



Look for The MAX® Mini Pizza Triangles at your school!

Get ready for National Cheese Pizza Day

on September 5th with a slice of cheesy goodness! Not only is cheese pizza a student favorite, but it's also packed with nutrients that meet the USDA's nutritional standards for school meals. Each slice offers a balanced mix of whole grains from the crust, which provide fiber and long-lasting energy, and tomato sauce, rich in vitamins A and C, which support healthy vision and immune function. The cheese provides calcium and protein, essential for maintaining strong bones and muscles. Plus, our pizza is made with reduced-fat cheese, keeping it lower in saturated fat while still delicious.

So, on National Cheese Pizza Day, students can enjoy a tasty treat that fuels their bodies and minds, making it the perfect addition to a fun and nutritious school day!

Harvest Healthy Habits



As the leaves begin to change, it's the perfect time for families to explore local farmer's markets and plan delicious, nutritious meals together. Fall is full of vibrant produce like pumpkins, apples, sweet potatoes, squash, and Brussels sprouts, all bursting with flavor and nutrients.

Did you know families who shop and cook together tend to eat healthier and bond more? According to a study from the American Heart Association, children who help prepare meals at home are more likely to eat fruits and vegetables and develop better eating habits. Plus, planning meals around seasonal produce can save money and reduce food waste. So, grab your shopping bags and head to the farmer's market this weekend – your family's next favorite meal is just a basket of fresh produce away!

Source:

<https://easternstates.heart.org/2023/09/11/celebrating-family-meals-month-in-nyc-why-eating-together-is-good-for-your-heart-health/>

Take Action Against Hunger

September is Hunger Action Month, a nationwide effort to raise awareness about hunger in America and inspire action.

Every action – big or small – is one step closer to an America where no one is hungry. When people are fed, futures are nourished, and we can all reach our full potential.

Did you know that 1 in 6 children in the United States faces hunger? According to Feeding America, more than 34 million people, including 9 million children, are food insecure in our country.

Simple actions like donating non-perishable food items, volunteering at local food banks, or even spreading the word on social media can make a big impact. Let's come together as a community to ensure that no child goes to bed hungry. Your support can help change lives, and together, we can take a stand against hunger!



Find out more:

<https://www.feedingamerica.org/take-action/hunger-action-month>

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com

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