

STEPS

OUTH TEXAS EARLY PREVENTION STUDIES  
**STEPS SNAP-ED**

# Kindergarten



## Newsletter

Vol. 2 Issue 1

Back to School Special Edition  
August/September 2023**Back to  
SCHOOL**

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School****P2. Healthy  
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plate?****P4. STEPS  
SNAP ED Back  
in Action!**

## Welcome

PSJA and La Joya ISD students to  
School YEAR 2023-2024

It is the second year of the UTRGV STEPS project in 28 schools in the Rio Grande Valley. The mission is to educate our students and their families to make healthier food choices and be more physically active. The goal of this project is to decrease childhood obesity and prevent its related health problems.

<https://www.utrgv.edu/stepsprek/>

# Make a healthy trip back to school!



Tips for parents and schools to help children get fit and stay healthy according to The Center for Disease Control and Prevention (CDC)

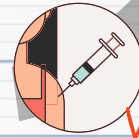
Wash your hands



Eat Well and Be Active



Get Vaccinated



Limit Sugary Drinks



Stay Hydrated



Plan For Emergencies



Stay Safe



Enjoy Family Time



**STAYING HEALTHY IS IMPORTANT FOR STUDENT SUCCESS. HEALTHY STUDENTS ARE BETTER LEARNERS.**

# WHAT IS IN MY CHILD'S SCHOOL MEAL PLATE?

The school's child nutrition program provides high quality, nutritious and appealing meals to students.



**PHARR-SAN JUAN-ALAMO**  
Independent School District

<https://www.psjaisd.us/Page/119>

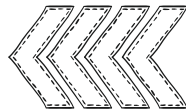
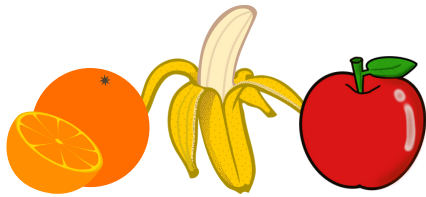
**LA JOYA**



Child Nutrition Services



<https://www.lajoyaisdcns.com>

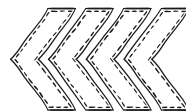
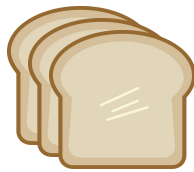
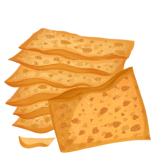
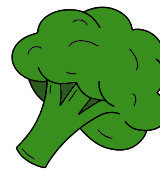
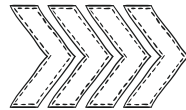


## FRUITS

Apple slices, oranges, bananas, pineapple, peaches, cranberries, mandarins, pears.

## VEGGIES

Garden salad, calabacita, broccoli florets, sliced cucumber, carrots, green beans.

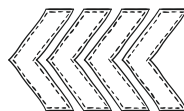
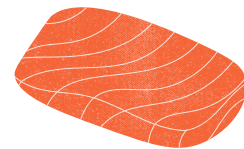
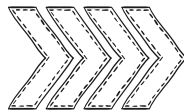


## GRAINS

Whole Grain bread, crackers, pasta, cereal, tortilla chips, and muffins.

## PROTEIN

Deli turkey, popcorn chicken, beans, burger patty, fish sticks, picadillo, fajitas.



## DAIRY

Milk, yogurt, cheese.

Children consume as much as one-half of their daily calories at school. As a result, the food kids eat at school can be an opportunity to encourage healthy eating behaviors and curb America's childhood obesity epidemic.



# BACK IN ACTION

## UTRGV STEPS SNAP-ED SCHOOL YEAR 2023-2024



### SCHOOL YEAR 2023-2024

The UTRGV STEPS is a 3-year project. Consented students will continue with the implementation of the Bienestar school health curriculum, a new collection of measures is planned for this year. The measurements include height, weight, health knowledge, fitness, and meal observations to generate a student health report for students' parents.



### ANNUAL – STUDENT HEALTH REPORT

Starting September 2023, the school year 2022-2023 pre-kindergarten student health report will be delivered to parents of consented students.

This issue Created by the STEPS staff for STEPS/SNAP -Ed project.

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