



WINTER

ASK THE DIETITIAN

YOUR QUESTIONS ANSWERED

Q. Getting my kids to eat breakfast before school is difficult because they say they aren't hungry and we're always in a rush. Any ideas?

A. Have your kids tried school breakfast? Not only is it a morning time-saver, but by the time they get to school they're more likely to be hungry and ready to eat.

Also, it's a nutritious choice! Current USDA nutrition guidelines require every school breakfast to include:

- Fresh, frozen or canned fruit in juice or light syrup or 100% fruit juice (One cup is offered each day and students must take at least one-half cup)
- Whole grain-rich bread or cereal (which is also reduced-sugar)
- Low-fat plain or non-fat plain or flavored milk
- Protein-rich foods such as eggs, yogurt or lean meats may be served, too

Q. That's great to know school breakfast is a healthy option, but how do I get my kids to eat it?

A. As parents and caregivers, we know even if foods are healthy it doesn't necessarily mean kids will eat them. Aramark's team of chefs and dietitians review student insights and trends and regularly update recipes and menus. Sampling events and taste tests are conducted in cafeterias to get feedback from students and make certain menus and recipes are healthy, taste great and are on target as the types of foods currently popular with students.

And you may be surprised what your kids might try at school. A recent poll among 125,000 students revealed:¹

- 55% want to make healthier choices about what they eat
- 39% would try new fruits/vegetables if offered at school
- 32% have tried fruit/vegetables at school they never had eaten before

Q. How much sleep should my kids get? They seem so tired in the morning, which makes getting ready for school a struggle each day.

A. Lack of sleep can affect your child's physical and mental health. Experts recommend that school aged children get 9-11 hours. Teens need 8-10 hours.²

If your children aren't getting the recommended amount of sleep, try having them go to bed 20 minutes earlier consistently and make it a priority for everyone to be unplugged from all electronics before starting bedtime routines.

¹ 2016 ARAMARK Student ViewPOINT Survey

² National Sleep Foundation: <https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times>