

# Maine-ly Teachers



Fall 2001

## *News for Maine-ly Nutrition Teachers*

### **Fall Teacher Invitation**

We recently sent Maine-ly Nutrition information and registration materials to your principal. We have asked that those materials be distributed to all K-5 teachers in your school. Please encourage other teachers in your school to participate in the Maine-ly Nutrition Project with you. Our goal this year is to get at least 475 teachers involved. Remember, the more teachers we have involved in the program, the more funding we receive from USDA, so your participation year after year actually means we have **MORE** resources for you, not fewer. Each teacher who commits at least 25 hours to nutrition education will receive a free nutrition curriculum (linked to the State of Maine Learning Results), incentive gifts, an opportunity to attend a free one or two-day training, and \$100.00 to purchase nutrition resources and demonstration supplies for their classroom. Please contact your principal for registration forms, or contact Tamra Montgomery.

Maine-ly Nutrition Teacher Training dates have been set. Although the training is not mandatory, it is recommended. Plus, you can use the hours from this free training toward the 25 hours you commit to the project for the year. Please sign up early for the training date that best fits your schedule. Make sure to register early. You are guaranteed to have a fun-filled, educational day! The one-day trainings will be held from 8:30 am-3:30 pm on the following days:

Tuesday, November 13, SMTC, South Portland  
Wednesday, November 28, Seafarer's Wife, Jonesport  
Thursday, November 29, Lucerne Inn, Dedham  
Thursday, December 6, Northeastland Hotel, Presque Isle



We will also offer a 2-day training this year: Wednesday and Thursday, December 12-13, at the Senator Inn, Augusta. We welcome both new and returning teachers and offer overnight accommodations for participants traveling a long distance. This expanded session is in response to your requests for a more in-depth training.

### **Your Hard Work Pays Off**

We would like to thank all of the teachers who were involved in Maine-ly Nutrition during the last school year. A special thanks go to the 23 teachers who submitted more than 50 hours of nutrition education, doubling the minimum requirement of 25 hours! Of the 23 teachers, five teachers contributed over 100 hours and they include: John Bushey of Houlton Southside School, Madalienne Neville of Jack Elementary School, Thea Palanza-Parker of Hartford-Sumner Elementary School, Bonnie Phipps of Fort O'Brien Elementary School, and Karen Thomes from Indian Island School. There is no limit of maximum hours you can contribute to the project. More hours means more resources for you and your classroom, so send us all of your hours and keep up the good work!

### **Field Trip Guide**

Farm visits can be designed for students of all ages and abilities. Suggestions from farmers and teachers:

- ◆ Research regional growers who invite visitors and decide which site is best for your class based on its scope of operations and visitation program.
- ◆ Ask if they've developed any teaching materials you might borrow.
- ◆ Prepare your class and yourself for inclement weather and field conditions--wet morning grass, lots of sun, and don't forget the bee sting kits for those with allergies.
- ◆ Inquire about places to eat snacks or lunch. Teachable moment: use farm raised foods!
- ◆ Visit the farm yourself before you bring your class. Introduce yourself, gather relevant information, and try to watch another class having a tour, if possible.
- ◆ Develop various educational points you will want to cover with your group about harvesting, handling, packing, selling, and storing products.
- ◆ Plan pre-and post-visit classroom activities to stimulate curiosity and discussion and extend the learning.
- ◆ Help your students to experience the beauty and productivity of the farm and to recognize that it is not a playground--while the growers are committed to hosting and teaching children about their operation, it isn't their primary job. Be active in the control of your class and careful in your chaperone selection.

Adapted from the Maine Department of Agriculture.



The above is a photo from Pray Street School's Maine-ly Nutrition Schoolwide Event during fiscal year 2000-2001.

### **Some useful websites:**

Food and Nutrition Services, Maine Department of Education: [www.state.me.us/education/sfs/homepage.htm](http://www.state.me.us/education/sfs/homepage.htm)

Kids Can Make a Difference: [www.kidscanmakeadifference.org](http://www.kidscanmakeadifference.org) Walk a Child to School Day: [www.walktoschool-usa.org](http://www.walktoschool-usa.org)

USDA National Ag in the Classroom: [www.agclassroom.org](http://www.agclassroom.org) AG links for Kids: [www.usda.gov/nass/nasskids/aglinks2.htm](http://www.usda.gov/nass/nasskids/aglinks2.htm)

Healthy Choices for Kids Online: [www.healthychoices.org](http://www.healthychoices.org)

Visit our website at [www.maine-nutrition.org](http://www.maine-nutrition.org) for more links

## Apple Slaw

Serves 4-6

- 1 unpeeled Maine red apple, cored & chopped
- 4 cups shredded Maine cabbage
- 1/2 cup red onions, chopped
- 1 green sweet pepper, chopped
- 1/2 cup fat-free, light vanilla yogurt
- 2 Tbsp orange juice
- Pinch cinnamon



Combine all ingredients in a medium-sized mixing bowl. Refrigerate until ready to serve. Each serving (1 cup): 88 calories, <1 g fat, 0 g saturated fat, 2 mg cholesterol, 36 mg sodium, 19 g carbohydrate, 3 g fiber, 3 g protein. Diabetic exchange: 1/2 starch, 1 vegetable.

## Maine Apples

Apple harvesting season is here. It is the season to buy and try a variety of apples grown in Maine. Some of the different varieties you can find at local orchards include: JerseyMac, McIntosh, Cortland, Spartan, Macoun, Northern Spy, Crabapple, Red Delicious, and Gala apples.

### Did you know any of the following facts about apples?

- ◆ Apples have no cholesterol or sodium
- ◆ Are low in calories
- ◆ Have no more than 1% fat
- ◆ Are rich in many essential vitamins and minerals
- ◆ Can even help fight tooth decay!
- ◆ As a beverage, apple cider is always a fresh choice as it is made only by squeezing ripe apples. Served cool it refreshes, served warm it revives!

Maine Organic Farmers and Gardeners Association (MOFGA) is sponsoring Great Maine Apple Day on November 10<sup>th</sup> from 12:00-4:00 pm at the Common Ground Exhibition Hall in Unity, Maine. Bring your family and friends for a great, fun-filled time. You can attend a variety of workshops throughout the afternoon, sample different types of apples and cider, and even enter the apple pie contest. Please call MOFGA at 207-568-4142 for more information or flyers.

## Time & Expense Sheets

Please keep in mind that we can count nutrition education time for this year only from October 1, 2001 through June 30, 2002. A minimum of 25 hours must be recorded toward nutrition education. Additional hours recorded on your time sheet means more funds for the Maine-ly Nutrition Project, resulting in more resources for your school. Any time recorded must have a direct nutrition education component.

It is important to keep and submit all of your **original** receipts to us at the end of the school year. Expenses should coordinate with your documented nutrition activities. **Prior** approval by MNN staff is required for any funds spent to purchase entire meals (i.e. restaurant visits, pizza parties, etc.) and must have a nutrition education component.

Funds may **NOT** be used to purchase soil, seeds, seedlings, or worm, based on USDA guidance. You may **NOT** purchase electronic devices such as scanners or palm pilots with these funds without prior MNN staff approval. If you have questions about allowable purchases, please contact Judy or Tamra.

## Summer Library Nutrition Program

This past summer, the Maine Nutrition Network offered funding of up to \$400.00 to thirty public libraries statewide, in regions where Community Schoolwide Nutrition Events took place last spring at local schools. To be eligible to participate, the library agreed to offer and implement a summer library nutrition education program to area youth. This funding opportunity was a pilot project, which we hope to continue next summer.

Four libraries participated in the program. They included the Munjoy and Riverton branches of Portland Public Library, Soldier's Memorial Library in Hiram, and the Rockland Public Library. The themes were: Where in the World Did This Food Come From?, Maine Kids Eat Smart, Travel with Food, and Harvesting Healthy Kids. The program coordinators used Maine Kids Eat Smart campaign materials, including water bottles, t-shirts, and recipe booklets to promote their programs. Over 100 children participated in the Summer Library Nutrition Program. Kudos to the libraries for helping us promote healthy food choices and lifestyles! If you are interested in having this program come to your local public library, please help us by contacting your library and asking them to participate next summer.

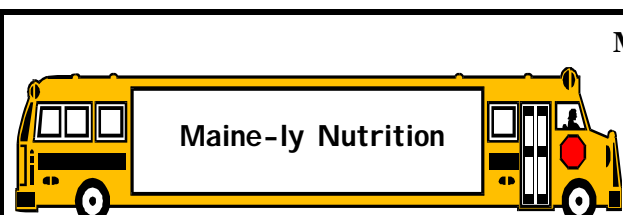
### Food for thought from Annelida, the HEALTHY FOODS from HEALTHY SOILS spokeswoman

When teaching nutrition we talk about food--how our bodies use food, where our foods come from, but rarely what happens to food waste. Here's an opportunity.

November 8th-15th is Maine Recycles Week. Challenge your class, school, or family to see how much waste can be reduced or recycled--including food waste. The Maine State Planning office has suggestions for teachers and students at [www.recyclemaine.com](http://www.recyclemaine.com). Participating schools can win cash or school resources. (Ideas for worm composting, one way to 'recycle' food scraps, can be found in the Healthy Foods from Healthy Soils Teacher Guidebook)

### Food Factoids:

- About 1/4 to 1/3 of the waste stream, by weight, is organic waste such as food, leaves, and grass.
- Each year, the average person creates about 360 pounds of food and yard waste.
- Homes are the largest single source of food waste, generating half of the total volume. (Think about cafeteria food waste!)
- 27% of all food produced in North America is wasted.
- If only 5% of U.S. consumer food waste were recovered, savings from landfills alone would be \$50 million per year and it would be the equivalent of a day's food for each of 4 million people.
- Maine's recycling rate is 40.5%, ranking among the top 10% in the country.
- It is estimated that 9 jobs are created for every 15,000 tons of solid waste recycled into a new product, and 7 jobs for the same amount of yard waste composted. This is compared to only 2 jobs for every 15,000 tons incinerated, and just 1 job for every 15,000 tons sent to landfills. (Institute for Local Self-Reliance.)
- Packaging makes up about 1/3 (by weight) of household trash and about 10% of the price of food.



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

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You can visit our website: [www.maine-nutrition.org](http://www.maine-nutrition.org)  
For *Healthy Foods from Healthy Soil* information:  
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