



## Start 2025 Strong!

January is the perfect time to set a positive tone for the year ahead by embracing healthy resolutions as a family. Simple goals like drinking more water, prioritizing regular physical activity, or preparing balanced meals together can lead to long-lasting benefits for both parents and kids. Modeling these behaviors encourages children to develop habits that support their growth and well-being. Studies show that consistent family mealtimes and physical activity improve emotional and physical health for all ages.

**This year, consider adding a family resolution to connect, grow, and thrive together.**

Learn more about healthy resolutions to inspire your family here:  
<https://www.medicoverhospitals.in/articles/7-healthiest-new-years-resolutions>

## Made with School Lunch



**Did you know that school lunches serve nearly 30 million students every school day?** These meals are designed to provide the balanced nutrition kids need to excel in and out of the classroom, offering lean proteins, whole grains, fruits, vegetables, and low-fat or fat-free milk.

Studies show that children who participate in school meal programs consume more whole grains, fruits, and vegetables compared to their peers who bring packed lunches, which tend to be higher in calories, fat, and sugar. Additionally, children receiving school lunches are less likely to experience food insecurity and more likely to maintain a healthy weight, supporting both their physical health and academic success.

**Explore how these meals are shaping healthier futures here:** <https://schoolnutrition.org/mwsl/>

**Source:** <https://www.fns.usda.gov/nslp>

## Bust the Winter Blues



**Winter weather doesn't have to mean hibernation!** Keeping kids active during colder months is vital for their physical and mental well-being. Regular physical activity improves heart health, strengthens muscles and bones, and reduces stress.



**The CDC recommends that children and teens engage in at least 60 minutes of moderate-to-vigorous physical activity daily to stay healthy.**

Fun winter activities like sledding, building snowmen, or indoor dance parties not only get the heart pumping but also bring the family together for quality time. Studies also show that physical activity can boost academic performance by enhancing focus and memory.

**For more tips on keeping kids moving this winter go to:**

<https://www.chop.edu/news/health-tip/fun-ways-keep-kids-active-through-winter>

**Source:** [https://www.cdc.gov/physical-activity-education/data-research/facts-stats/?CDC\\_AAref\\_Val=https://www.cdc.gov/healthyschools/physicalactivity/facts.htm](https://www.cdc.gov/physical-activity-education/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/healthyschools/physicalactivity/facts.htm)



**History buff**

Wears a lot of black

Associate Judge at 32

Supreme Court nominee at 50

Favorite music: Punk Rock

*School Lunches*  
1985 - 1997



*What will school  
lunch make you?*

