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COUNTY CHARTER SCHOOL SYSTEM

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Putnam County Charter School System Celebrates Healthy School Lunches and Lifestyles
National School Lunch Week Aims to Get Kids Excited About Healthy Foods and Physical Exercise

Eatonton, Georgia -October 13, 2014 – **Happy Columbus Day!**

To recognize the National School Lunch Program and the 30 million children it serves every day, Putnam County Charter School System's schools will recognize National School Lunch Week from October 14-17, 2014. The theme, "Get in the Game with School Lunch" will feature events and activities that promote the importance of balancing healthy eating with physical activity and exercise.

National School Lunch Week will emphasize the healthy foods that are offered daily at Putnam County Charter School System's schools. Nutrition and physical education-related activities will be hosted throughout school cafeterias on Wednesday, Thursday, and/or Friday (at the High School) during lunch. Prizes promoting National School Lunch Week and the program will be given to participating students.

"School lunches are healthier than ever, with more fruits and vegetables, more whole grains, and less fat and sodium" said Abdul K. Lindsay MScFT, RD, LD and Putnam County Charter School Nutrition Director. "National School Lunch Week is the perfect time to celebrate all of the healthy options we're serving every day at Putnam County Charter School System's schools".

Some of the unique flavor profiles and nutritious menu food items that have been showcased during school year 2014-15 include, but are not limited to the following: Yogurt Parfaits, Grilled Chicken and Peach Arugula Salads with Raspberry Vinaigrette Dressing, Yam Patties, Boy Choy (Chinese Cabbage), and Muscadines (Darlene...the sweet variety). Putnam County Charter School System has also revamped its website to provide the latest in nutrition and physical education promoting overall health.

The federally-funded National School Lunch Program (NSLP) provides nutritionally balanced, healthy meals to students' every day. The program, which has been serving the nation's children for over 60 years, requires school meals to meet federal nutrition standards like offering fruits and vegetables every day, serving whole-grain rich foods, and limiting fat, calories, and sodium.

The "Get in the Game with School Lunch" campaign is sponsored by the non-profit School Nutrition Association and Chobani Greek Yogurt. For more information about local schools meals, please visit us at the following website: www.putnamnutritionprogram.com.

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