

Take on the New Year Together

This year, try taking a team-based approach to making your New Year's Resolutions.

Schedule a family meeting, share your goals, and brainstorm ways everyone can support each other as we all resolve to make 2022 the best year yet! Once each family member has their resolution and a plan on how to make it happen, post everyone's goal in a place where the whole family can see.

Then, make sure you take the time to encourage each other throughout the year!

Movement Matters

As the weather changes and we tend to spend more time indoors, it's really important to stay active! There are so many benefits to staying physically active, in fact, did you know that the CDC recommends getting 150 active minutes each week? While 150 minutes per week may sound overwhelming, aiming for 30 minutes per day may be more achievable. Looking for ways to stay active this winter? We've put together a list of fun, family-friendly ways to get moving*:

1. Bundle up for a winter walk at a local park.
2. Take a trip to an indoor trampoline park.
3. Shovel snow for a neighbor.
4. Challenge your family to a dance off!
5. Download a yoga app and see who can hold their pose longest.

Yay for Pizza Day!

Did you know the pizza we serve is only available through schools? So, while it tastes as good as what you might get from the local pizzeria, it's also made with your student in mind. We start with a 51% whole grain crust, then we top that with reduced fat cheese and lean meats. All of our ingredients are USDA-inspected and fit within current nutrition recommendations. Altogether, quality ingredients make for a Pizza Day everyone can get excited about!

Unique Recipe Served Only in Schools

SCHOOL PIZZA

made with reduced fat pepperoni, low fat mozzarella cheese, and 51%* whole grain crust



* the majority of school pizzas have 51% whole grain crust



rethinkschoolmeals.com

*Source: <https://www.cdc.gov/nccdphp/dnpao/features/stay-active-this-winter/index.html>

USDA is an equal opportunity provider, employer, and lender.