

(10/11/23 District Administrator's Corner Article)

The American Journal of Clinical Nutrition shares, "All nutrients are important for neuronal cell growth and development, but some appear to have greater effects during certain developmental time periods...there is a direct effect of nutrient deficiency or supplementation on the developing brain..." Nutrition is important at every age. But developing the plans to feed 1,094 students on a daily basis takes deep planning and devotion.

Every child needs proper nutrients to remain healthy and to develop their brain. All in all, a child needs food to develop healthfully and the River Valley School District food service team recognizes that need. We are incredibly fortunate to have a national focus on helping schools provide healthy meals to our students. The National School Lunch Program in the United States has served our American schools for over 75 years.

Nutrition education is still greatly needed. A large body of research shows that healthy eating patterns, along with regular physical activity, can help children and adults achieve and maintain development and health. The CDC reports, "During 2015–2018, children and adolescents consumed on average 13.8% of their daily calories from fast food on a given day. Adolescents aged 12–19 consumed a higher percentage of calories from fast food than children aged 2–11 years." This makes sense. As kids gain independence, they choose quicker and faster options for meals. I, myself, am more than happy to enjoy a quick fast food meal from time to time. But as a child, the daily calories received greatly affects brain and body development.

Our schools have taken a greater role in the nourishment of American children in the past 25 years. The diet quality for children has improved over the years, but children are still falling short of dietary recommendations. One of the ways we help is by providing healthy school lunches. Our school lunches provide a meal packed with nutrients to help balance and provide what a student needs.

We have a team of devoted personnel preparing and serving our students: ***Jaime Hisel, Mary Bindl, Sue Fahrni, Deb Hogan, Holly Abel, Elaine Graves, Deb Zweifel, Peggy Becker, Teresa Prochaska, Erica Hartig, Deb Conway, Kathleen Gall, Barbra Brander, Sheila Weiss, and Cheryl Larson***. Thank you...you provide service with a smile every day and we appreciate you.

Each October, the state of Wisconsin celebrates and recognizes the devotion of staff and nutritionists who help to serve nearly 500,000 lunches daily. These folks play a very important role in the lives of our students, providing them with delicious and nutritious meals to help them grow physically, emotionally, and academically.

Sincerely,

Loren Glasbrenner, District Administrator
River Valley School District