



**SUMMER  
NUTRIITON  
NUGGETS  
NEWS NUGGETS**

Iberia Parish School Board  
Child Nutrition Program  
Summer 2017



**\*\*During this past school year, the Child Nutrition Program was awarded a Breakfast Grant from Action for Healthy Kids to help increase participation. The schools included were Anderson Middle, Delcambre High and Iberia Middle. Overall, breakfast participation increased on average by 27%. Breakfast carts were utilized in target areas in an effort to bring breakfast to the students. As part of the grant, an Every Kid Healthy Event was held at IMS on Marlins' Night in April. Incoming students and parents were treated to Smart Snacks and prizes. It was a huge success. Pictured here is Ramon Ledet who volunteered his time to help with snacks and drinks!!**

**\*\*The Iberia Parish School System was able to achieve a Level 3 Well-Ahead designation this past year which means we met several wellness benchmarks, maintain a tobacco-free policy and a wellness committee.**

**\*\*SUMMER FEEDING: NISH LOCATION ONLY; Breakfast: 7:15-7:45 LUNCH: 11:15-12:45  
DATES: May 30 - July 14, 2017 Meals provided to all children (under 18) without charge!**

**\*\*An Awards Ceremony was held during School Nutrition Employee Week. Gifts were presented to our 3 retiring employees: Liz Rodrigue, Ethel Louis and Rosemary Jones.**

**STUDENT NUGGETS:** Summer is a prime time to catch up on physical activity or start an exercise routine. You can burn calories easily whether alone or with a group of friends.

It's recommended you get about 30 min. of structural exercise every day, then a further 60 min. of active playing/activity. Here are some average calorie burning activities to consider:

- |                                    |  |
|------------------------------------|--|
| Playing Video Games: 22-32 cal/hr. | TV: 15-22 cal/hr.                                |
| Active Games on Wii: 150 cal/hr.   | Basketball: 450 cal/hr.                          |
| Riding a Bike: 118-172 cal/hr.     | Swimming: 288 cal/hr.                            |
| Walking: 198 cal/hr. @ 2mph        | Rollerskating: 384 cal/hr. @9mph                 |
| Skateboarding: 74-108 cal/hr.      | <b>**Based on 150 # person (adjust for wgt.)</b> |



### **PARENT NUGGETS:**

#### **Sugars @ Breakfast:**

Parents are concerned about the amounts of sugars present in some breakfast items. See below for a comparison and choose wisely!!

1 tsp. sugar: 4 gms

Simply Chex (1 oz.): 6 gms

Sugar coated cereals (1 oz.): 7-10 gms

NutriGrain Bar: 12-13 gms ea.

Eggo Waffle/French Toast Sticks:  
15-17 gms.

Flavored Oatmeal (1 Pkt): 12-14 gms.

Yoplait yogurt (6 oz.): 27-31 gms.

Muffin: 16-30 gms.

Yogurt granola bar: 13 gms.

PopTart (1 ea.): 15 gms.

Rice Krispies Treat (.78 oz.): 8 gms.

### **RECIPE: Confetti Sloppy Joe**

#### Ingredients:

Vegetable oil cooking spray

1 lb. extra-lean ground beef

1 small green bell pepper, diced

1 small red bell pepper, diced

1 small onion, diced

1 Tbsp. white vinegar

$\frac{3}{4}$  cup ketchup

2 Tbsp. prepared mustard

6 whole-grain/mixed-grain sandwich buns

1 sweet onion, thinly sliced (optional)

#### Directions:

1. Spray skillet w/ cooking spray.
2. Combine the ground beef, diced peppers and onion in skillet. Cook on medium heat until the beef is thoroughly cooked, 8-10 min.
3. Mix the vinegar, ketchup and mustard together, and add to the beef mixture; simmer 10-15 min.
4. Scoop one portion onto each sandwich bun. Top w/ onion slice.

Cal: 270 Fat: 6 g Pro: 21 g

### **TEACHER/STAFF NUGGETS:**

Summer is ideal for relaxing and vacationing, but it is important not to forget safety: Here are a few reminders.

**Sunscreen:** Be sure to choose those with protection for both UVA and UVB rays. Look for SPF values of 30 or higher. Sunscreens now have to state how long they protect the skin in minutes for swimming or sweating.

**Beat the Heat:** Check out [www.Active.com](http://www.Active.com) for collection of swimming workouts. Remember to stay hydrated.

[www.IberiaRecreation.com](http://www.IberiaRecreation.com) has a wellness schedule in surrounding areas to help you keep up your physical activity and improve wellness. Check it out for dates and times.