

# XX Job Corps Center News

## Top Five Reasons to Eat Fruits

Job Corps student newsletters can be distributed to students monthly or quarterly and can contain information on upcoming events, announcements, and information that can benefit students now and in the future.

Think about some nutrition and weight management articles that can be included. The possibilities are endless. You can use

a newsletter to teach students about portion control, fruits and vegetables, cultural foods, or exercise.

If your center does not already have a student newsletter, a business technology class, a dormitory, a teacher or staff member, or a student club can create one!

Find your aspiring

writers on center and let them start researching and writing.



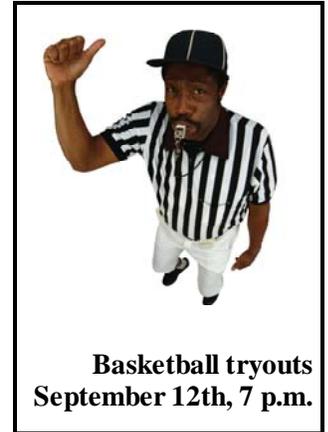
## Have something to say about center food?

Talk to Mr. Smith in the cafeteria. He wants to know what kind of food you like. What recipes did your mom make

when you were a kid? Does she make a great chicken dish? Rice pudding? If you bring the recipe in, Mr. Smith may make

it in the cafeteria. Let your voice be heard!

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### Upcoming Events:

- Center dance on September 15th!
- Hip Hop/Funk classes starting on October 1st. Sign up at recreation.
- Caribbean night in the cafeteria October 8th.

