

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools



The School Nutrition Association, a national, nonprofit professional organization representing more than 55,000 members who serve school meals to students across the country, has named Friday, May 4th, School Lunch Hero Day!

Remember to say "Thank You" to the Child Nutrition Workers for all their hard work!

'Tis the Season for Picnics, Camp Outs, Tailgates, and Cook Outs!

Food Safety Tips When Dining Outdoors

- ☀ Wash your hands before and after you touch any food.
- ☀ Bring along hand sanitizer to use if you don't have access to a sink.
- ☀ Regularly clean items that handle food such as coolers, picnic baskets, and tote bags.
- ☀ Pack raw meats in their own containers and coolers with plenty of ice.
- ☀ Pack other ready to eat foods in a separate cooler.
- ☀ Make sure to eat perishable foods within 2 hours or within 1 hour if the outside temp is above 90°.
- ☀ Use separate utensils for raw and cooked foods.
- ☀ Bring a food thermometer to ensure your food has been cooked safely.
- ☀ Keep coolers closed as much as possible.
- ☀ Toss out food that has been out for longer than 2 hours.



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May is National Egg Month!

 Why are Eggs Nutritious? 

- ⊗ Eggs are low in calories and high in protein.
- ⊗ Eggs contain all the essential amino acids our bodies need.
- ⊗ One large egg contains 70 calories and 6 grams of protein.
- ⊗ One egg is equal to an ounce of lean meat.
- ⊗ Eggs are one of the few foods that naturally contain vitamin D, a nutrient important for bone health.
- ⊗ One large egg is an excellent source of choline, an essential nutrient that supports brain function and memory capacity.

Looking for a Fun Summer Egg Recipe?

Veggie Egg Pops



Dip the eggs in your favorite hummus, guacamole, or tzatziki sauce.



Summer Feeding Programs Available:

Visit www.meschildnutrition.com and click on the Summer Meal Program sign on the left hand side.