

MEALS AT NO COST, FRESH FRUIT & VEGETABLE PROGRAM, BREAKFAST AFTER THE BELL

Thanks to the Community Eligibility Provision (CEP), Toppenish School District provides free, nutritious meals for all students throughout the school day. Students are offered breakfast, lunch, and after-school snacks to ensure no student goes hungry. Families do not need to apply or register to receive free meals for their students but are highly encouraged to complete the annual Family Income Survey to help TSD qualify for other programs that may benefit all students in our district.

The Toppenish School District Food Services Program is happy to announce they have been funded to offer, once again the Fresh Fruit and Vegetable Program to all four elementary school students for the 2023-24 SY. Participation in the Fresh Fruit and Vegetable program offers elementary students the opportunity to try a variety of fruits and vegetables to encourage healthy eating habits.

All Toppenish School District schools are required to participate in the Breakfast After the Bell program which ensures all students have the opportunity to eat breakfast no matter the circumstance.

AIM FOR FITNESS:

- Be physically active.
- Aim for a healthy weight.
- Eat healthy foods.

BUILD A HEALTHY BASE:

- Choose lean meats.
- Choose fewer processed foods.
- Limit condiments, or use ones that are lower in calories.
- Avoid high-calorie dips.
- Eat a rainbow of fruits and vegetables with no sugar.
- Limit grain-based desserts.

NUTRITION PHILOSOPHY:

The Toppenish Food Service Department believes children and youth who begin each day as healthy individuals are more alert, learn better, feel better, have better attendance, have less discipline issues, and are more likely to complete their formal education. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn. Nutrition guidelines that monitor calories, saturated fat, sodium and trans-fat and served in appropriate portion sizes consistent with USDA Standards are established for all foods offered by the district's Food Service Department.

FOODSERVICE EVENTS TO REMEMBER:

National School Lunch Week: October 9-13, 2023

National Breakfast Week: March 4-8, 2024

School Lunch Hero Day: May 3, 2024