



Chef Solus Eating During School Tips



EATING DURING THE SCHOOL DAY

- * Most schools regularly send schedules of cafeteria menus home.
- * With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- * Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.
- * Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories.
- * Drinking just one can of soda a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.



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