

NCWVCAA Nutrition and Safety May Newsletter

Courtney Cummins

Nutrition/Safety Program Specialist

Topics Discussed

National Bike Safety Month
Healthful Choices for Vegetarians
Play Safe Outdoors
Bus Safety Reminders
Celebrate Our Cooks



May Is National Bike Safety Month

According to the National Center for Bicycling and Walking (NCBW), 75% of all bicycle accidents include head injuries due to not wearing a helmet. It is very important that your child, as well as adults should all wear helmets during every ride! The cost of a helmet is minimal compared to the medical bills and grief caused by injury.

What every parent should know...

- ✓ Wear a properly-fitted bicycle helmet.
- ✓ Helmets should fit level on the head, low on your forehead, no more than two fingers widths above the eyebrow.
- ✓ Practice in a low traffic area, such as an abandon parking lot or walking trail.
- ✓ Use a bike that “fits” your child. Your child should be able to stand over the bike with both feet flat on the ground.
- ✓ Make sure if riding on the road, to teach road rules...

1. No playing in the road

2. No riding on busy streets
3. Do not ride at night
4. Ride on right, with traffic
5. Stop for all stop signs
6. Always wear your helmet



Does your family eat vegetarian style sometimes or all the time? With smart food choices, your child can get all the nutrients he or she needs. You can do it, without much effort.

- Let the Food Guide Pyramid guide your food choices. As you can see from the above picture... there is lots of variety!
- Include foods with iron and calcium. Your child needs enough of both nutrients to grow properly.

- Offer meals with enough calories or food energy. Vegetarian meals have lots of fiber and not much fat. So make sure good fats and complex carbohydrates are included in the diet for energy for learning and playing.
- Find sources of vitamin B12 and zinc. Use food labels to ensure these are included in the products. Some cereals and soy products for B12 are whole grains, dried beans, tofu and seeds all have a little zinc.

Play Outside... Play It Safe

Children need all the outside time they can get. Fresh air, vitamin D and exercise are all very important for your child's development, but please remember to be safe while playing!

- Always stay with your child for safety's sake. You also have the fun of playing together!
- Protect you child's skin with sunscreen and perhaps a hat- even on a cloudy day.
- Bring water to drink. Even when your family swims and plays in the water, you sweat. So stay hydrated!
- Wear closed toed shoes to prevent foot/toe injuries.



Is your child planning to ride a school bus to school next year? Here are some reminders to help you prepare...

1. During home visits and/or orientation, please ask any questions or concerns you have about your child riding the bus.
2. Always read and review the transportation policies and procedures

for important information on riding agency buses.

3. Talk to your children about the importance of being safe on the bus and get them excited about it!



Celebrate Our Cooks

Between preparing healthy meals for HS/EHS students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes.

School Nutrition Employee Week is (May 6-10) and we wanted to celebrate the 7th Annual School Lunch Hero Day on Friday the 3rd!

School Lunch Hero Day provides you with the perfect opportunity to recognize the hardworking professionals in your center's kitchens.

School Nutrition Association (SNA) has partnered with author Jarrett J. Krosoczka, of the "Lunch Lady" book series, to remind everyone—directors, managers, parents, students, and school staff—that school nutrition employees are superheroes that deserve some recognition. To view the video and other links of how to celebrate your cooks visit: <https://schoolnutrition.org/snew>

Need more info on Nutrition or Safety?

Contact:

Courtney Cummins, Nutrition and Safety Program Specialist

ccummins@ncwvcaa.org

304-363-2170 ext. 122

