



AR-DHS NSLP

SEPTEMBER 2017

September is National Whole Grains Month. The USDA recommends that at least half of all the grains you consume should be whole grains. Consuming whole grains regularly is part of a healthy diet. Whole grain consumption can help reduce the risk of Type 2 Diabetes. While more common in adults, Type 2 Diabetes is on the rise for children. You can make simple adjustments to your diet to meet this recommendation.

When shopping, look for the word "whole." Whole can be either whole grain or whole wheat. Ingredients are listed in order of weight so, be sure grain(s) is one of the first three ingredients listed on the label. The Whole Grain Council developed a whole grain stamp that is designed to help consumers spot whole grain foods. Instead of white flour, buy whole wheat, white whole wheat, or other whole-grain flour for making pancakes and waffles and for simple baking recipes.

Please visit the websites below for additional information.

<https://www.choosemyplate.gov/grains>

<https://wholegrainscouncil.org>



Important Dates

**August 30th -
Financial Worksheet
(past due)**

**September 1st - Paid
Lunch-Price Report
due to NSLP**

**October 3rd - Start
verification process
for free/reduced**

**November 1st -
Second Direct
Certification**

ARDHS

**NATIONAL SCHOOL
LUNCH PROGRAM**

**P.O. Box 1437-Slot 155
Little Rock, AR 72203**

**501.682.8869 Phone
501.682.2334 Fax**

