

# National School Lunch Program

Arkansas Department of Human Services  
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Dear Sponsor,

Thank you for your partnership with DHS- Arkansas National School Lunch Program. We are very excited to be working with each and everyone one of you. Thank you for your part in feeding the children of Arkansas in a healthy, and safe environment.



**From left:** Nicole Tarkington, Mariska Jordan, Linda Pippins, and Leah Johannes



## Upcoming Events

### March 2

NSLP Annual Training - Little Rock

### March 16

NSLP Annual Training - Hot Springs

### April 3

Application Update Process Begins/Opens

### May 31

Applications Due

## Meet the Staff

**Mariska Jordan**-Program Manager

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**Leah Johannes**- NSLP Child Care Service Specialist

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**Linda Pippins**- Program Coordinator

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**Nicole Tarkington**- NSLP Child Care Service Specialist

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## Health and Nutrition Unit Travels to Dallas

In February some members of the Health and Nutrition Unit traveled to Dallas, TX for a 3 day USDA training. The trainings covered a variety of areas to include: Federal/ State Agreements, SAE Plans and Reallocation, Procurement, Farm to School, and Civil Rights. We will use this information as tools to educate our staff as well as the sponsor community!

## What You Do Is Important

According to the American Heart Association overweight children have a 70-80 % chance of staying overweight their entire lives. However, this can be prevented by eating right and getting physical activity.

Physical activity can reduce the chances for developing heart disease, stroke, high blood pressure, and type 2 diabetes.

Choosing low-sodium, low-calorie foods, adding fruits, vegetables and whole grains are one way to help maintain a healthy lifestyle.

Thank you for doing your part to help combat/control childhood obesity here in Arkansas.

## Food Holiday's And Observations

**March is National Nutrition Month.** Use this time to give some additional food/nutrition education to parents and children. This could be a good time to have a parent's night, and encourage healthy eating for all ages. Visit <http://www.eatright.org> for additional information on this campaign created by the Academy of Nutrition and Dietetics.

**April is Defeat Diabetes Month.** The CDC reports that one of every three children will get diabetes in their lifetime. You can visit <http://www.defeatdiabetes.org> for valuable information you can apply to our program.



## Important Announcements

Be sure to register for the NSLP Annual Training(s). There will be several outside the LR area. We also have new manuals to better serve you. The information provided is key to helping your organization run efficiently.

You can register for the trainings by visiting the SNP webpage and using the training calendar.

We look forward to seeing you there.

Please contact us if you have any questions or concerns!