

**Middle/High
School
Edition**

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News and Ideas for Maine-ly Nutrition Teachers

We Can Use Your Help

Please encourage other teachers in your school to participate in the Maine-ly Nutrition Project with you. Remember, the more teachers we have involved in the program, the more funding we receive from USDA. Your participation year after year actually means we have **MORE** resources for you, not fewer. Please contact your principal for registration forms, or contact Alice Schlosser at: aschlosser@usm.maine.edu or call 626-5299.



Look for Your Teacher Packet and Resources!

You should receive your teacher packet within 3-5 weeks after signing on to Maine-ly Nutrition. This packet contains all the forms you need for the program, helpful hints, and other resources to help you teach nutrition in your classrooms. If you do not receive your teacher packet and/or the nutrition program you signed up for, please contact Lorana Laliberte at llaliberte@usm.maine.edu or call her at 626-5037.



Keeping Track of Your Time and Expense Information

- ♦ **October 1** is the start-up date to begin documenting your time and expense information.
- ♦ Be sure to check out the Resource Sheet in your packet!



Re-Designed Maine-ly Nutrition Teacher Training

New this year, we have designed the training to include two tracks. One track is for returning teachers and one is for teachers who have never attended a training before. We will offer basic information for the teachers who have never attended and new lesson ideas and updated nutrition information for teachers who are returning to training.



Although our teacher 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. You are guaranteed to have a fun-filled, educational day!

The one-day trainings are held from 8:30AM-3:30 PM on the following days:

- ♦ Thursday, December 6 at the Lucerne Inn in Dedham
- ♦ Tuesday, December 11 at Florian Hall in Augusta
- ♦ Wednesday, January 30 at the Lucerne Inn in Dedham
- ♦ Wednesday, February 6 at John Martin's Manor in Waterville
- ♦ Wednesday, February 13 at the Sheraton Hotel in South Portland
- ♦ Wednesday, March 12 at the Senator Inn in Augusta

Nutrition Tidbits

Fruits and Veggies:

Fresh, frozen, canned, dried and 100% juice — It's all good!

When it comes to good nutrition, all forms of fruits and vegetables matter—fresh, frozen, canned, dried and 100% juice. With 200+ options and a variety of convenient packaging to make fruits and vegetables easy to store and easy to serve, there's bound to be something to please everyone!

- Most frozen and canned foods are processed within hours of harvest, so their flavor and nutritional value are preserved.
- Studies show that recipes prepared with canned foods had similar nutritional values to those prepared with fresh or frozen ingredients.
- Canned foods are "cooked" prior to packaging, so they are recipe ready.

http://www.fruitsandveggiesmorematters.org/?page_id=47



"Fruits & Veggies More Matters" replaces "5-A-Day"

You are probably aware that the 2005 Dietary Guidelines and MyPyramid recommend that Americans eat *way more* than 5 daily servings of fruits and vegetables. The Produce for Better Health has revamped their 5-A-Day message with the launch of the **Fruits & Veggies—More Matters™** initiative. Find out more by visiting:

<http://www.fruitsandveggiesmorematters.org/>

Ask a Dietitian

Should I take a Vitamin D supplement ?



The short answer is yes! During the winter in Maine, the angle of the sun is too low to allow our skin to produce vitamin D. Although milk and other food products are fortified with vitamin D, we probably will not consume enough of those foods to reach optimum levels of vitamin D in our bodies.

Current research indicates that the recommended intake of vitamin D may actually need to be increased. As a result, most researchers now recommend supplementing, especially in the winter, with the active form of vitamin D (D3 or cholecalciferol—check the ingredients list on the supplement bottle).

The research is also indicating that we probably need vitamin D for more than just strong bones. It may be helpful in preventing many diseases such as cancer, diabetes, and heart disease. More information on Vitamin D will be presented at the Maine-ly Nutrition teacher trainings.



Editor's Note - Be sure to keep your doctor informed of all supplement use. Supplements can interact with other medications you take and/or foods you eat. Additionally, pregnant and/or nursing women especially need to check with their pharmacist and doctors regarding supplement use.

Non Food Rewards for Teens

Written by Elizabeth Patten, licensed dietitian and
co-author of *Healthy Foods from Healthy Soils*



As teachers, you know that rewarding good behavior can reinforce positive actions, which we hope will develop into healthful habits. This is true for all of us--but especially your students--regarding eating and exercise!

In some classrooms and families, however, rewards come in the form of sweets or foods that could undermine their health. According to the Center for Science in the Public Interest, “Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times.”

In addition, punishing children by withholding exercise, or food (prohibited by USDA) or reprimanding them through physical activity is also counterproductive (forcing them to do sit-ups, for example). As it is, most schools have scant time for sufficient exercise and physical education already.

What are some healthier / inexpensive rewards?

- Coupons to video or music stores
- Drawings for donated prizes
- “Free Choice” time at end of class
- Listen to music while sitting at desk (MP3 player allowed)
- Extra physical activity during class (passing ball around, allow them to create their own game)
- Fun video
- Reduced homework
- Computer time
- Donated movie coupons
- Hold class outdoors
- Extra credit



Of course, genuine attention, thanks and recognition are all wonderful rewards!

Ideas adapted from Michigan State University Extension: www.tn.fcs.msue.msu.edu/foodrewards.pdf
See additional “Constructive Classroom Rewards” at www.cspinet.org/schoolfood/

Cook's Corner



Symphony of Fruit Pizza (A tasty breakfast option)

Preparation time: 10 minutes

- 1 English muffin
- 2 tablespoons whipped fat-free strawberry cream cheese
- 1/3 cup strawberries, sliced
- 1/4 cup red grapes, quartered
- 1/4 cup canned mandarin oranges, drained



Instructions: Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.

Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Slice into quarters and “yummy – fruit pizza!”

Serves: 1

Nutrition Information per serving: calories: 228, total fat: 1.3g, saturated fat: 0g, % calories from fat: 5%, % calories from saturated fat: 0%, protein: 10g, carbohydrates: 46g, cholesterol: 5mg, dietary fiber: 4g, sodium: 374mg.

Each serving provides: An excellent source of vitamins A and C, and a good source of folate and fiber.



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

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