

Maine-ly Teachers

Preschool/Elementary
Edition



Summer 2006



News and Ideas for Maine-ly Nutrition Teachers



Maine-ly Nutrition “Housekeeping” Items

1. Time and Expense Documentation

Yes, it’s that time again! Time to think about putting together your nutrition education documentation.

All timesheets, expense sheets and receipts are due by **June 30, 2006**.

- ◆ Your timesheet needs to clearly show that you spent at least 25 hours on nutrition education this school year. (Remember, we cannot count any time spent before October 1, 2005, but please include class time, evaluation, shopping, and any time that was used to organize your nutrition education.)
- ◆ Expense sheets should clearly show how your \$100.00 resource check was spent. Please attach receipts for all purchases made. If you did not spend all funds, please send a check made out to “USM” for the difference. If you have receipts missing, please contact us for help.
- ◆ For teachers who committed to more than 25 hours of nutrition education and received extra funds, please remember to document those extra hours and include receipts for purchases made with the extra funds.



If you need copies of the time and expense sheets, you can download them from our website at:

www.maine-nutrition.org/ Click on the Maine-ly Nutrition icon and then “program forms” on the drop down box.

2. Maine-ly Nutrition Teacher Survey

All teachers participating in the Maine-ly Nutrition program will receive a Teacher survey early in June.

Those teachers who indicated we could contact them via email will receive a link to the survey electronically (the link will also be available on our website).



Survey Monkey

You will then be able to click your answers on the screen and will not have to fill out the paper survey. The electronic survey uses “survey monkey.” It is very easy to do. Simply click the answer you want, and at the end, indicate that you are finished and the survey will automatically be submitted. You do not have to do anything else! Teachers who do not fill out the survey electronically are asked to submit the paper copy they receive in the mail. Please take a moment and give us your thoughts—this survey is very valuable to us! We use the survey to improve and expand the program each year.



3. The Maine-ly Nutrition Listserv

Our Maine-ly Nutrition Listserv is up and running! We have notified members of important current events such as grant opportunities (from the Dairy Council) and other items as they come to our attention.

If you have not received email from the listserv, but would like to, please send an email to Mary Ann at maryann.bennett@maine.gov. Several of the email addresses we had for people apparently had errors in them and were bounced back; as a result, we could not add those people to the listserv. We will be using the listserv to send out our annual teacher survey, to give quick notification of updates, and other information we think may be useful to teachers.



When documenting your time for the Maine-ly Nutrition project, please remember that **ONLY** nutrition education and physical activity, as it relates to nutrition, can count towards your time.

Please do not count time for other health topics such as dental health etc.

CAUTION

Some useful websites:

The revised Action for Healthy Kids website: www.actionforhealthykids.org

Look for more ideas for school gardens at: aggie-horticulture.tamu.edu/kinder/sgardens.html

National Dairy Council Tools for Schools: www.nationaldairycouncil.org/nationaldairycouncil/tools

Nutrition Tidbits

As Maine Goes.... So Goes the Nation!

As our tenth anniversary year comes to a close, we would like to take this opportunity to thank you, our teachers and school nurses, for making this program such a success. We are very proud to be associated with such a fine group of professionals who are responsible for making the state of Maine a national leader in nutrition education. Since we are contacted by other states for guidance in implementing nutrition education, we think we can say, "As Maine goes (in nutrition education) so goes the nation!"

We would also like to recognize some of the teachers who have been with this program the longest.

Keep up the good work!

Cherryfield Elem
Jennifer Hoffses (99-06)
Sharon Woodsum (98-06)

Edna Libby Elem
Todd Drinkwater (99-06)

George Mitchell Elem
Jeanne Smedberg (99-06)
Elaine Breton (99-06)
Kathleen Nale (99-06)

Harmony Elem
Barbara Kafka (98-06)
Pat Harrington (98-06)

Hartford-Sumner Elem
Linda Andrews (99-06)

Howard Reiche Elem
Carolyn Nedza (98-06)

Marada Adams Elem
Kathleen Gray (98-06)

Pembroke Elem
Carolyn Mahar (99-06)
Georgette Cushing (98-06)

Linda Church (98-06)
Trudy Geel (98-06)

Phillips Elem
Margaret Huff (99-06)



Fruits and Vegetables are good for you but....

(Adapted from Environmental Nutrition February 2006)

Produce is catching up to poultry as the number one cause of food poisoning. The produce most likely to cause illness includes scallions, melons, tomatoes, sprouts and lettuce.

- ◆ Be sure to wash all produce, even organic, as well as pre-washed bagged salad mixes and melon rinds.

Fruits and Vegetables are better for you than supplements....

(Adapted from Environmental Nutrition February 2006)

Although some research has dismissed the benefit of some antioxidant supplements, the antioxidant properties of fruit and vegetables work synergistically because of the variety of nutrients and antioxidants found naturally in produce.

- ◆ Eat a good variety of fruits and vegetables for health!

Benzene in soda...

(Adapted from <http://www.fda.gov/bbs/topics/NEWS/2006/NEW01355.html>)

Some recent articles have reported that there is benzene (a carcinogen) in some sodas. Benzoate salts (a preservative) and ascorbic acid (Vitamin C), particularly under certain conditions of storage, shelf life and handling can combine to form benzene. The FDA does not believe that there is a safety risk but is continuing their investigation of the data for benzene and will make the results available when the investigation is complete. The FDA is also continuing to follow up with companies to ensure that processing conditions are established that will ensure that benzene formation is avoided or minimized.

- ◆ For now, use moderation in soda consumption.

Calcium Supplements, Yea or Nay?....

(Adapted from WHO organization statement February 2006)

In February, the Women's Health Initiative, (a huge government study) reported that calcium supplements had little effect on preventing broken bones. However, when researchers looked only at those women who took their pills regularly, studies showed a clear reduction in bone fractures.

- ◆ Continue to consume low-fat dairy and high-calcium vegetable sources and continue calcium supplementation if you do not get the recommended 1000 to 1200 mg per day from food sources. (Adolescents need 1300mg/day)

Avocado Spread

(adapted from a recipe on 5ADay.org)

Ingredients:

1/5 ripe avocado
2 1/2 tsp orange marmalade
1/8 tsp ginger
1 slice whole wheat toast



Directions:

1. In medium bowl, mash avocado with fork
2. Stir in marmalade
3. Stir in ginger to taste
4. Spread on toast
5. Enjoy!



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

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

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

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