



JANUARY

THE NATIONAL SCHOOL LUNCH PROGRAM

Wishes all of you a Happy New Year!! We are looking forward to this year, and our working relationship with our wonderful SFA's. We are pleased to offer new, revamped trainings in 2018. Please visit our training calendar to sign up for the upcoming trainings. We have several open dates at this time. However, if the minimum capacity for each session is not met we may have to consolidate some of the trainings, remove dates, and/or change locations. So, book now to reserve your spot. Also, please take this time to update the business maintenance page with any information you may have changed in 2017.

This is the time of year when we all sit down and make a list of ways to improve our lives. In 2018 make sure to set reasonable goals, so you are more apt to keep them. Remember to keep up the good work each of you do, and thank you for a fabulous 2017.

The ARDHS NSLP team has included some of the resolutions we will be working on in 2018, please wish us luck!

Pick up a Hobby - they can lower your stress level.

Move more - no matter how you do it, become more active.

Get more sleep – at least eight (8) hours a night.



A few Healthy - Eating Resolutions for 2018:

Eat more Omega-3s

Pile on the veggies

**Rein in your sugar
addiction**

Up your fiber intake

**ARKANSAS DHS/NATIONAL
SCHOOL LUNCH PROGRAM**

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