

Tipton Wellness

2019-2020



Small Changes for Healthier Eating

Think of each change as a personal “win” on your path to living healthier. Each win is a change you make to build your healthy eating style. Find little victories that fit into your lifestyle and celebrate as a Win! Start with a few of these small changes.

- Make half your plate fruits and vegetables.
- Focus on whole fruits.
- Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free dairy.
- Vary your protein routine.
- Eat and drink the right amount for you.

Classroom Snacks and Parties

It is Tipton’s district policy that snacks served in the classroom must be fresh fruits/vegetables, meet the HKA standards or they must be prepackaged items (Prepackaged: Items that are prepared in a licensed facility).

The school cannot accept food, snacks or treats in the classrooms that are prepared at home.

Beverages offered at classroom parties or as a snack must be water, milk or 100% fruit/vegetable juice.

1

5 REASONS TO WEAR SUNSCREEN IN THE WINTER

1. Snow doubles your exposure to UV Rays
2. Atmosphere is thinner at high elevation
3. UVA rays can go through glass
4. Earth is closest to the sun in the middle of winter
5. Ozone is thinnest during the winter.

2

TEXTING AND DRIVING

Every 2 out of 5 teens text while driving which is nearly 40% of teen drivers in the United States. a new survey finds. Five states where more than 50% of teen drivers said they texted while driving and had a learner’s permit at the age of 15 or younger.

3

LINK BETWEEN FOOD AND BRAIN

Eating healthy foods such as fruits, vegetables, healthy fats and whole grains was linked to lower the risk of depression and suicide.

Food Allergies

What Are the Signs & Symptoms of a Food Allergy?

Food allergies can cause serious and even deadly reactions. So it's important to know how to recognize an allergic reaction. When there is a food allergy, the body reacts as though that particular food product is harmful. As a result, the body's immune system creates antibodies to fight the food allergen.

Every time the person eats, handles or breathes the food, the body triggers allergic symptoms such as respiratory, gastrointestinal, cardiovascular, or skin issues.

Symptoms may include, wheezing, coughing, vomiting, hives, swelling or drop in blood pressure which causes lightheadedness.

Every second counts in an allergic reaction.

If your child starts having serious allergic symptoms, administer a epinephrine auto-injector, if available, right away. Also call call **911** and take your child to the nearest emergency room. Even if you believe your child seems to improve there could be a second wave of serious symptoms.



Tipton Wellness and Iowa Healthy Kids Act

Foods sold during the Breakfast and Lunch service here at school meet the guidelines for the Healthy Kids Act. Food service department works very hard to follow the guidelines while providing our students with healthy and tasty food options. Items such Whole Grain and Reduced Fat snack options that are appealing to students are made available to your student.

MYPLATE (USDA)

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

