



## News

As summer days seem to pass more quickly, we're already thinking about Back to School. Your Parish Nurses have some "healthful suggestions" for those of us who will be shopping for, and packing school lunches every day.

- Research shows that when students of any age help pack their own lunches they are more likely to eat them.
- Making sandwiches or salads and packing a well-rounded lunch box together is also another way to spend unplugged family time.
- To maintain healthy bodies, fuel afternoon attention spans and prevent waste, lunch should be comprised of delicious surprises that are also surprisingly healthy.
- Key items should represent these important nutrients:
  - Protein for growth
  - Iron for blood
  - Calcium for bone
  - Fiber
  - Vitamins A and C
- Classic snack suggestions include:
  - Sliced or whole fresh fruit and veggies
  - Dairy (milk, yogurt, cheese)
  - Protein (meat, legumes)
  - Starches (plantains, sweet potato, edamame, peas)

We're featuring samples at the "after service reception" on Healthy Sunday. Come on by and try something that looks good! As Parish Nurses we care about physical health as well as the spiritual health of our congregation. For more tips visit the bulletin board outside the Parish Nurse Office. Handouts are available at the Welcome Center, and more information on healthy eating can be found on [Baycare.org/Health-Library](http://Baycare.org/Health-Library).