



CUB REPORTER

MISC
Pictures

03 Yearbook +
Drama

12 March
Lunch

16 Nurses
Notes

18



KB going up for the layup ▲

SPORTS

Results and Highlights
from Our School Teams

Girls Basketball:
vs Burlington-L (59-49)
vs Limon-W (50-42)
vs Calhan-W (67-16)

Boys Basketball:
vs Limon- W (57-52)
vs Byers-W (60-35)
vs ECA-W (62-24)



▲ Brent Bowker sinking the 3 against ECA

UPCOMING EVENTS

1-2 March

Regional
Basketball

7-9 March

State Basketball

11-12 March

HS Matchwits
State Knowledge Bowl

15 March

JH 3rd Quarter
Incentive

23-30 March 1-3 April

Spring Break
State FBLA
The Gaylord of the
Rockies

5 April

JH Dance

24 April

HS Drama
Beauty & The Beast

27 April

Prom



5



6



10



14



17



CONTENTS

- 04 **Tucker Tidbits**
Kathy Tucker
- 07 **Counselors Corner**
Chad Thieman
- 08 **Secondary Principal Notes**
Sammi Swennes
- 12 **Yearbook/Drama**
- 13 **Superintendent/Board Notes**
Steve Wilson
- 14 **Girls Sports Highlight**
Katie Gotschall
- 15 **JH Highlight**
- 16 **March Lunch Calendar**
- 17 **HS Boys Highlight**
Jack Zimmerman
- 18 **Nurses Notes**





Congratulations to Tenna Kocerha, Breckyn Amendt, and Weston Amendt for winning the district Hoop Shoot! All three will be competing at the state level on Feb. 23 and then will hopefully head to regionals and then to the state level!!!

CELL PHONES

Elementary students are not allowed to have cell phones out in the classroom. They can be brought to school and kept in a student's locker or in a designated area in the classroom. Teachers will allow students to check them periodically during the day. If you need to get in touch with your child at a certain time or if an emergency arises, please feel free to call the front office, 719-541-2291.

TOYS

Toys are not allowed at school unless previously approved by a teacher for classroom purposes.

TUCKER TIDBITS FOR ELEMENTARY



KATHY TUCKER ELEMENTARY PRINCIPAL



True Sport Fun

Parents, thank you for supporting your children and ensuring their success by partnering with us at school. In addition, thank you for attending parent/teacher conferences and for hosting our parties.

According to the article, "Parental Involvement is Key to Student Success" by Grace Chen, research overwhelmingly supports the following conclusions:

1. Academic achievement increases when parents are involved in their children's education.
2. Parental involvement leads to better classroom behavior.
3. Parents should stay involved from preschool through high school.
4. Reading together at home greatly improves reading skills.
5. Parental involvement lifts teacher morale.
6. Parental involvement benefits

children and parents.

TRUE SPORT GAMES

The annual True Sport games were held on Tuesday, February 14th for K-5 students. This event was provided by our high school True Sport athletes and Mrs. Montague. Our Cub's Den groups had a great time! Thank you, high school athletes and Mrs. Montague!



VALENTINES DAY

Valentine's Day was filled with chocolate, sweets, flowers, and parties! It was a great day!

EASTER PARTIES

Preschool will celebrate on Thursday, March 21, 2024 during their regular class time. On Friday, March 22, 2024, PreK-5th grades will have their parties beginning at 3:00 p.m. Once again, thank you, parents, for the parties this year.

ACCEPT THE CHALLENGE!**STATE CMAS TESTS 2024**

In April, our 3rd, 4th and 5th grade students will take Colorado's statewide assessments for math, language arts/reading, and science. Third, fourth and fifth graders will take the math and ELA portions of the CMAS test. In addition, fifth graders will take the science CMAS test. This is a great chance to display what has been learned throughout the year. Students will have the opportunity to apply test-taking strategies that they have learned during the test to earn points. If enough points are earned, then they will qualify for a trip to SkyZone on April 26th! Bearcubs, accept the challenge and rock it!

**MUFFINS WITH MOM/SONS**

Since fathers and daughters had the opportunity to spend time together, now it's time for our moms and sons. Come join us on May 1st, 7 am-7:45 am for our first annual Muffins with Moms/Sons in our cafeteria. More details to follow.

KINDERGARTEN NEWS

Kindergarten graduation will be held May 16, 2024 at 6:30 p.m. This will be the last day of school for our kindergarteners. Roundup will take place the next week on May 21-22, 2024 by appointment. More information will follow in the upcoming months regarding registration. Students must turn 5 on or before June 1st to be eligible for kindergarten.

PRESCHOOL

If you have a 3-year-old child who would like to attend our preschool, you can pick up a registration packet in the front office. If you have a 4-year-old, you will need to log onto <https://upk.colorado.gov/> and fill out the required information to register your child.



Please call our front office at 719-541-2291 if you have any questions or concerns. Students must turn 3 or 4 respectively before June 1st to be eligible for preschool or preK.

BETTER TOGETHER!

3rd Graders having fun at the Valentines Day Photo Sessions



ACCOUNTABILITY MEETING

The next accountability meeting will take place on Tuesday, March 12, at 3:00 p.m. in the library. The April meeting will take place on Tuesday, April 9, 2024 and will be our last meeting of the year. Thank you, accountability members, for serving our district on this committee.

STUDENT DROP OFF/ PICK UP

Thank you, parents, for using the drop off areas. As a reminder, please do not leave a car unattended with the motor running in the parking lot or drop off areas. We want to keep all students safe. Thanks for your help!

MARCH STUDENT OF THE MONTH: LYNCOLN OFFUTT

Our March Student of the Month is Lyncoln Offutt. Lyncoln comes to school every morning with a smile on his face, and he wears it all day! He is always excited to learn new things and works very hard every day. He takes a lot of pride in the quality of his work. In addition, Lyncoln is a great friend to EVERYONE. He is always kind, respectful and willing to help a classmate. Congratulations Lyncoln!!!



APRIL STUDENT OF THE MONTH: ZAYLAA LALLY

Zaylaa Lally is our April Student of the Month. Zaylaa is in the fourth grade this year in Mrs. Townley's class. She is a hard worker, consistent with her work and is nice to everyone. Zaylaa is just an all-around great student! Thank you, Zaylaa, for being such an incredible Bearcub!



"The more that you read, the more things you will know. The more that you learn, the more places you'll go".

—Dr. Seuss



COUNSELOR CORNER

CHAD THIEMAN

FINANCIAL AID

SENIORS

This is the time to be finishing up the Financial Aid process! Getting your FAFSA submitted in a timely manner is the key to being offered Financial Aid from prospective colleges. Work through the following steps ASAP:

1. Create an account at www.studentaid.gov. You will establish a username and a password to use when completing the FAFSA and as a signature when you have it finished and are ready to submit. The student and his/her parents need an account.
2. Complete the FAFSA online at www.fafsa.gov. Remember that the FAFSA has two parts – questions that apply to the student and questions that apply to the student's parents. I would be glad to help you work through the application if you have questions or are having problems. Be sure to include the colleges on your FAFSA that you want your financial information sent to. If the student has applied to 3 colleges, indicate on the FAFSA that you want the results sent to all 3 of those specific colleges. If you completed the FAFSA this past fall and did not include some colleges that you are now interested in, you may go back into your previously submitted FAFSA and add those new colleges at any time.
3. Your FAFSA will be processed and you will be provided a student summary report.



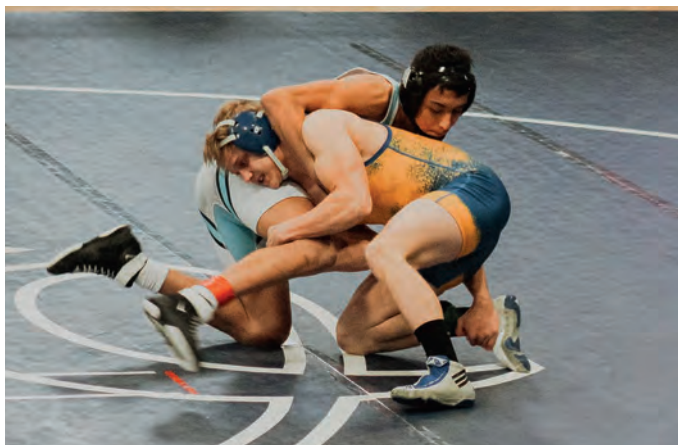
SECONDARY PRINCIPAL NOTES:

SAMMI SWENNES



HIGH SCHOOL WRESTLING

—Great job to all of our wrestlers this season, Jackson Pfost and James Woods both placed 6th at regionals.





HIGH SCHOOL BOYS BASKETBALL

Congratulations to our Boys Basketball team for their win over Limon to win the District Championship!! They will host regionals on Friday, March 1 at 4 p.m. against Cotopaxi. With a win they will play the winner of Telluride and Burlington at 1 p.m. in Simla on Saturday, March 2. Good luck boys!!



HIGH SCHOOL GIRLS BASKETBALL

Congratulations to our Girls Basketball team for their District Runner Up finish! They will advance to regionals at Day-spring Christian in Greeley on Friday, March 2 and will play at 6:30 p.m. against Caliche. With a win they will play the winner of Dayspring Christian and West Grand on Saturday, March 2 at 2 p.m. Good luck girls!!

FBLA

Congratulations to all of our State Qualifiers that will compete in April!

MATCHWITS

Congratulations to the Simla Matchwits team, they will be attending the State Knowledge Bowl in Greeley on March 11th and 12th. Good luck to all our state qualifiers!!

This report summarizes all of the information provided on your FAFSA. The key result from this report is your Student Aid Index (SAI). Carefully review your report. If corrections need to be made, go to www.fafsa.ed.gov and select "Make Corrections to a Processed FAFSA."

4. The colleges that you have been accepted to and who have received your financial information through the FAFSA process will send you a Financial Aid Award Letter or post a document through your student account on their online portal. The college takes the Cost of Attendance and subtracts the Student Aid Index resulting in your Financial Need. The award letter will list what the college offers you to help cover this need including: grants, work-study, and loans. They may also include certain scholarships given specifically by that college. Private scholarships are outside of this process. Remember – you are not required to accept loan offers. Check your online college portal regularly for updated financial aid information.

I am available to help community members (not just our high school seniors) in this process as well. Feel free to call me at the school if you need assistance with college/trade school financial aid!

SCHOLARSHIPS

Seniors should continue to work on scholarship applications. Parents – check with your student to see what progress he/she is making in this area. We are in the "busy season" for scholarships so it is important that seniors stay organized and keep track of due dates. It is important to know whether a scholarship application is due to the recipient by a certain date or if it only has to be postmarked by that date. Check out the school website at www.bigsandy100j.com and click on the "Counselor" tab and then "Scholarships" for a listing of scholarships. Many of our local scholarships, including the Mary Casey Lasater Memorial Scholarship, the Glenn & Jennie Kimble Memorial Scholarship, the Simla Cubs Booster Club Scholarship, the Big Sandy Alumni Scholarship, and the T.R. Hamacher Memorial Scholarship are due soon! The Alan Lasater Outreach Foundation Scholarship applications may be submitted at any time throughout the year.

PERSONAL WORKFORCE READINESS (SENIOR SEMINAR)

We are finishing up a unit using "The Job Hunting Handbook". We worked through the process of finding a job to apply for (a fictitious JH Tutor position), completing the written application materials, and sitting for an interview. This unit ends with discussions about important qualities of a successful employee, etiquette in business/social settings, and understanding what constitutes harassment in the workplace.

We have also partnered with Farmers State Bank to teach important "Money 101" topics. Each senior is given an "occupation" by the bank and then receives a working debit card on which their paychecks are deposited and debits for regular expenses are posted. Upon completion of the unit, Farmers State will give each of the seniors \$100 on



their debit cards! Thanks to FSB for their contributions to our students!

The 4th quarter in Senior Seminar includes finishing the FSB Money unit, completing scholarship applications, and practicing public speaking through various types of speeches.

JUNIORS

Colorado Boys State will be held at NJC in Sterling June 2-8. This is a chance for junior boys to "experience real life America while they create and operate their own cities, counties, and state governments." The full cost is covered by the American Legion. Register at: www.CoLegionBoysState.org by May 1st.

Colorado Girls State will be held at NJC in Sterling June 10-15. This is a chance for junior girls to "run for mock public office, write, debate, and pass bills, engage in a mock trial exercise, and attend panels consisting of guests from every level of Colorado government and beyond." The full cost is covered by the American Legion Auxiliary. Register at: www.alacolorado.com/girls-state by May 15th.

SAT

All Big Sandy juniors will be taking the

SAT on April 17th. The best preparation for SAT testing is to take rigorous classes and to work hard in each of them. 11th graders will also be taking the CMAS Science test in April. There is no cost to take the SAT. state by May 15th

ACT

The next ACT national test date is April 13th and the regular registration deadline for this assessment is March 8th. More information is available at www.act.org.

PSAT

All Big Sandy 9th and 10th graders will be taking the PSAT on April 17th. The PSAT is administered to all public school 9th and 10th graders in Colorado.

CMAS

The CMAS test window is April 8th – 26th. All 3rd – 8th graders will be taking English Language and Math assessments. 5th, 8th, and 11th graders also take Science assessments. Most testing is completed online but 3rd graders will complete the English Language Assessment on paper again this year.

REPORT CARDS

3rd quarter report cards will be sent home in March (the quarter ends March 7th). Please remember that this report card serves as a mid-term progress report. Students have through the end of the semester to raise their percentages. Only the final semester grades (May 23rd) are posted on the student's transcript and count toward cumulative

grade point averages. The coming warm

weather can bring with it the temptation to "slack off" in the classroom. Remind your student(s) to finish the year strong by earning the best grade that they can in each course. I've heard many seniors say that they wished that they had gotten better grades when they had had the chance. Grade point average and SAT/ACT scores play an important role in college admissions and scholarship contests.

PORTFOLIO ITEMS

As we finish the school year and many award certificates are given out, please have your student keep their certificates to put in a cumulative folder. When your students are seniors they will be glad to have a folder full of examples of accomplishments that they can use when applying for scholarships. It is also a good idea to keep a list of community service activities completed that shows what service was completed, when the service was completed, the amount of time spent on the service, and a name and address that can be used for a reference pertaining to the service completed. All of these items can be scanned for use in an electronic portfolio as well.

PERSONAL COUNSELING

As always, if I can be of assistance in any way, please let me know. I am available to talk to students and members of the community one on one and I ensure confidentiality. The only information that I am unable to keep confidential would pertain to potential harm to self or to another person. We are also glad to be able to continue to have Mrs. Alicia Lee serving as a student advocate who is willing to check-in weekly or bi-weekly with kids who are facing struggles. Thanks for your trust in us!



SPRING BREAK

Just a reminder that Spring Break will be from Saturday, March 23rd to Monday, April 1st. School resumes on Tuesday, April 2nd.

SPECIAL SCHOOL DAYS

Don't forget we will be having Monday School on March 4th and no school on Friday, March 8th.

PARENT/TEACHER CONFERENCES

The second semester conferences were held on Thursday, February 15th from 3:00 p.m. to 8:00 p.m. If you were unable to attend, and you are concerned about your student's progress, please call your child's teachers, to request a time to sit and discuss your concerns. This proactive approach is encouraged and will be a meaningful avenue of communication for both the parent and teacher. March 9th is the end of the 3rd quarter.

SAFETY

As part of our school safety program, we are asking that you please remind your children to always keep their safety as a priority at home and at school. We encourage parents to monitor what their children are viewing on the internet, and to pay special attention to whom their children are spending time

with, away from school. Parents, please consider getting an internet filter, to limit what your children can be exposed to and ensure their internet viewing safety.

PROM

The juniors will be hosting prom on April 27, 2024. More details will be coming out soon.

TESTING

8th grade students will be taking the NAEP test on

Monday, March 4. State testing will take place in April, along with the PSAT and SAT.

END OF THE SCHOOL YEAR

It is hard to believe that we are just 12 short weeks away until the end of the school year. Please look in the May Cub Reporter for dates and information on the Academic and Athletic Awards night. Also, there will be information on the Class of 2024 Graduation Ceremony.



2024 YEARBOOK ORDERING IS LIVE!



Hey there, high schoolers! Time to put down your emoji-laden smartphones and listen up because we've got a yearbook situation on our hands. You see, ordering a yearbook ASAP is like securing a ticket to a nostalgia rollercoaster, and trust me, you won't want to miss that ride. Sure, you might think you'll remember every awkward cafeteria encounter and epic football game moment, but alas, memory tends to fade faster than last season's fashion trends.

So, here's the deal: get your paws on that yearbook before you're haunted by the ghost of teenage hairstyles past. And don't even

think about relying on Instagram to capture all those precious memories. The yearbook is the real OG when it comes to preserving the moments that'll make you smile, cringe, and wonder what on earth possessed you to wear that outfit on picture day. So, fellow teens, don't procrastinate, lest you be doomed to a future filled with hazy recollections and regret-filled sighs. Order that yearbook pronto, and let the memories live on in gloriously printed, ink-on-paper perfection! #MEMORIESMATTER

2024 YEARBOOK



The Big Sandy yearbook captures today's memories to enjoy for a lifetime.
Don't miss out — reserve your copy today!

WAYS TO ORDER:



ONLINE
JOSTENYEARBOOKS.COM



SCAN



CALL
1.877.767.5217
8AM-5PM CST
MONDAY-FRIDAY

ORDER ONLINE OR PICK UP AN ORDER FORM FROM THE

HIGH SCHOOL DRAMA PRODUCTION

Join the High School Drama and Drama Tech classes:

When: Wednesday, April 24th @ 7pm

Where: in the auxiliary gym

For: "Beauty & the Beast"

Music by ALAN MENKEN, Lyrics By HOWARD ASHMAN AND TIM RICE, Book by LINDA WOOLVERTON
Originally Directed by Rob Roth and Originally produced by Disney Theatrical Productions

Join us Wednesday, April 24th at 7p.m., for the MTI, Broadway production of Beauty and the Beast Jr. Once upon a time in a far-away land, an Enchantress turns a cruel, unfeeling Prince into a hideous Beast. To break the spell, the Beast must learn to love another and earn her love in return before the last petal falls from an enchanted rose. Ten years later, in a small provincial town far below the castle, a beautiful and intelligent young woman, Belle, yearns for adventure. Belle meets many new friends along the way such as Lumiere, Cogsworth, Mrs. Potts and Chip.



You will enjoy the singing and dancing of many talented students as they portray these beloved characters, and even some not so loved, Gaston, Lefou and Monsieur D'Arque.

ELECTRIC BUSES

We started using one of our new electric buses a month ago and started using the second electric bus a couple of weeks ago. With the EPA grant, with the Governor's Office and with a donation from Tri State Electric and Mountain View Electric, all of the costs for the three electric buses and infrastructure have been covered.



SUPERINTENDENT BOARD NOTES

STEVE WILSON

**BASKETBALL**

Congratulations to our wrestlers, basketball teams and Matchwits teams for having good seasons. have been waiting on bus radios before we put them on routes.

ATHLETIC DIRECTOR OF THE YEAR

Congratulation to Mrs. Swennes for being Colorado's 1A Athletic Director of the Year. Congratulations to Al and Sue Snyder for being

inducted into the Colorado High School Activities Association Hall of Fame.

FBLA

We wish the Future Business Leaders of America participants success as approximately twenty of them will be competing in State Competition!

JOB OPENING

We currently have an opening for the 2024-2025 school

year: Elementary Teacher.

FBLA

current 2023-2024 school year. We also passed the current mill levy which is lower than last year. After amending our bond agreement two years ago and being able to cut the interest rate in half, we continue to have lower payments for the final eight years of our "mortgage." (Hard to believe we have already paid off 12 years towards our

KINDERGARTEN START DATE

For 20ish years, we had our preschool and kindergarten start date on June 1. We believe this date allowed our students the time for maturity needed for the best success academically, socially, and emotionally. In response to a parent concern, and on the advice of the District's attorney and the Colorado Association of School Boards, we moved to the

August 1 start date. Since all day, every day Kindergarten and the Universal Preschool Program have been honoring start dates prior to June 1, we plan to move our start date back to June 1 as we believe it is best for students. We plan to have June 1 be our start date beginning with the 2024-25 school year.

Have a great March, April and Spring Break!
Go Cubs!



*Katie Gotschall going
up for 2 against ECA*



JH HIGHLIGHT





MARCH 2024

Big Sandy 100J

This Institution is an
Equal opportunity provider.
Menu subject to change.

Monday



4
Chicken Ala King
Broccoli, Salad bar
Fruit
Milk

Tuesday



5
Cheesy Bread Dippers
Pizza sauce, Lettuce
Salad bar, Fruit
Milk

Wednesday



6
Grilled Cheese sandwich
Tomato/ Chicken soup
Carrots, Celery
Salad bar, Fruit
Milk

Thursday



7
Chicken Patty Sandwich
Chips, Baked Beans
Salad Bar, Fruit
Milk

Friday

No school

1

No school

8

11

Ham
Cheesy potatoes
Green beans, Bread slice
Salad bar, Fruit
Milk

12

Chili
Cinnamon Bread Sticks
Lettuce, Cheese
Salad bar, Fruit
Milk

13

French toast Sticks
W / syrup,
Egg, Sausage, Carrots
Cinnamon Apples, Salad bar
Milk

14

Pulled Pork sandwich
Chips, Potato Salad
Salad bar, Fruit
Milk

15

18

Orange Chicken
Rice, Noodles
Mixed Vegetables
Salad bar, Fruit
Milk

19

Breakfast Burrito
Green chili w/pork
Hash brown, Carrots
Salad bar, Fruit
Milk

20

Corn Dog
French Fries
Lettuce, Fruit
Milk

21

PBJ'S/ Tuna Fish sandwich
Chips, Carrots
Fruit, Milk

22

25

Spring break

26

Spring break

27

Spring break

28

Spring break

29





*Jack Zimmerman
defending the rim*

Elbert County Public Health Clinic

Now accepting new patients!

Elbert County Public Health is excited to offer clinical services to the community!

~Clinic Hours: Monday and Tuesday from 8am-4pm~

Please call the office at 303-621-3170 to schedule an appointment. Same day appointments are available in most cases!

Our services include:

- Pediatric, adolescent, adult and senior care
- Wellness visits and preventative care
- Immunization services and TB Testing
- Lab testing, including for complete blood count, blood cholesterol, blood glucose, TSH, Pap smear and more!
- Sports physicals
- Treatment of acute illness and minor injuries
- Chronic disease management

****Please call the clinic at 303-621-3170 for any other questions regarding services offered****

Pediatric services are offered on Mondays with our provider Dr. Laurie Kohring, RN, CPNP-AC/PC, CPN

Adult services are offered on Tuesdays with our provider Dawn Newbry, RN, MSN, FNP-C

They accept most commercial insurances, Medicaid and Medicare, and offer affordable pricing for those without insurance.

Click [here](#) to meet the providers!

Elbert County Public Health Clinic is located at 75 Ute Ave., on the north side of the Elbert County Fairgrounds.

March is National Nutrition Month!

See the 20 health tips from the “Beyond the Table Campaign”.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

 **Academy of Nutrition and Dietetics**

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by: