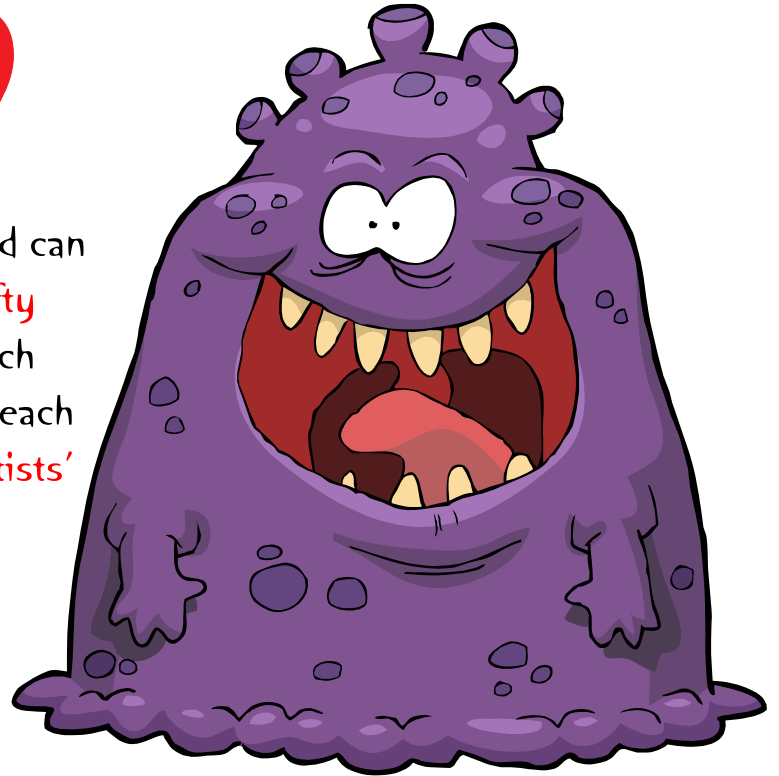


# ARE YOU READY FOR THIS GUY?

The flu bug **makes the scene in October** and can stick around **until May!** But this is **one crafty critter**, and we're **never absolutely sure** which version will show up this year. That's why each new flu vaccine is different, based on **scientists'**



the big number

# 49

The U.S. Centers for Disease Control estimates that as many as 49 thousand Americans die from flu-related illness in a bad flu year.

**best ideas** about which flu strains will lead this year's assault. That also means that the flu vaccine is never 100% effective against all of the many possible flu viruses that may appear. But that doesn't make this **easy preparation for flu season** any less essential. The flu vaccine can **keep the bug at bay**, help **limit the spread of the flu** in our community, and **make the illness less severe** if you do come down with it.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*USDA is an equal opportunity provider and employer.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“ARE YOU READY FOR THIS GUY?”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

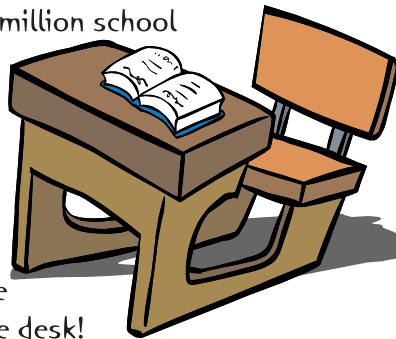
### ALLIUMS

“Alliums” (which include onions and other similar plants like garlic, chives, and leeks) deliver high doses of natural flu-fighting antimicrobial compounds -- especially when you eat them raw!



## LEARN EASIER

American kids miss 38 million school days annually because of flu -- and that often means a parent has to miss work, too. If you want to learn, you have to be healthy and present. The flu vaccine can help keep you in the desk!



## PLAY HARDER

Regular exercise strengthens your immune system and helps ward off opportunistic diseases like the flu. It's generally OK to exercise with a cold (as long as you're not spreading germs at a health club or other public facility), but if you have even a slight fever you should not work out, because exercise can further raise your already-elevated body temperature.



## LIVE HEALTHIER

In the last 50 years, immunizations have effectively suppressed many diseases that once caused widespread illness, disability, and even death. Flu is a different case -- it's highly contagious and constantly changing, so the same vaccine won't work every year and won't even be completely effective in a single year. Nonetheless, the more people who are vaccinated, the more difficult it becomes for the person who does come down with the flu to spread the disease. For the sake of your family and your community, educate yourself about the flu vaccine at [cdc.gov/flu](http://cdc.gov/flu).



**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT**  
or  
**VEGGIE**  
and at least **THREE**  
items total so your meal  
counts as a complete lunch!

Over the last four school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, all of the grains we serve must be “whole grain rich” -- at least 50% whole grains.