



Glen Avon Panther Pride



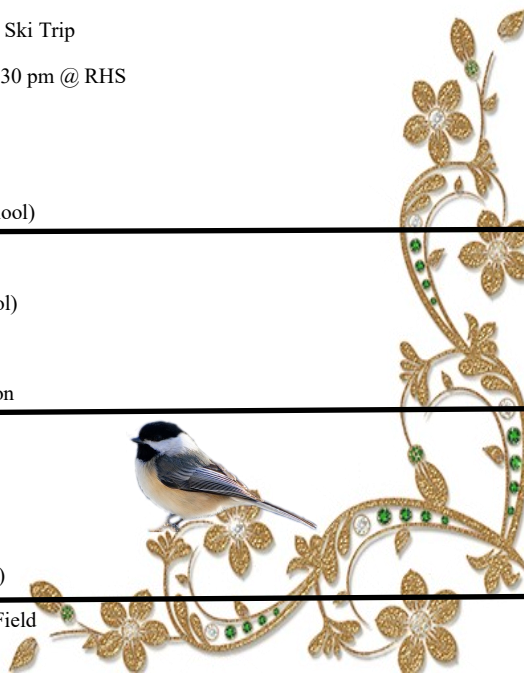
Contact us:
Phone: 780-645-3237
Text Only: 780-547-5772

March 2023

Check us out on Facebook,
Instagram, or Twitter.
Check our website:
www.glenavonschool.ca

SCHOOL CALENDAR 2022-2023

- Mar 3-4 – SPAA Basketball
 - Mar 7 – Gr 9 Orientation Student Session
 - Mar 10—Winter Spirit Day (PM)
 - Mar 13— PD Day (No School)
 - Mar 15— Gr 7 & 8 Kinosoo Ridge Ski Trip
 - Mar 16—Gr 9 Orientation Night 6:30 pm @ RHS
 - Mar 22-23—Gr 9 Jasper Ski Trip
 - Mar 23— Report Cards sent home
 - Mar 27-31—Spring Break (No School)
-
- Apr 3— School Begins
 - Apr 7-10—Easter Break (No School)
 - Apr 11— PD Day (No School)
 - Apr 25— SPAA Jr. High Badminton
-
- May 15—PAT Exam (Gr 9 ELA)
 - May 17— PAT Exam (Gr 6 ELA)
 - May 19— PD Day (No School)
 - May 22—Victoria Day (No School)
-
- June 6— SPAA Jr. High Track & Field
 - June 9—Gr 9 Farewell
 - June 12— Gr 4-6 Track & Field
 - June 13— Spring Band Concert @ 6:30 pm
 - June 15— Sports Banquet @ 5:30 pm
 - June 20, 22, 23 26,& 27— PAT Exams (Gr 6 & 9)
 - June 27—Last Day of School
 - June 28—PD Day (No School) / Gr. 7-9 Report Cards



Cell Phone Policy-Reminder

School is a place of learning and the time spent in school is an important part of a student's social development. Learning how to communicate and socialize face to face is key to becoming a successful member of society. At Glen Avon School, the guidelines for cellular phones/personal entertainment devices are as follows:

K-6: The use of cellular phones/personal electronic devices is not permitted at any point during the school day.

7-9: The use of cellular phones/personal electronic devices is restricted to recess time.

KINDERGARTEN REGISTRATION

Children who are 5 years old as of December 31, 2023 are eligible to attend the Kindergarten program for the 2023/2024 school year.

Kindergarten registration forms will soon be ready. In the meantime, you may call the school to leave your child's name and birthdate on our list. Call our office at 780-645-3237.

Copies of the child's Birth Certificate and Alberta Health Care card will be required when filling out the registration package.



GR. 9 ORIENTATION FOR GR. 10

Regional High School will be doing an orientation with our Gr. 9s to inform the students of what is expected once they go to Gr. 10 next year. On March 7, at 12:45, our Gr. 9s will be meeting in the Regional School Fine Arts Theatre. It's important that your Gr. 9 student attends that day and is on time for school.

On March 16 from 6:30 - 8p.m., Gr. 9s, along with their parents, are invited to an informational session given by Regional High School. This session will give an overview of required courses and pre-registration for high school next September. Call St. Paul Regional High School for more information 780-645-4491.

ATTENDANCE PHONE:

TEXT 780-547-5772
or **CALL 780-645-3237 by 9:30 a.m.**

It is your responsibility to contact the office to report any absences for a student.

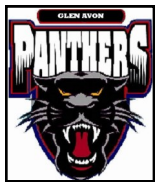
BUSSING CHANGES: CONTACT PRIOR TO 3 P.M.

Please communicate your after-school plans to your child and child's teacher for younger grades. If there are any changes throughout the day, contact the office as early as possible so we have time to deliver messages.

DOORS OPEN AT 8:15 A.M. Please drop your children off after 8:15 a.m. as that is when there is supervision for them. The doors are locked until that time.

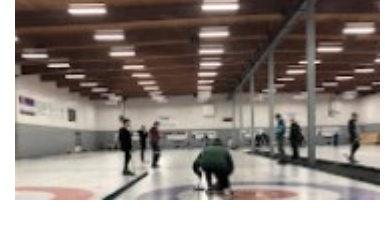


The JV Basketball Girls and Boys teams had a fun and exciting season. Both teams gave it their all and worked hard in practice and games. They were always eager and willing to learn and make their mark on the basketball court. Congratulations on a successful season and we look forward to seeing you back next basketball season.



SPAA Curling

Our mixed curling team had an amazing day with two wins and two losses to end up in second place after an exciting final match at SPAA. What a fantastic result for a newly minted team! Way to go, Panthers!



We are enjoying our staff vs. Junior High games every month. Competition is stiff and the stands are packed for each game!



Mr. Boyko's Grade 5 class participated in an Electricity and Circuits workshop. This workshop was sponsored by the Civil Society Fund of Alberta and was presented by:



Every year our Grade 3 classes combine to play Bingo together! There are prizes to be picked and multiple winners. This year we were lucky enough to have some of our local hockey heroes come and join in! This was an absolute blast! B-I-N-G-O



Grade 4-6 Pancake Breakfast. A huge thank you to our Jr. B Canadiens Hockey players for helping serve and to D.A.C. catering for preparing the sausages and pancakes. We love to treat our 4-6's with this special meal every year!





SchoolCashOnline

SCHOOL CASH

School fees will be accepted using School Cash Online in an effort to minimize traffic in our schools and increase efficiency.

School Cash Online helps parents and community members pay school-related fees safely, quickly and easily.

The new system puts all of the school fees available to your student online for purchase. You can then choose to pay

these fees online through different methods, including credit cards, credit/debit cards and eCheck. You can also stay informed and keep track of which school fees require your attention.

You are able to register – a simple task that takes less than five minutes – by visiting :

<https://sperd.schoolcashonline.com>
(If you do not receive an email verification please check your spam folder.)

Please note: You do not need your child's student number. For security purposes St. Paul Education is not using unique student identification numbers. Please ensure **"I do not have the student number"** is selected when registering.

Also, upon registration you will be asked if you would like to receive notifications via email. **We strongly encourage you to say yes to this request in order to receive future notification of items available to purchase online.**

1 Create an account

2 Add students

3 Make a payment

How to create an account

- Go to <https://sperd.schoolcashonline.com> and click **Register**. You can set a default language at the bottom of the SchoolCash Online site.
 - Type your first name, last name, and email address, and create a password.
 - Select a security question.
 - Select YES to receive email notifications. You will **not** receive any marketing emails. Selecting YES enables the system to send you notifications about school fees and items.
- SchoolCash Online will send you a registration confirmation email. If you do not receive it, check your Spam folder.
- Use your email address and password to log in.

1 Create an account

2 Add students

3 Make a payment

How to add a student to your account

- Sign in to SchoolCash Online through <https://sperd.schoolcashonline.com>
- From the menu at the top of the page, navigate to MY ACCOUNT.
- From the dropdown menu, select My Students.
- Click to add a student.
 - Type in your School Board Name.
 - Select your school name from the list.
 - Enter student details. The system is fully secure, with [PCI certification](#).
 - Click Confirm.

1 Create an account

2 Add students

3 Make a payment

How to make a payment

- You will be able to view any available items or forms attached to your students that are set up on your account.
- Select the item which you would like to purchase/complete and click "Add to Cart."
- Once you have finished adding items to your cart, click "Continue".

You can pay or submit a form for multiple students' items in one checkout.

Next Year's Approved Calendar 2023-2024

St. Paul Education Learning Calendar 2023-2024

| August 2023 | September 2023 | October 2023 | November 2023 |
|--|--|--|---|
| M T W T F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31 | M T W T F 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29 | M T W T F 2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30 31 | M T W T F 1 2 3 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 |
| December 2023 | January 2024 | February 2024 | March 2024 |
| M T W T F 1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29 | M T W T F 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31 | M T W T F 1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 | M T W T F 1 2 3 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29 |
| April 2024 | May 2024 | June 2024 | LEGEND |
| M T W T F 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 | M T W T F 1 2 3 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31 | M T W T F 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 | Instructional Day PLC Day Schools Closed Early Dismissal 2 pm |

| | Days of School Operation | |
|-------------------|--------------------------|------------|
| | Instructional | Staff Only |
| August | 0 | 3 |
| September | 19 | 1 |
| October | 20 | 1 |
| November | 19 | 1 |
| December | 15 | 1 |
| January | 17 | 0 |
| Semester 1 | 90 | 7 |
| January | 1 | 0 |
| February | 17 | 3 |
| March | 15 | 1 |
| April | 20 | 1 |
| May | 20 | 1 |
| June | 17 | 2 |
| Semester 2 | 90 | 8 |

| Important Dates | |
|--------------------|-------------------------------------|
| August 29, 30, 31 | PLC Days |
| August 31 (a.m.) | Catholic Education Formation |
| September 1 | PLC Day/Division Day |
| September 4 | Labour Day |
| September 5 | First day of school |
| September 30 | Truth & Reconciliation Day |
| October 6 | PLC Day |
| October 9 | Thanksgiving |
| November 9 | PLC Day |
| November 10 | Schools Closed |
| November 13 | Remembrance Day (Nov 11) |
| December 8 | PLC Day |
| Dec 25 - Jan 5 | Christmas Break |
| January 31 | First day of second semester |
| February 2 | PLC Day |
| February 2 (a.m.) | Catholic Education Formation |
| February 14 | Early dismissal - 2 pm |
| February 15 & 16 | Teachers' Convention |
| February 19 | Family Day |
| March 1 | PLC Day |
| March 25 - 29 | Spring Break |
| March 29 | Good Friday |
| April 1 | Easter Monday |
| April 19 | PLC Day |
| May 16 | PLC Day |
| May 17 | Schools Closed |
| May 20 | Victoria Day |
| June 14 | PLC Day |
| June 21 | National Indigenous Peoples Day |
| June 26 | Last day of classes |
| June 27 | PLC Day |

| Approved School Holidays | | | |
|--------------------------|--------------|---------------------------|----------------|
| Labour Day | Sept 4 | Family Day | Feb 19 |
| Thanksgiving Day | Oct 9 | Spring Break | March 25-29 |
| Remembrance Day | Nov 13 | Good Friday/Easter Monday | Mar 29 & Apr 1 |
| Christmas Vacation | Dec 25-Jan 5 | Victoria Day | May 20 |

| | |
|-------------------------------------|------------|
| Total Instructional Days | 180 |
| Total Non-Instructional Days | 15 |
| Total Operational Days | 195 |

First Day of Classes: September 5
First Day of Second Semester: January 31
Last Day of Classes: June 26

| Instructional Hours | Days | | |
|---------------------|------|----------|----------|
| | Days | Min./Day | Hr./Year |
| Elem./Jr High | 180 | 317 | 950 |
| High School | 180 | 333 | 1000 |

Calendar Approved: February 8, 2023

Professional Learning Community - PLC days provide opportunities for staff to work together on topics such as: school opening and closing, professional learning, sharing best practices, assessment, and supports for students.
Catholic Education Formation (CEF) - August 31 and February 2, mornings
Diploma Exam Schedule 2023-24 - October 26, 27, 30, 31 November 2, 3, 6-8 January 10-12, 19, 22-26, 29, 30 April 4, 5, 8-12, 15, 16 June 11-14, 17-20, 24-26
Provincial Achievement Test Schedule 2023-2024 - In draft format as per Alberta Education



Our school is having a **SPRING PICTURE DAY session.**

Students will get their individual photos taken and you will have the opportunity to purchase picture packages.

April 13 for Kin 1 - Gr. 1-5

April 14 for Kin 2 and Gr. 6-9



GET YOUR **OFFICIAL GEAR**

<http://glenavonschool.entripyshops.com/>





March



| | | | | | | | |
|---|---|--|---|---|--|------------------------|--|
| | | | 1 Sr. Boys 3:17-5:00 p.m. Sr. Girls 5:00-6:30 p.m. | 2 | 3 Pep Rally Period 4 & STS | 4 | |
| | | | Farm Safety Presentations for Gr. 1-6 | | | SPAA Basketball | |
| 5 | 6 Sr. Basketball Wind-Up  | 7 | 8 Badminton 3:17-5:00 Grade 8 | 9 Badminton 3:17-5:00 Grade 9 | 10 Winter Spirit Day- PM Badminton 3:17-5:00 Grade 5/6 | 11 | |
| 12 Daylight Saving Time  | 13 Teacher PD Day NO SCHOOL | 14 Pi Day Jr. High Gr. 7 Rotation 3 Begins Badminton 3:17-5:00 AB Group | 15 Grade 7/8 Kinosoo Ski Trip Badminton 3:17-5:00 Grade 5/6 | 16 STS Floor Hockey 7N Gr. 9 Parent Open House for High School Courses @ Regional High School 6:30 p.m. Badminton 3:17-5:00 BC Group | 17 Wear Green for St. Patrick's Day | 18 | |
| 19 | 20 Badminton 3:17-5:00 AB Group | 21 Badminton 3:17-5:00 AC Group | 22 Badminton 3:17-5:00 BC Group | 23 Report Cards Sent Home Gr. 9's Ski Trip to Jasper | 24 Locker Cleanup | 25 | |
| 26 | 27 | 28 | 29 | 30 | 31 | | |
| SPRING BREAK | | | | | | | |
|  UPCOMING DATES April 7-Good Friday-No School April 10-Easter Monday-No School April 11-Teacher PD-No school April 20-Kin2-Gr. 5 Spring Pictures April 20-Deadline for Hanging Basket Orders April 21-Kin1-Gr.6-9 Spring Pictures April 25-S.P.A.A. Jr. High Badminton | | | | | | | |

March 2023 Nutrition Month



| | Healthy Snickers Greek Yogurt Ranch Dip/ Veggies | Carrot Cake Protein Balls Dill Pickle Hummus and Veggies | Chocolate Chip Protein Balls Coconut Protein Balls | Banana Bites Cheese/ Crackers/Dill Pickles | Fruit Kabobs/ Greek Yogurt Dip Guacamole/ Pretzels | | |
|----|--|---|---|---|---|-----------------------|--|
| |  NEW ITEMS | | 1 Steak Pita \$5.50 1/2 Pita and Small Soup Combo \$5.50 Broccoli and Cheese Soup \$3.00 | 2 BBQ Chicken Pizza or Cheese \$3.00 Assorted Soup or Stew \$2.00 | 3 Smoked Chicken and Cheddar sub \$5.00 1/2 Sub and Small Soup Combo \$5.00 Assorted Soup \$2.00 | 4 | |
| 5 | 6 Ham and Cheddar Wrap \$5.00 1/2 Wrap and Small Soup Combo \$5.00 Tomato Soup \$3.00 | 7 Express Penne Alfredo \$5.00 Thai Chicken Soup \$3.00 | 8 Chicken Caesar Pita \$5.50 1/2 Pita and Small Soup Combo \$5.50 Tomato Tortellini Soup \$3.00 | 9 Hawaiian or Cheese Pizza \$3.00 Assorted Soup \$2.00 | 10 Turkey Sub \$4.00 1/2 Sub Small Soup Combo \$4.00 Assorted Soup \$2.00 | 11 | |
| 12 | 13 Teacher PD No School | 14 Express Baked Lasagna and Meat Sauce \$5.00 Vegetable Soup \$3.00 | 15 Ham or Falafel Pita \$5.00 1/2 Pita and Small Soup Combo \$5.00 Cheese Cauliflower Soup \$3.00 | 16 Chicken Fajita Pizza or Cheese \$3.00 Assorted Soup or Chili \$2.00 | 17 Roast Beef and Cheddar Sub \$4.00 1/2 Sub and Small Soup combo \$4.00 Assorted Soup \$2.00 | 18 | |
| 19 | 20 Chicken Wrap \$5.00 1/2 Wrap and Small Soup Combo \$5.00 Cream of Mushroom Soup \$3.00 | 21 Spaghetti and Meat Sauce \$5.00 French Onion Soup \$3.00 | 22 Club Pita \$5.00 1/2 Pita and Small Soup Combo \$5.00 Cream of Turkey Vegetable Soup \$3.00 | 23 Taco Pizza or Cheese \$3.00 Assorted Soup \$2.00 | 24 Ham and Cheddar Cheese Sub \$4.00 1/2 Sub and Small Soup Combo \$4.00 | 25 | |
| 26 | 27  | 28 | 29 | 30 | 31 | SPRING BREAK!! | |

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

 Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](https://www.myplate.gov).

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion and Complete Food and Nutrition Guide, 5th edition
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Eat Right

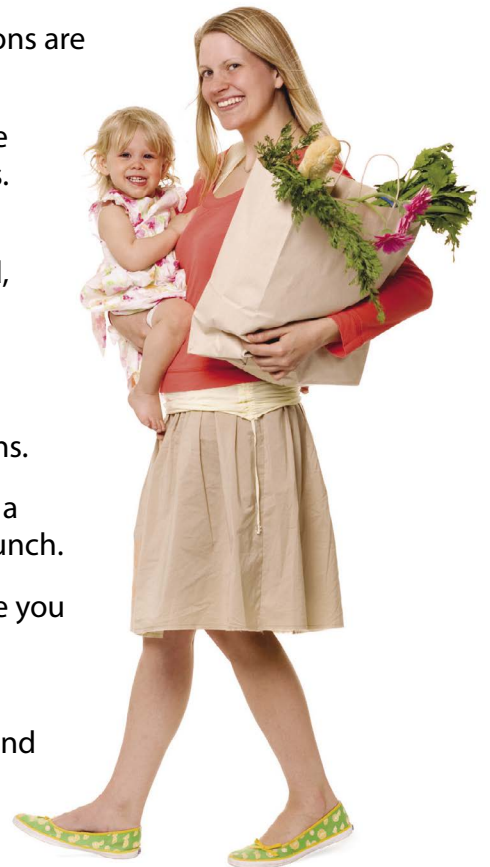
Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Healthy Eating on the Run: A Month of Tips

You may eat out a lot – many Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 31 tips to help you eat healthy when ordering out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Review and compare nutrition information if it's available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
4. Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
6. Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
7. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
8. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
9. Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
10. Or choose a salad with grilled chicken or seafood as your main course.
11. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
12. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat
13. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal (some restaurants may not permit this or will charge for an extra plate).



14. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
15. All-you-can-eat specials, buffets and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.
16. If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
19. Enjoy a variety of healthful foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood or beans.
20. Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
21. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.
22. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
24. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
25. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
26. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.
27. Try a smoothie made with 100% juice, fruit and low-fat yogurt for a light meal or snack.
28. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.
29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
30. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.
31. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

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