

NUTRITION AND WELLNESS FAIR

HELEN I. SMITH ELEMENTARY SCHOOL

Students at Helen I. Smith Elementary School in Saddle Brook participated in a Nutrition and Wellness Fair this January. The students explored a variety of stations that promote the importance of making healthy dining choices and remaining active.



Students enjoyed an array of fresh fruits and vegetables and learned the importance of eating a variety of fruits and vegetables with their meals each day. Pomptonian offers a trip to our Farm Stand with each lunch, encouraging the children to eat a well-balanced meal each day.

Smith School students met with Chef Frank, Pomptonian's traveling chef, who showed students how he makes fresh pasta. Chef Frank visits schools for one of Pomptonian's most popular promotions, Pasta Day, which includes a pasta-making demonstrating, a variety of freshly prepared sauces, delicious antipasto salad, and fresh garlic bread.



Students played games that reinforce making smart dining choices. There were also displays showing how much added sugar and fat are in many of the foods students like to snack on when not in school. The district offers a snack program that limits fat, saturated fat, and sugar content.



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Students sampled menus designed to be healthy, tasty, and appealing. They were pleasantly surprised at how delicious the food was and look forward to trying it again the next time it is featured on the lunch menu.



Another important part of a healthy lifestyle is exercise. Students played a relay game promoting activity and reinforcing the various food groups that make up a balanced meal.

Smith School students enjoyed the special day and learned a lot about healthy eating during their visit to the food fair.

