



Oneida • Herkimer • Madison

BOCES

Kate Dorr, R.D. MBA
Asst. School Lunch Director
kdorr@oneida-boces.org
315.223.6050

Nutrition Notes: July/August 2017

Have a Healthy Summer!



United States Department of Agriculture

Take a Healthy Summer Break!

Discover Some Easy Ways To Help Kids Stay Happy and Healthy This Summer



Only 1 in 4 kids ages 6–15 gets the recommended 60 minutes of physical activity each day.

Move More

Get at least 60 minutes of physical activity a day. Try dancing, biking, walking, jumping rope, and active games like tag.



Did you know?

Kids sometimes gain weight **two times faster** in the summer than during the school year.



A 12-oz sugar-sweetened drink can have 31 grams of added sugar. That's 8 teaspoons!

Choose Water



Give thirsty kids a healthier choice. Plain water has no added sugar!



Kids spend an average of **7.5 hours** a day in front of a screen.



Sit Less



Limit TV, computers, tablets, and video games to no more than **1–2 hours** a day as another step towards good health.



As many as **27%** of kids' daily calories come from snacks, mostly from desserts and sugar-sweetened beverages.

Eat Smart To Play Hard



Want kids to reach for healthier snacks? Offer fruits and vegetables at snack time!

Find a Summer Meal Site Near You!

Your child can enjoy a healthy meal with friends at a summer meal site.* All kids age 18 and under eat free. Some sites also offer games, crafts, and activities.

Visit <http://www.fns.usda.gov/summerfoodrocks> or call 1-866-348-6479 to find a summer meal site near you!

*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on local school or census data.



Food and Nutrition Service
FNS-606
March 2016
USDA is an equal opportunity provider and employer.

We have multiple FREE Summer feeding sites in Herkimer, Mount Markham, Waterville, Richfield Springs, Cherry Valley and the OHM BOCES school districts. Please call 223-6050 or email kdorr@oneida-boces.org for more information on locations, dates and times!