

Chartwells Helps Middletown Township EAT, LEARN and LIVE WELL

Chartwells School Dining Services, the company serving breakfast, lunch and snacks to students and staff at Middletown Township School District has stepped up its fight against the national obesity epidemic by creating a wellness regimen, called Balanced Choices that teaches students how to EAT, LEARN, and LIVE well.

Balanced Choices Means Healthy Foods at School. This is Chartwells' program designed to identify "better for you" food choices. It promotes snacks, beverages and meals that meet precise nutrition parameters which endorse healthy eating guidelines and



appropriate portion sizes. Look for this icon on the menu and in the serving areas. Balanced Choices teaches students how to make healthy food choices while on the school campus as well as outside of school.

Middletown Township School District is mandated by the Child Nutrition and WIC Reauthorization Act to promote a healthy school environment by the fall of 2006 and Chartwells is poised to help them get there.

Eating Well this school year at Middletown Township will include trans fat free cooking oil and margarine as well as whole grain bread and rolls among other healthy foods. Balanced Choices will teach students to compose a healthy meal from a wide variety of foods and will highlight healthy snacks and beverages according to precise nutrition parameters. Balanced Choice identifiers will be used to assist student and staff in their selection of healthy foods.

Learning Well requires not only a well nourished child, but also requires knowledge of nutrition and the benefits of an active life. Physical activity and nutrition education continue to be part of the curriculum of the District.

Living Well for students brings it all together to create a healthy school environment where the student can practice their new healthy approach towards eating and living. Chartwells will contribute with active learning programs such as health fairs, classroom activities, food demos and kitchen tours, all with a healthy edge.