

# QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

JANUARY 2019

## Have a Happier, Healthier New Year

The New Year is a great time to plan ahead for a healthy and happy 2019. Getting children involved in this discussion is a wonderful way to connect with them, too. As they head back to school, we look forward to nourishing their desire for success in the new year.

### Less Screen Time, More Face Time

Did you know that frequent sit-down family meals can result in lower incidences of depressive symptoms and better grades?<sup>1</sup> Resolve to have at least one sit-down meal a week with your family in 2019. Children who feel they can express themselves openly and honestly with their parents are more mentally healthy.<sup>2</sup>



### DID YOU KNOW?

Kids are now eating **16 percent more vegetables** and **23 percent more fruit** at school lunch than they did in 2017.<sup>3</sup>



### Practice Positivity

While the New Year is time for new beginnings, it can also be tempting to fall into negative self-talk after the holidays. Focusing on how much we want to improve in the new year can get us thinking about everything we didn't achieve in 2018. Practice being a positivity role model to your children. Positive self-talk can help improve anxiety and depression.<sup>4</sup>



1. <https://www.nytimes.com/2005/05/03/health/nutrition/benefits-of-the-dinner-table-ritual.html>  
2. <https://www.psychologytoday.com/us/blog/compassion-matters/2012/11/7-tips-raising-emotionally-healthy-child>  
3. <https://www.fns.usda.gov/pressrelease/2014/009814>  
4. <https://health.usnews.com/health-news/family-health/brain-and-behavior/articles/2009/06/24/using-positive-psychology-in-your-relationships>

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in schools across the country.

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