

# Food for... Thought



## School Liaison Office

65th Force Support Squadron

Unit 8010

APO AE 09720

Bldg. T-112

535-5711

Lajes Field Air Base

For more information:

Check out [www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd)

## Eligibility Guidelines for Free/Reduced Lunch Program

Guidelines and eligibility standards are set by the United States Department of Agriculture (USDA). Eligibility guidelines are based on total household income and number of members in household. Information submitted on the application may be subject to verification.

### SY 2013/2014 Income Eligibility Guidelines

Household Size	Reduced Meals		Free Meals	
	Annual	Monthl y	Annual	Monthl y
2	35,853	2,988	25,194	2,100
3	45,159	3,764	31,733	2,645
4	54,464	4,359	38,272	3,190
5	63,770	5,315	44,811	3,735
6	73,075	6,090	51,350	4,280
7	82,381	6,866	57,889	4,825
8	91,686	7,641	64,428	5,369

\*(The above table is reduced and does not reflect Household size 1 or additional family members over 8).

The application form is available at the School Liaison Office (SLO) or Lajes Elementary/High School.

Eligibility status must be carried over from previous school year for children from households with approved applications on file. The carryover is good for up to 30 operating days from the first day of school. Parents must fill out another application within that time frame to remain eligible. However, the new eligibility supersedes the carryover eligibility.

For the purpose of determining eligibility for the free or reduced-price meals, **all** family income must be reported. An application cannot be approved unless it contains all eligibility information. All applications

must have a copy of the sponsors and spouse's most current leave and earning statement (LES) and/or pay stub. Applications may be turned into the SLO or school.

The SLO is the validating authority for the Lajes School and will collect the data and determine if the family meets USDA guidelines. Any changes to household income greater than \$600.00 per year or any increase or decrease in the number of members residing in the household must be reported to the SLO.

Applications are accepted throughout the school year. Applicants will be notified within 10 working days of the eligibility status. The information provided is confidential and will not be used to determine eligibility for any other program.

### Purchasing School Lunches

Parents have two options to place money on child(rens) accounts for school lunches. Students will be assigned a PIN number through customer service at the Exchange to purchase lunches. Parents may place monies into child(rens) account at the Exchange through customer service or by going to <https://www14.mealpayplus.com/default.aspx> Accounts should be checked regularly to prevent negative balances. The system will also recognize food allergies (as reported by parents) when attendant inputs the student's food purchase.

***United States federal policy mandates all federal and public schools will provide free or reduced price meals to students residing in eligible households. No distinction will be made between students participating in the program and those that do not. The USDA program does not discriminate because of race, sex, color, national origin, age, or handicap.***

## Did you know the food pyramid was changed to “My Plate”?



The new design helps to remind us to eat healthier and illustrates a familiar visual of the five food groups in a place setting. The plate design is easier for children to recognize. It is not intended to change consumer behavior alone. Here are some tips from United States Department of Agriculture:

1. Choose MyPlate
2. Add more vegetables to your day
3. Focus on fruits
4. Make half your grains whole wheat
5. Make sure to include dairy
6. Serve a variety of protein
7. Build a healthy meal
8. Vegetarians can eat healthy too
9. Plan ahead for smart shopping
10. Liven your meal with colorful veggies and fruit
11. Make veggies and fruit kid-friendly by creating cool recipes
12. Be a healthy role model for your children
13. Cut back on sweet treats
14. Limit salt and sodium intake

Go to <http://teamnutrition.usda.gov/myplate.html> for more information on each tip.

### Obesity in Children and Teens

Obesity has become an increasingly alarming issue worldwide. Although obesity can be hereditary or due to certain medications and sometimes due to stress or depression, researchers say less than one percent of all obesity is caused by physical problems.

The American Academy of Child and Adolescent Psychiatry say 16-33% of children and adolescents are obese. According to the American College of Nutrition, inactivity is the driving force in childhood obesity. A decrease in physical education in schools, use of transportation, increased eating out, increased serving sizes, and poor diet contribute to unhealthy life styles. The only way to change that is through educating our children with the knowledge and power to lead a healthy lifestyle.

Research has shown items related to this topic which might be of interest to parents. Did you know families who eat dinner together at home eat more fruits and vegetables, less fried food and soda, and less saturated and trans fat? Did you know that children 6-12 who eat fast food three or more times a week are 9-13% more likely to be obese? For children 13-17 it climbs to 16-21%? Did you know that children who ate fast food, compared to those who do not, consume more calories, more fat, more carbs, more added sugars, more sugar-sweetened beverages, and less fiber and fewer fruits and non-starchy vegetables?

Here are a few helpful hints from [www.emilitary.org](http://www.emilitary.org)

to support your children when choosing healthier snacks and meals. Of course, fresh fruits are always the best choice, but the nutritional value of frozen, canned, and dried fruits and vegetables are comparable. Choose fruits packed in natural juice or water and limit sodium by opting for canned vegetables labeled “no-added-salt.” Another myth is in choosing breads. We often think because the bread is dark in color, dense-textured, or has seeds and nuts that it is healthy. It might sound like it is, but you should look at the label—one of the first two ingredients listed should be referred to as “whole”—wheat, corn, rye, etc. Choosing meats and knowing what cuts to buy is another way you can cut fat intake. Remember “round” and “loin” can help you in choosing the leanest meats. Lean beef cuts include round steaks and roasts, top loin, top sirloin, and even chuck shoulder and arm roasts. The leanest pork choices are pork loin, tenderloin, center loin, and ham. Ground beef labeled 90% is considered extra lean. Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.

In conclusion, parents are role models for their children. Supporting healthier choices and exercise will give children a strong foundation in maintaining a healthy lifestyle.

### Shopping at Your Local Commissary

Families shopping at their local commissary save an average of 30% or more per year on their grocery bills. There are useful links to case lot sales, sweepstakes, shopping sprees, coupon links, etc. Go to <http://www.lajes.com--newcomers/AAFESDECA.html> for more information on your local commissary.

