

# Elizabeth City-Pasquotank County Schools

## Child Nutrition



P.O. Box 2247, Elizabeth City, NC 27909 \* (252)335-2981

[Robin Taylor](#)

**Extension 130**

Child Nutrition Director

[Patrice H. Scott](#)

**Extension 131**

Child Nutrition Secretary

[Carol Saunders](#)

**Extension 145**

Child Nutrition Bookkeeper

### Your child may be eligible for free or reduced-price school meals

Is your child eligible for free or reduced-price school meals? We want to make sure every eligible child in Pasquotank County receives this opportunity. There's no stigma because students aren't singled out in the cafeteria. In fact, every child in our county gets some help whether they know it or not.

Ever wonder why school meals are so affordable? It's because all school meals are subsidized by the government through commodities, bulk buying and more. To find out more about free or reduced-price school meals and exactly what your School Food Service program offers, just ask at your principal's office or Child Nutrition Office.

**(252) 335-2981**

### Tell your kids to eat up to do well in school!

The proof is in: Good nutrition definitely has a positive impact on student learning! What does that mean to you, as a parent? One of the easiest ways you can help your child be a good learner is to encourage him or her to eat a healthy breakfast and lunch. And there's no better place to get that than right here at school.



The Elizabeth City – Pasquotank County Child Nutrition staff serves nutritious meals each school day. Students may buy lunch for \$1.60 & \$1.70 and breakfast for \$1.00 in grades K-12. Meals are also available free or at a reduced price. To apply, please complete a family application for free and reduced priced school meals. You may access a copy by clicking [here](#). (Note: you must have Adobe Reader to view and print this file.) Meal applications will be mailed to all households in July 2007 to allow parents/guardians the opportunity to return the form to the Child Nutrition office prior to school starting. This will enable the Child Nutrition office to determine the student eligibility in a timelier manner. However, the Child Nutrition office must receive your child's application by September 11, 2007. Please honor this date. Applications that are not received by this date will revert to paying full price for the meals. **\* A new family application must be completed each year. \***

All Elizabeth City - Pasquotank County school cafeterias are equipped with computerized cash registers. This allows students to have and maintain an account with the school cafeteria. Students are allowed to put any amount of money on their account at any serving period.

All school cafeterias will also be willing to pack lunches for all students who are going on field trips, and for county or individual field days, with a two week prior notice to the cafeteria manager.



## Smart Nutrition



1. Choose a diet with plenty of grain products, vegetables, and fruits.
2. Choose a diet low in fat, saturated fat, and cholesterol.
3. Eat a variety of foods.
4. Choose a diet moderate in salt.
5. Choose a diet moderate in sugars.

### Get Moving

1. Take a brisk 30 minute walk with your family today
2. Choose parking farther away from store entrances
3. Do a little bit of housework or gardening everyday

### Eat Healthier

1. Replace whole milk with skim or 1% for kids over two
2. Replace sugary fruit drinks with 100% fruit juice
3. Replace soda with water
4. Eat 5-9 servings of fruit and vegetables daily
5. Replace white bread with whole grain