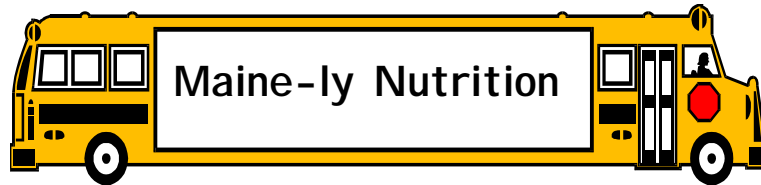


# Maine-ly Teachers



Spring 2003

## *News for Maine-ly Nutrition Teachers*



### **5 A Day: Teach Healthy Eating Habits with "There's a Rainbow on My Plate"**

We want to suggest that teachers log on to [www.5aday.com](http://www.5aday.com) to check out the new 5 A Day the Color Way campaign. There are resources available for schools on the 5 A Day website when you click on the Educator section.

### **Project ACES**

**Wednesday, May 7, 2003** at exactly 10:00 a.m., millions of school children all over the globe will exercise simultaneously in a symbolic gesture of fitness and unity to show the world the importance of developing an active lifestyle starting at an early age and its impact on health throughout the lifespan. This non-competitive program has proven to be educational, motivational, and fun. When Len Saunders created Project ACES back in 1989, he had no idea that it would reach the magnitude and success of today. Starting its 15th year, Project ACES has reached millions of children, parents, and teachers all over the world, including participants from over 50 countries. The Maine Governor's Council on Physical Fitness, Sports, Health and Wellness has been involved with promoting ACES in the schools throughout Maine since 1997.

Project ACES aims to educate children about the importance of lifelong fitness and to end the stereotype that children are fat, weak, and lazy. Exercise can lower the chances of obesity and chronic disease, which includes coronary heart disease, high blood pressure, and high cholesterol. Project ACES makes fitness fun! Check out their web site at [www.projectaces.com](http://www.projectaces.com). To register for this year's event go to [www.mainephysicalactivity.org](http://www.mainephysicalactivity.org)

Please contact the following people if you have questions about:  
Time/Expense Sheets: Tamra @ #626-5299  
Teacher packets: Jaime @ #626-5271  
Resource checks: Jaime @ #626-5271  
Programs (Curriculum): Jaime @ #626-5271

### **Healthy Fundraising Ideas**

#### **Fruit-O-Grams**

Contributed by Diane Abrams, Elm Street School, East Machias and Marilee Dennison, Fort O'Brien Elementary School, Machiasport. Instead of selling candy grams at Valentine's Day this year, the Student Council sold Fruit-O-Grams and Trail Mix. Students, teachers, and parents could purchase a bagged banana, apple, orange, grapes, raisins or trail mix for fifty cents, with a catchy little message to go with each.

For example:

- \*You're the apple of my eye
- \*I like you a whole bunch
- \*Orange you sweet
- \*Going bananas over you
- \*You Ap-peal to Me
- \*You're raisin my hopes
- \*You mix me up



Students and teachers bought a healthy Valentine treat for individuals as well as for classes. A volunteer parent helped the Student Council members make the Trail Mix and the bags of the Fruit-O- Grams to be delivered. The support of our principals, Mr. Maker at Elm St. School, and Ms. Perry at Fort O'Brien Elementary School, guided the Council members to making the good food choice that they did for Valentine's Day.

### **Helpful websites to visit:**

#### **Health Observances Calendar**

To view the 2003 Health Observances Calendar, visit the following website:

<http://www.foodandhealth.com/go/to.cgi?id=HCN>

#### **Nutrition Spotlight**

The latest issue of the Nutrition Spotlight is available online. This issue is all about teaching nutrition education using games.

To start the fun, point your browser to:

<http://www.oznet.ksu.edu/humannutrition/spotlight/janfeb03>.

*If you have a story to share with us and other teachers about activities that have worked well in your classroom, please submit it to Tamra at: [tamra.montgomery@maine.gov](mailto:tamra.montgomery@maine.gov), so we can print it in an upcoming issue of the Maine-ly Teachers newsletter.*

### **Some useful websites:**

Lunch Buddy: <http://www.lunchbuddy.com/>

Nutrition Cafe: <http://exhibits.pacsci.org/nutrition/default.html>

The Food Timeline: <http://www.gti.net/mocolib1/kid/food.html>

Nutrition & The Food Pyramid (1st grade teachers): <http://www2.lhric.org/pocantico/nutrition/nutrition.html>

San Bernardino County Department of Public Health Nutrition Program: <http://www.sbcounty.gov/eatwell/content/currenttopics.htm>

Government Nutrition Sites: <http://www.nutrition.gov>

## Strawberry Spring Salad



|                            |                        |
|----------------------------|------------------------|
| White wine vinegar         | 3 Tbs.                 |
| Water                      | 3 Tbs.                 |
| Honey                      | 1 Tbs.                 |
| Extra-virgin olive oil     | 2 tsp.                 |
| Salt                       | 1/8 tsp.               |
| Pepper                     | 1/8 tsp.               |
| Strawberries, quartered    | 3 C.                   |
| Italian-blend salad greens | 6 C. (or 10-ounce bag) |
| Pine nuts, toasted         | 4 tsp.                 |

### Directions:

Combine first 6 ingredients, and stir well with a whisk. Combine strawberries and greens. Add vinegar mixture; toss to coat. Sprinkle with nuts.

Portion size: 2 C. salad and 1 tsp. Nuts)

This recipe is from Cooking Light magazine, April 1, 1997.

## CATCH the Date!

Many School Health Educators, School Health Coordinators, Physical Education teachers and Food Service personnel across Maine are familiar with CATCH: a research based, MLR-aligned, integrated physical activity-nutrition program for elementary schools. It is sponsored by the Maine Cardiovascular Health Program, Bureau of Health, in cooperation with the Coordinated School Health and Comprehensive School Health Education programs in the Department of Education and the Maine Nutrition Network. Twenty-five schools are currently implementing CATCH. For the third year of this program, 2003-2004, the Maine Cardiovascular Health Program is prepared to sponsor the training and materials for twenty additional schools. The training will take place on May 12 in Augusta. For further information about CATCH and the training program, please contact Ted Trainer, CATCH Coordinator by telephone at (207) 622-7566 ext.259, or by email at: [etrainer@mcd.org](mailto:etrainer@mcd.org)

## Current Exhibit

Check out the current exhibit about the history of milk delivery in New England! One of our Maine-ly teachers, Tami Reynolds emailed us about this....  
<http://www.mainehistory.org/>

The Maine Historical Society has a program this Spring that deals with the history of Maine agriculture and how and where foods are grown and produced in Maine. There is quite a bit on the dairy industry and how the way people get food has changed over time in Maine.



## News About the Food Guide Pyramid

Contributed by Judy Gatchell, Maine Nutrition Network

The Food Guide Pyramid was released in 1992 by the Departments of Health and Human Services and Agriculture. It was developed for use as an educational tool and as a guide to determine policy and to develop food labels. The Food Guide Pyramid has been adapted for various cultural and ethnic groups and, although alternative versions exist, our current Pyramid is not being replaced at this time.

The Pyramid received testing by a diversity of groups and was subjected to many considerations. Was it useful, realistic, flexible, and practical? Did it build on existing knowledge? Was it adaptable for long-term use? Did it reflect up-to-date research? Was it relevant to the total diet? Therefore, the Food Guide Pyramid was the result of considerable research related to nutrition goals, food groups, and serving sizes. National food surveys were used to develop nutrition profiles and these were used to determine the likelihood of recommended foods actually being eaten.

So where are we now, more than ten years later? **Is the Food Guide Pyramid still relevant?** Yes it is. Although there has been much speculation in the media about replacing the current Pyramid, it is based on sound nutritional research. Updates to the Pyramid will occur as new nutritional information becomes available. Some alternatives have received considerable press coverage, suggesting the idea that we have a new version already. This is not true.

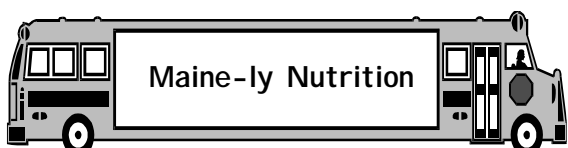
The current Food Guide Pyramid is being reassessed, but this is a process that takes considerable time and research. There is a lot of new data in the form of nutrition recommendations and food consumption information. We know there are gaps between the awareness of the Food Guide Pyramid recommendations and their actual use, but for now this is still the most useful tool for consumers.

Work has begun on the update of the Food Guide Pyramid and initial consumer research has been completed and drafting of new materials is underway. Technical research to update nutrient profiles, calorie levels, and nutrient amounts in each of the food groups is also in progress. We can expect to see the final materials in 2005. Meanwhile, look for opportunities to provide input to DHHS and USDA on the revision of the Food Guide Pyramid. Comments can be sent to: Pyramid Comments, CNPP, 3101 Park Center Dr., Rm. 1034, Alexandria, VA 22303. For more information, visit their website at: [www.usda.gov/cnpp](http://www.usda.gov/cnpp)

## Annelida's Worm Words of Wisdom

**Seed Information-** Based on USDA guidance, **Maine-ly Nutrition funds cannot be used to purchase seeds, soil, live plants, or worms.**

Annelida recommends the following seeds for early crops: lettuce, spinach, radish, arugula, mesclun, cress, peas, some bean varieties, and chives. Teachers might ask for donations of "early growing vegetables" by writing on school letterhead. Contact: **Johnny's Selected Seeds**, 955 Benton Ave., Winslow, ME 04901, Phone #(207) 861-3900 or: <http://www.johnnyseeds.com> Email: [Info@johnnyseeds.com](mailto:Info@johnnyseeds.com)  
**Pinetree Garden Seeds**, PO Box 300, New Gloucester, ME 04260, phone (207) 926-3400 or <http://www.superseeds.com>  
Annelida is the spokeswoman for the Healthy Foods from Healthy Soils program, which links nutrition, agriculture and recycling through fun hands-on activities for Maine elementary students. To contact Annelida via email: [healthyfoods@gwi.net](mailto:healthyfoods@gwi.net)



This project is funded by the United States Department of Agriculture, through a contract with the Maine Bureau of Health.

**Maine-ly Nutrition is a project of the Maine Nutrition Network**

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You can visit our website: [www.maine-nutrition.org](http://www.maine-nutrition.org)

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