



## February Elementary

### Food Labels!

This month, students got to explore food labels. Although there is a lot of information that goes into reading food labels, we were able to break it down into five main parts: serving size, calories, total sugar, vitamins and the ingredient list. This helps us learn what is inside the food and drinks that we eat, make healthier choice, and point out when a food has ingredients that make it a pretender food!

During our February lesson, students got hands-on practicing finding different parts of the label and learned what the numbers mean and how they are measured. This helps them spot healthier ingredients.

To wrap up the lesson, we played Food Label Jeopardy! Students picked from fun categories like Calories, Sugar, Vitamins, Ingredients and Wild Card, then chose point values from \$100 to \$400. The game sparked great conversations, lots of questions and excitement about learning about food labels! Awesome job, everyone!

### Nutrition Facts

Servings Per Container 2  
Serving Size 1 cup (228g)

Amount Per Serving		% Daily Value*
<b>Calories 250</b>		
<b>Total Fat</b> 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
<b>Cholesterol</b> 30mg		10%
<b>Sodium</b> 470mg		20%
<b>Total Carbohydrate</b> 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
<b>Protein</b> 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	37g
Dietary Fiber	25g	30g

## February Kindergarten

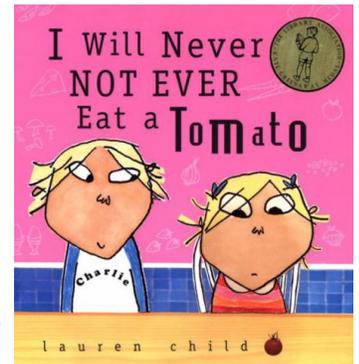
### Trying new things!



February was all about trying new things! When kindergarteners were asked why it's important to try new foods, their

top responses were, "You don't know until you try it," and "It helps you stay healthy!" Way to go! Both answers are right! Sometimes we try a new food and love it right away. Other times, it may take a few tries. That doesn't mean we should give up on our taste buds.

We read "I Will Never Not Eat a Tomato" and students had the chance to try a sugar snap sea of their own. Together, we explored the look, feel, sounds (SNAP) and taste of this new food. After becoming the Kings and Queens of Trying New Things, students designed their own crowns to celebrate being members of the One Bite Club!



## Try it at home

The next time you are at the grocery store or in the pantry searching for a snack, ask your child a couple simple questions about the food label. Talk about the serving size, total sugar (if any) and if they think the list of ingredients is good or bad.

## Try it at home

As a family, try new food together, even if you have tried it before. Ask your child if there are any new foods they have never had, but would like to try and add it to the grocery list. Tips for getting kids to take one bit—count to three, say "cheers!" or a game of "I dare you to try it!"



## Sports World Outreach

Sports World speaker Rushia Brown, a former WNBA player for the Cleveland Rockers and the Charlotte Sting, recently visited area schools to talk about making wise choices. She encouraged students to believe in themselves and work hard, even when things feel difficult.

Rushia shared that success does not happen overnight, it takes focus, effort and a positive mindset. Her message inspired students to stay strong, make good decisions, and keep moving toward their goals.

The assemblies were provided to the schools from a donation from Linda K. Keeler.

Race day is June 6 at  
EIU's O'Brien Stadium



Kids 12 and under who participate in Healthy Kids classroom lessons are eligible for **\$5 off** registration for any event at Races for all Paces! Use promo code **HEALTHYKIDS** at checkout to receive the discount.

This offer is provided on behalf of Sarah Bush Healthy Kids to encourage healthy, active fun for kids and families. Children must be accompanied by an adult.

<https://runsignup.com/Race/Register?raceld=84911&coupon=HEALTHYKIDS>

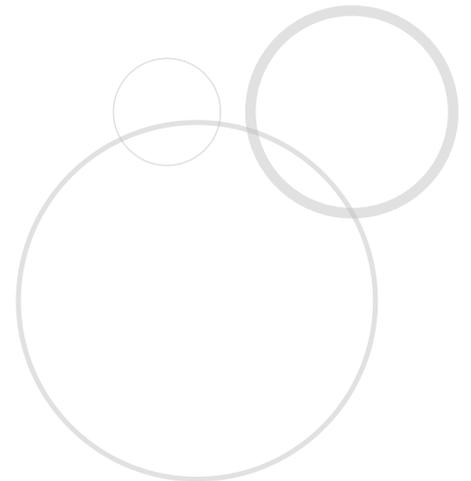


### SBL Healthy Communities

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[www.sarahbush.org/healthycommunities](http://www.sarahbush.org/healthycommunities)



# DIGITAL DISCERNMENT

Creating a tech-ready home in the AI Age

*A free workshop for parents and caring adults*



It is possible to raise calm, confident kids in today's fast-moving digital world and we're here to show you how! Introducing our Tech-Ready Home Framework, a proven, practical approach designed to help families thrive in the AI age. After speaking with thousands of parents, grandparents and caregivers, we've discovered the FIVE key habits that set up a home for digital success and peace of mind.

In this 90-minute session, you'll learn:

- Why your router might just be the most powerful parenting tool in your home.
- What's even more effective than parental controls?
- What the "Toxic Trio" is and how to protect your kids from it.
- Why 72% of teens are already using AI companions and what that means for your family.
- No registration required
- Light refreshments will be served
- Raffle prizes

**6 - 7:30 pm**  
**Tuesday, April 14**

The Fields Church | Mattoon  
Cross County Mall location  
700 Broadway Ave. East, Mattoon  
*Parking is located at the back of the mall.*

**Sponsored by Linda K. Keeler**

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