cans are free from dents and are not expired.\*

THE GRADE THAT COLLECTS  
THE MOST CANS WILL WIN  
RECESS EQUIPMENT!

The Back Pack Program is **ALWAYS** accepting food and/or monetary donations.

We rely on help from our community to continue this program.

All food items need to be non-perishable, free from damage, and within the expiration date.

Please contact the CSH office at 615-215-2118 for more information.

## CANNED FOODS HELP KIDS EAT

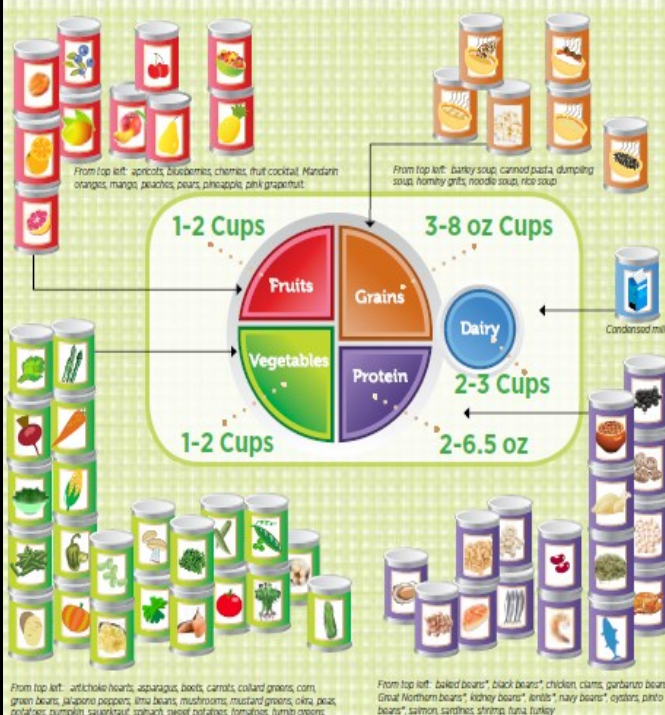
### Canned Foods Count for Kids

With 1/3 of U.S. children either overweight or obese,<sup>1</sup> it's clear kids need a healthier diet. The 2010 Dietary Guidelines for Americans recommends "all forms" (canned, fresh, frozen, dried and 100% juice) of fruits, vegetables, beans, meats and seafood to make up a healthy meal.

This modified version of the MyPlate food icon shows the many canned foods available for preparing quick, nutritious, kid-friendly meals, as well as the recommended amounts of each food group for children up to age 18.

## Canned Foods Fill MyPlate

Daily Recommended Amounts for Children and the Variety of Canned Foods That Can Help Provide Needed Nutrients\*\*



# Moving Minds



The DCHS Makerspace received some Mo-Ball Stability Ball Chairs and some Wobble Stools!

SES's Mrs. Bouldin, received some Ergo Seats and Wobble Stools for her Kindergarten class!



## DCHS Students compete in State Jr. Chef Recipe Contest

The Tennessee Department of Education School Nutrition Program is hosting the 2nd annual high school **Junior Chef Competition**.

Teams will compete to develop a nutritious, student-friendly recipe that includes local foods and is easily incorporated into the school nutrition program.

The **Biting Tigers**, which consists of Elisabeth Saylors, Jacklyn Kleparek, Sophia Angeletti, and Kaitlyn Jackman, will be entering the competition from Mrs. Parris's culinary classes.

In the first round, teams will submit an application, original recipe with nutrient assessment, and a photograph of their dish.



Our team has chosen **Lasagna Cups** to be their competitor!

In the second round, the top eight finalists from the Recipe Contest will be invited to prepare their recipe at the Tennessee State Junior Chef Competition in January. We wish our team the best of luck!