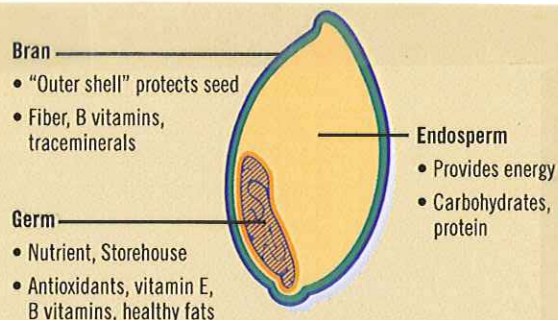


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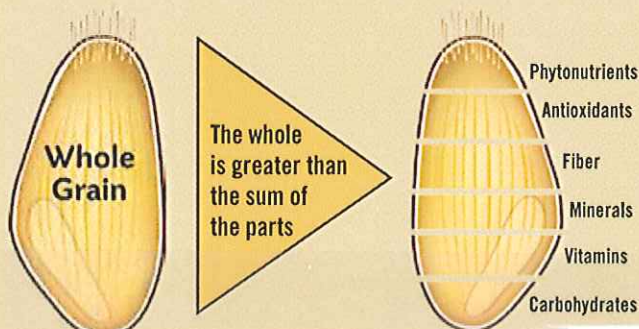
WHAT IS WHOLE GRAIN?

Whole grain means just that – it's the complete grain. The health benefits of whole grain come from all three parts of the whole grain – the bran, the germ and the endosperm – working synergistically in their natural proportions. The 2005 Dietary Guidelines recommend Americans consume 3 or more servings of whole grain each day¹, or 48 grams.

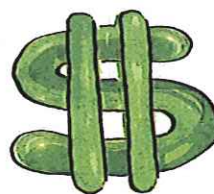


WHAT ARE THE BENEFITS OF WHOLE GRAIN?

Research shows strong and consistent support that regular consumption of whole grain provides significant health benefits, including a reduction in the risk of cardiovascular disease, cancer and diabetes, while also supporting weight management. These benefits are attributed to consumption of all parts of the whole grain including the bran, germ and endosperm.



Lunch Accounts



Register on Mealpayplus and use features on their website at no charge. All you need is your child's student identification number. Call the food services department at 255-8370 if you need your child's ID number. On the website, you can view purchase history for your child and receive low balance e-mail notifications when your child's balance gets below a certain level. You can use the website even without making payments through the website.

www.mealpayplus.com

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