

# NutriKids MyNutrition

Parents will find articles, tools, recipes, newsletters, links and challenges. Students will have access to Read It, Play It and games that teach healthy habits.

This new web based software will begin in August for elementary students and parents.

USD 365 offers parents information on their child/children's school breakfast and lunch menus through a web based program NutriKids. NutriKids lists each menu item with nutrition information of calories, total fat, sodium, fiber, carbohydrates, protein, iron and calcium. This information can be found on the district's website [usd365.org](http://usd365.org) under "School Menu". When the menu for the day is located, the user can click on the nutritional value and each menu item is listed with nutrient data.

This year the district is adding a nutrition education tool for parents and students with MyNutrition. MyNutrition helps children learn about nutrition by linking them to a series of informative-and fun-websites with nutrition education games and puzzles, menu planning tips, food pyramid guidance, and more.

[MyNutriKids.com](http://MyNutriKids.com)

## FEATURES:

- ◆ Offers monthly featured topics pertaining to raising and educating healthy children
- ◆ Encourages parents and children to lead healthy lifestyles with goal-based printable materials such as "Family Challenge"
- ◆ Separate pages for parents and children
- ◆ Promotes the Dietary Guidelines for Americans and its messages about eating well and being physically active
- ◆ Interactive features and educational resources help parents and students spend time together discussing food choices
- ◆ Supports national recommendations for diet, exercise and health habits for all ages

