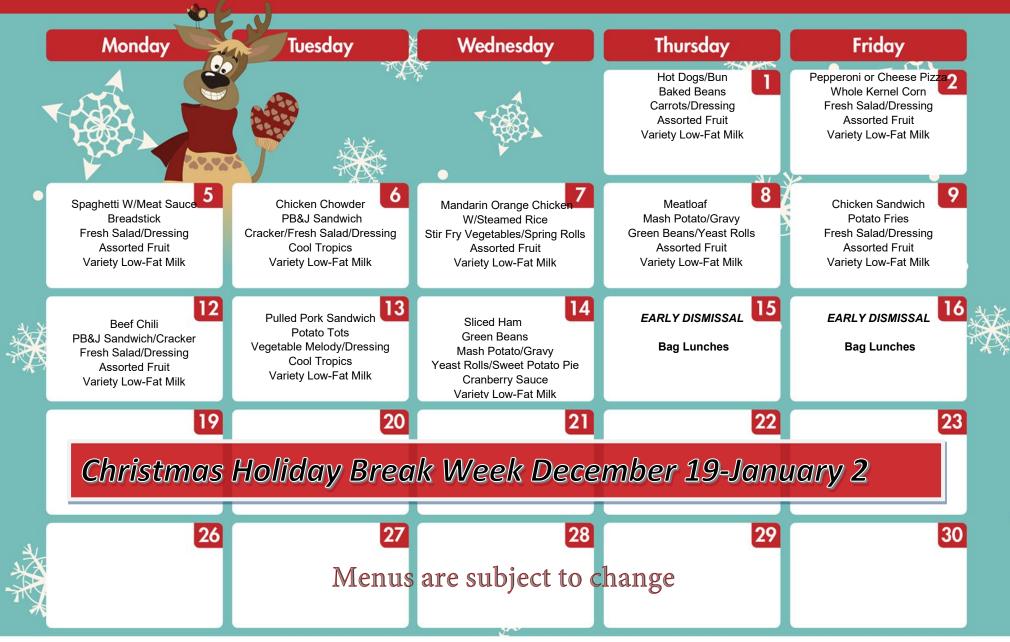


## **DECEMBER 2022**

Hamilton County Elementary School

Hamilton County School District Food & Nutrition Services Hamilton County School District and USDA al equal opportunity providers and employers.



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate