

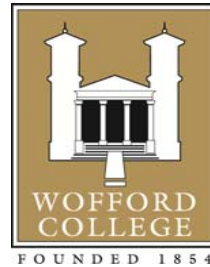
Did you know that over 35% of elementary school age children in America weigh more than their normal weight range?

Decisions about what we eat and our physical activity are the primary contributors to our weight.

Each day as your student passes through the school lunch line, they are faced with decisions about the menu items they can select to eat for lunch.



Program sponsored by:



Inspiring dialogue, strategy and change.



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FOUNDATION

If you have any questions, concerns, or comments please contact:

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Additional Information about this program can be found at this website:

HealthyEatingDecisions.com



A cost-free, sustainable, and proven effective program designed to educate and motivate elementary students to choose healthy lunch options.

Each day for lunch your child is faced with making a choice from a variety of main entrées, side items, and flavored or non-flavored milk.

Do you want your child to choose the healthiest option for lunch each day?

Dr. Dave Pittman, a professor of psychology at Wofford College and a member of the Spartanburg County Childhood Obesity Taskforce, has partnered with your school to start a new program to create inner pride through positive reinforcement when students choose the entrée and side items identified by a pediatric dietician to provide the healthiest lunch option. The healthy lunch option meets the national standard for daily nutrition set by the USDA for elementary school children while minimizing the calorie and fat content.

OUR PROGRAM: The healthy lunch options will be posted on our website at the start of each month. Also, each day students will be informed of the healthy lunch menu items during morning announcements and before lunch service.

Students selecting all of the healthy lunch items and white milk will be given *public recognition of their healthy decision by ringing a bell in the cafeteria.* Sounds simple, doesn't it? But, it works! Visit our website to learn about the proven success of the program to increase healthy food choices and reduce unwanted calories from excess sugar.

You can help make a difference too! Talk to your child about making healthy eating decisions when choosing their food items and praise your child when they make those healthy decisions. Working together, as a community, we can reduce the prevalence of childhood overweight conditions and improve the quality of life for our children.



Frequently Asked Questions:

What exactly does the healthy lunch selection mean?

- Each meal meets precise nutritional parameters that meet USDA nutritional requirements while reducing caloric and fat content. Our nutritional criteria are posted on our website.

How do students know which items are the healthy lunch items?

- The healthy lunch items will be posted each month on our website and each morning students will be informed of the healthy lunch options.

Is the program approved by the school?

- Yes, your District Superintendent and Principal have approved the Healthy Eating Decisions program.

Is there a cost associated with this program?

- No, the program is cost-free and open to any students receiving a school lunch.

Can my child participate if they bring their own lunch?

- No, this program rewards students for making healthy eating decisions from the available items in the cafeteria lunch line.

What if my child has a food allergy to one of the balanced lunch items?

- Cafeteria staff will accommodate allergies with an acceptable food item substitution that meets a similar healthy criterion.

Is the program effective?

- Yes! Tests at 2 elementary schools have shown that our program resulted in over 40% of the students choosing the healthy food & over 70% of students switched to drinking white milk instead of flavored milk. The results can be found on our website.

VISIT: HEALTHYEATINGDECISIONS.COM

