

Health Headquarters

June 2020

“because every child deserves a School Nurse”

Healthy Lifestyle



New Label

Next time you are in the grocery store check out the new nutrition labels on packaged foods.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

For more info check out these links:

* [The New Nutrition Facts Label](#)

* [Nutrition label video](#)



Brighten your day



Summer Solstice:

June 20, 2020

- Eat strawberries to celebrate the longest day of the year

- June's full moon is called the [Strawberry Moon](#)



Prevention



**PREVENT
LYME
DISEASE!**

- WEAR REPELLENT
- CHECK FOR TICKS DAILY
- SHOWER SOON AFTER BEING OUTDOORS
- CALL YOUR DOCTOR IF YOU GET A FEVER OR RASH

For more information:
www.cdc.gov





Sources: CDC, Massachusetts Department of Health and Human Services

Don't let a tick make you sick

- [Crossword puzzle and information sheet for kids](#)

Lyme disease prevention fact sheets

- [English \[PDF – 2 pages\]](#)
- [Spanish \[PDF – 2 pages\]](#)



did you know...

June is:

- national safety month
 - Check out this link for a [Summer safety checklist](#)
- Family health and fitness day (June 13th)



One last thought

Have a Healthy, Safe and Happy Summer!



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