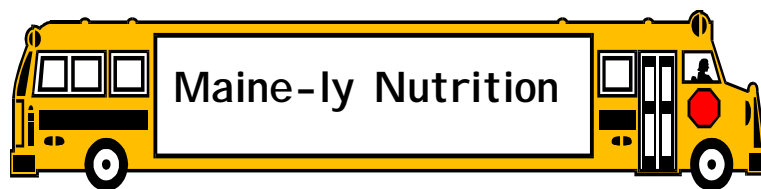


Maine-ly Teachers



Late Winter 2001

News for Maine-ly Nutrition Teachers

Maine Health Education Resource Collection (HERC)

The Maine Nutrition Network (MNN) has a collection of nutrition related resources at the University of Maine, Fogler Library on the Orono campus. These resources are part of a larger collection combining resources from the Maine Department of Education and the Oral Health Program at the Bureau of Health. The HERC contains approximately 800 titles, spanning many health related areas, including audio, video, printed, manipulative and computer materials.

Materials are available to teachers and may be requested by phone, voice mail, fax, e-mail, or directly from the web site. There is no charge for borrowing materials, however, you are responsible for charges related to returning them. You can use Maine-ly Nutrition funds for return postage. Be sure to keep your receipt.

MNN has a budget for the purchase of materials for the HERC. If you have recommendations for materials that would enhance the nutrition resources in this collection, please contact Judy Gatchell or Tamra Montgomery.

You can reach the HERC by contacting Betty Domino, Assistant, 5729 Fogler Library, University of Maine, Orono, ME 04469; phone (888) 848-1685; fax: (207) 581-1653; e-mail: betty.domino@umit.maine.edu; or on the web at: <http://www.library.umaine.edu/lmc/herc/>

Maine-ly Nutrition School Tool Kits

Each school participating in this year's Maine-ly Nutrition Program will receive a tool kit within the next few weeks. The tool kit was designed to support the Maine-ly Nutrition curriculum materials. The kit includes items such as: a cutting board, mixing bowls, measuring cups and spoons, and many other kitchen tools.

The teacher in each school who was given the blue resource packet will also receive the kit. Check your list if you do not know who has the kit in your school. If you are the "keeper of the tool kit" and resource packet, please find a central location in your school and notify other Maine-ly Nutrition teachers, so it will be accessible to all.

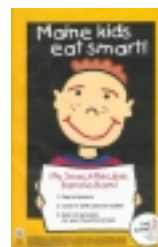
Teacher Resource Checks

By now most teachers should have received \$100.00 resource checks. If you do not receive yours by March, please contact us. Remember, cash your checks right away and save original receipts for all purchases to send with your documentation. Any lost or stolen checks should be reported immediately.

School-wide Event Application Deadline Extended

We are extending the deadline for Community School-wide Nutrition Event applications to April 2. You should have received a set of posters and information on how to access Maine Kids Eat Smart materials for your event.

This is your chance to promote nutrition beyond the classroom and out into the community. In the past, some community school-wide nutrition events have included wellness fairs, healthy snack buffets, community walks with a nutrition component, and gardening projects. You will find an application in your yellow packet. If you have any questions, please contact Judy Gatchell or Tamra Montgomery.



Annelida's Advice Column

If you are interested in the *Healthy Foods from Healthy Soils* project, here are some helpful hints from Annelida the Spokesworm. Winter is starting to lose its icy grip, and it's time to think about seeds, gardening, and eating fresh food!

Remember, you may use the Maine Nutrition Network (MNN) money to purchase books about gardening, composting, and other nutrition- or food-related subjects, as well as bins for composting. Seeds, soil, and worms cannot be purchased with MNN funds.

For any worm-related inquiry, refer to the vermicomposting bibles by Mary Appelhof: Worms Eat My Garbage (available at reduced price through many Cooperative Extension offices) or Worms Eat Our Garbage, which is filled with classroom activities.

If you are looking for worms and unable to get them from anyone doing vermicomposting in your area (including your county's Cooperative Extension office), try bait dealers (under Fishing or Fishing Bait and Tackle in the Yellow Pages), mail order (see the *Healthy Foods from Healthy Soils* Resource list for websites), or some garden retailers. You are looking for red wigglers, *Eisenia foetida*. After a few months, you too may have worms to donate or sell! As for seeds, many local gardeners may have seeds and expertise willing to share with your classroom. If not, contact Judy Gatchell or Elizabeth Patten for sources of worms and seeds.

Some fun and informative websites:

- Tufts University Health & Nutrition Letter: www.healthletter.tufts.edu
 - Children's Nutrition and Research Center at the Baylor College of Medicine: www.bcm.tmc.edu/cnrc/nyc.htm
 - Division of Adolescent and School Health: www.cdc.gov/nccdphp/dash
 - Division of Nutrition and Physical Activity: www.cdc.gov/nccdphp/dnpa
 - Produce for Better Health Foundation: www.5aday.com
 - Cooking Light Magazine: www.cookinglight.com
- Visit our website at www.maine-nutrition.org for more links

Chicken, Pasta and Vegetables with Thai Peanut Sauce



Makes 6 Servings

CHICKEN, PASTA AND VEGETABLES

1 lb. 8 oz linguine (dry)	3 cups julienned carrots
14 oz boneless chicken breasts	1 Tbsp. chopped peanuts
1/2 tsp. vegetable oil	1 Tbsp. fresh parsley
2 1/2 cups broccoli florets	1-2 Tbsp. red bell peppers, cut into strips

Cook pasta in boiling water according to package directions. Cut chicken into small strips and pound thin. In a non-stick skillet, add oil and cook chicken for 10 minutes. Add broccoli, carrots and red peppers. Sauté. Toss with Thai Peanut Sauce (see below) and sprinkle with chopped peanuts, red bell peppers, and parsley. Serve hot.

THAI PEANUT SAUCE

1 cup smooth/chunky peanut butter	1/4 cup lime juice
1/2 cup vegetable or chicken stock	1 Tbsp. soy sauce
1 Tbsp. Tabasco sauce	1 Tbsp. ground ginger
2 Tbsp. garlic powder	1 tsp. honey

In a bowl, mix all ingredients. Add 1 cup water and mix until smooth. [1 serving = 380 calories, 9 g. Total Fat, 2 g. Saturated Fat per serving].

ACES (All Children Exercising Simultaneously)

Each May, on a designated date and time, millions of school children all over the globe will exercise simultaneously. This symbolic gesture of fitness and unity is to show the world the importance of developing an active lifestyle starting at an early age, and its impact on health throughout the life span. This non-competitive program has proven to be educational, motivational, and fun.

The 13th annual global event will occur this year on **May 2nd at 10:00 a.m.** All the children will either exercise, walk, jog, bike, dance, do aerobics, or a combination of all of the above. Each school organizes its own participation assembly for the 15-45 minutes the program runs. There is no specific routine to follow, just have the children do some form of exercise.

Please join the Maine Governor's Council on Physical Fitness and Sports in promoting this event in your community. Invite parents and grandparents come to the school to participate in the program with their children.

For further information on ACES, check their web site at <http://members.aol.com/acesday/aces.html>. If you plan to participate in ACES day and do not receive a participation form from the Maine Governor's Council, please call 622-7566, ext. 230 or e-mail dianec@mcd.org and one will be mailed to you. Certificates of participation are awarded to all participating schools (and other facilities) who return their form.

Healthy Kids Challenge

Cooking Light magazine has a new program for educators and students called the Healthy Kids Challenge, that encourages students to make healthy living a habit by eating more nutritious foods and staying active. Schools interested in becoming involved with The Healthy Kids Challenge sign on for a yearlong commitment to the program. The goal this year is to target up to 500 schools nationwide.

The program is similar to the Maine-ly Nutrition Program in that it encourages nutrition education both inside and outside of the classroom, helps create healthier school lunches, and extends beyond the school community. Parents, community groups, and local businesses also get involved. For more information about this program check out the website at: www.HealthyKidsChallenge.com. The site also has kid-friendly recipes and other programs to download.

What's New on the Nutrition Scene...

Butter or Margarine?

The information is confusing. Which is a better choice for heart health – butter or margarine? First, we were told the danger of saturated fat in butter. More recently we have heard about the danger of trans fats in margarine. So how is a consumer to know?

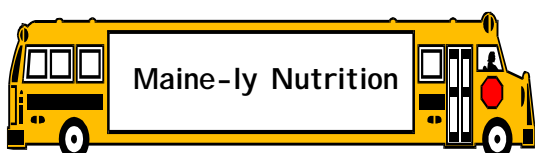
Consider that a tablespoon of butter contains about 7 grams of saturated fat, while the same amount of stick margarine contains at most, 5 grams total of both saturated and trans fats. Most soft margarines, like those in tubs, contain much less. You can find soft tub margarines that contain 2 grams or less of saturated fat. These are clearly the best choice.

Most of the trans fats in the diets of Americans are not found in margarine, but in the processed foods we consume. These include boxed cakes, candy bars, cookies, crackers, doughnuts, fried foods, microwave popcorn, and pastries. Look for words like “hydrogenated” or “partially hydrogenated” to indicate the presence of trans fats.

The key is to limit your intake of saturated fat in your diet to no more than 10% of your total calories. If you eat 1600-1800 calories per day, this means no more than 16-20 grams of saturated fat per day.

Soda Intake and Weight Gain

A shocking fact is that in the last 20 years, the prevalence of obese children in this country has doubled. For years there have been indications that soda drinking (among other factors such as TV watching, lack of exercise, and fast food) is linked to this increase. A new study published in the British medical journal *The Lancet* shows a definite association between soft drink consumption and heavier children. Why do sodas do this more than other foods? It appears that most people compensate for consuming excess calories by eating less at subsequent meals--this is not the case with soda. Consider replacing your school's 'liquid candy' vending machine with a water cooler!



Maine-ly Nutrition is one of the projects of the Maine Nutrition Network

You can contact us at: MNN, 295 Water Street, Augusta, Maine 04330

Judy Gatchell @ 626-5273 or email: judy.gatchell@state.me.us or
Tamra Montgomery @ 626-5299 or email tamra.montgomery@state.me.us.

You can visit our website: www.maine-nutrition.org.

For *Healthy Foods from Healthy Soil* information:
email Elizabeth Patten: Elizabeth.Patten@coconetme.org