

# Cafeteria Connection

Connecting you to your child's school lunchroom



## HYDRATION IS KEY: How School Meals Help Keep Kids Hydrated

**We all know how essential water is for staying healthy, but did you know that proper hydration is especially important for children?** Hydration plays a critical role in keeping kids alert, focused, and energized throughout the day. Whether they're learning in the classroom or playing on the playground, water helps regulate body temperature, support digestion, and ensure that the brain and muscles are working at their best.

### THE ROLE OF SCHOOL MEALS IN HYDRATION

At school, we take hydration seriously and ensure that students have access to a variety of options that support their fluid needs. In addition to offering water with every meal, we also serve low-fat or fat-free milk during breakfast and lunch. These options not only help meet hydration needs but also provide key nutrients like calcium, vitamin D, and potassium that support overall health.

We also encourage students to consume fruits and vegetables as part of their meals, many of which are naturally high in water content. **Fruits like watermelon, oranges, and apples, and vegetables like cucumbers and lettuce, provide both hydration and essential vitamins, minerals, and fiber, keeping kids refreshed and nourished.**

### ENCOURAGING HEALTHY HABITS

Parents, you can reinforce these healthy hydration habits by reminding your children to drink water regularly and encouraging them to choose water-rich fruits and vegetables. Sending them to school with a refillable water bottle is another easy way to promote regular hydration throughout the day. Together, we can ensure that our students stay properly hydrated, healthy, and ready to learn and play.