

Module

5

The Cafeteria: Partner in Nutrition Education

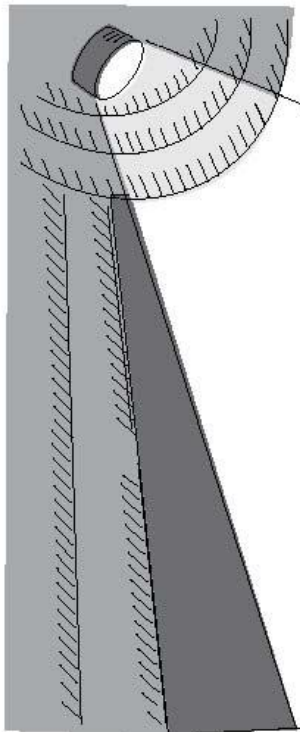
Eat Well & Keep Moving

Eat Well & Keep Moving Promotions

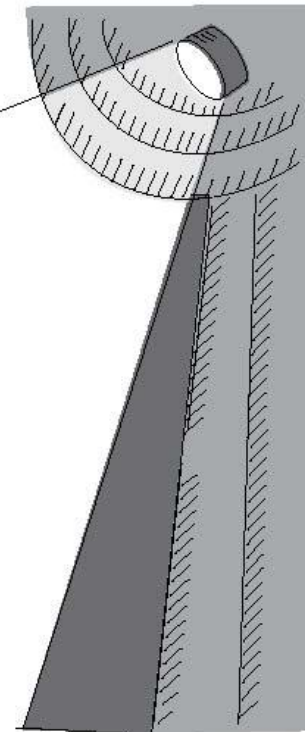
- ***Eat Well & Keep Moving*** menu board
- **Eat Well** cards
- **Food** posters

Eat Well & Keep Moving Menu Board

Eat Well & Keep Moving
Mondays



This Monday
presenting



Eat Well Cards in the Classroom and the Cafeteria



Stir-Fry With Healthy Oils!

Stir-fry means to cook over high heat while briskly stirring the ingredients so that they cook evenly. Because the vegetables are cut into small pieces, they cook quickly, stay crisp and delicious, and retain most of their nutrients and fresh flavor.

Unlike foods fried in butter, which is high in saturated (unhealthy) fat, stir-fry dishes often have healthy fat, because they are often cooked in healthy oils like vegetable oil.



Posters

- **Throughout the school year, cafeteria managers can order posters that support *Eat Well & Keep Moving* goals.**
- **Poster sources include the USDA and food vendors.**
- **Consult principals on the best locations to hang posters.**

Promote These Foods!

- Green beans
- Tabouleh*
- Orange slices
- Marinated black bean salad*
- Sautéed kale
- Hummus* and raw bell pepper slices
- Water
- Chunky vegetable stew*
- Peach salsa*
- Sweet potatoes
- Chicken stir-fry with vegetables on brown rice*

* = *Eat Well & Keep Moving* item

Questions?