Nutritional message to families
Messing

1. Nutritional message to families
2. Wipe board messages in elementaries
Messaging

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3. Digital message in secondary
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4. PE teacher reinforce message
Nutritional Messaging to families

**GO-SLOW-WHOOA**
- **GO** Eat mostly GO Foods
  - Whole foods
  - Unprocessed or lightly processed foods
  - Rich in unrefined fats, added sugars, and fiber
- **SLOW** Eat SLOW Foods less than GO Foods
  - Ultra-processed foods
  - Higher in unhealthy fats, added sugars, and fiber
  - Decrease sugar, salt, fat, and sodium in your diet
- **WHOOA** Eat WHOOA Foods less than GO or SLOW Foods
  - Whole foods
  - Processed foods
  - High levels of unrefined fats, added sugars, and fiber

**APPLES**
- There are over 7,000 kinds of apples.
- The science of growing apples is called pomology.
- An apple peel contains 2/3 of an apple's total fiber, along with lots of antioxidants.
- Apples are a member of the rose family.
- Apples are 25% water. That's why they float in water.

**STAY HYDRATED!**
- About 60% of the human body is water!
- Hydration aids digestion, energizes muscles, boosts immune system, improves circulation, and enhances brain function.
- While about 80% of our hydration comes from fluids, 20% comes from liquids in foods like fruits and vegetables.

**EATING AROUND THE WORLD**

**Black Bean and Veggie Nachos**

- **Ingredients:**
  - 1 cup whole wheat tortilla chips
  - 1 can (16 oz) black beans, rinsed and drained
  - 1 1/2 cups shredded cheese
  - 1/2 red onion, diced
  - 1/2 jalapeños, diced
  - 1/2 cup spinach
  - 1/4 cup bell peppers, diced
  - 1/4 cup low-fat sour cream (optional)
  - Juice of 1 lime
  - Chopped cilantro

- **Directions:**
  1. Preheat the oven to 425°F.
  2. Arrange the chips in a single layer on a large baking sheet.
  3. Sprinkle the beans evenly over the chips, then top with the cheese and veggies.
  4. Bake for 10 to 15 minutes, until the cheese is fully melted. Remove.
  5. Combine the lime juice, sour cream, and cilantro. Spoon over the nachos.

**HOW MUCH WATER DO YOU NEED?**
- Women: 9 cups per day
- Men: 12.5 cups per day

**CHICKENS:**
- Toddlers: 2 to 4 cups
- 4 to 8 years: 5 cups
- 9 to 13 years: 7 to 8 cups

- If engaging in physical activity, more hydration is necessary.
  - It is recommended to drink 7 to 10 oz of water every 10 to 20 minutes during exercise.

- Hydration is one of the most important parts of physical activity. Drinking the right amount of fluids before, during, and after physical activity is vital to prevent you from becoming dehydrated.

- Drink milk after physical activity to rehydrate as well as replenish protein and support bone health.

**LIMIT WHOA drinks like sugary beverages and sodas.**
Wipe board/electronic messages

• Fresh Fruits and Veggies are **GO** Foods! Eat Up!

**GO** : Fresh Apple Slices
**SLOW** : Canned Applesauce
**WHOA** : Apple Pie

**GO Beverage** : Low-fat School Milk
**SLOW Beverage** : 100% Juice
**WHOA Beverage** : Energy Drink
Collaboration
Complimentary Approach

Population:
Families, students & staff
Behavior Change:
Healthier eating and active lifestyle

- PSE Strategy
- Promotional Activities
- Promotional Materials
- Nutrition Education