

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 3rd, School Lunch Hero Day!

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

**Want to become a School Lunch Hero?
Join our Team!**

Mason City Schools Child Nutrition Department is looking for dependable and reliable people to join their team.

If interested please apply online at www.masonohioschools.com. Click on the Employment to view openings. Select the red "Apply" button. Then fill out and submit an application for a Child Nutrition Worker.

For questions about becoming a Child Nutrition Worker, contact Tamara Earl at earlt@masonohioschools.com

Office of Child Nutrition
Tamara Earl, SNS, Child Nutrition Supervisor
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Have a Healthy Summer Break!

Here are some easy ways to keep kids healthy and happy this summer!

Move More

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



Choose Water

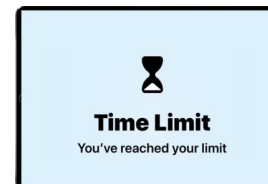
Give thirsty kids water instead of sugar filled beverages.



CHOOSE WATER

Sit Less

Did you know children spend an average of 7.5 hours a day in front of a screen? Try to limit TV, computers, tablets, and video games to no more than 1-2 hours a day.



Eat Smart to Play Hard

Choose fresh fruits, vegetables, hummus, and unsalted nuts for snacks instead of potato chips, desserts, and other high calorie items.



Summer Fun Word Search

D N U O R G Y A L P
G N U F S Y L H B R
B N C R Z U C L Y Y
O L I N T A M P Q T
A Y N P E V O M N L
T Y C B M O K U E X
I B I M L A S Y T R
N Y P Z Z V C M R J
G R K Z X K K V K Y

Summer	Fun	Boating
Pool	Playground	Sun
Picnic	Beach	Camping



Summer Feeding Programs Available:
Visit www.mcschildnutrition.com and click on the Summer Meal Program sign on the left hand side.