

# Maine-ly Teachers



Winter 2006

## News and Ideas for Maine-ly Nutrition Teachers



### “House-Keeping” Details

1. **Checks** : By now you should have received your teacher check; if you have not received your check, please call Ann at 626-5037.
2. **Teacher Trainings**: Our winter teacher trainings will be held:
  - ◆ January 26 at the Lucerne Inn in Dedham
  - ◆ February 8 at the Sable Oaks in South Portland
  - ◆ February 15 at the Senator Inn in Augusta

These trainings are free and very useful for our Maine-ly Nutrition teachers. We also pay your mileage to attend. The agenda is on our website at [www.maine-nutrition.org](http://www.maine-nutrition.org). Click on the Maine-ly Nutrition icon and then click on teacher trainings. If you can possibly attend one of these trainings, we highly recommend that you do so. Many other teachers who have attended found them extremely useful, a good place to get questions answered, network with other teachers, and gather new ideas for the classroom.



3. **Schoolwide Events**: Applications are due by March 3. If your event is scheduled earlier than the deadline, please get your application in at least a month before the scheduled date. We need time to look at your application and ask you any questions we might have regarding your proposal before the date you plan to hold your program. We also need some advance time to get your check ordered before the event. If you have lost your application form, you can download one at our website, [www.maine-nutrition.org](http://www.maine-nutrition.org). Elementary teachers are asked to have at least 3 Maine-ly Nutrition teachers from their school involved in the schoolwide event. If you have any questions, please call Mary Ann at 626-5044.
4. **Meet Laura Astbury, Maine-ly Nutrition’s New Project Assistant**: Many of you may miss Jaime Hebert who was our project assistant on Maine-ly Nutrition. Jaime delivered a healthy baby girl last June. She and her husband have since moved to Arkansas to be near her family. We all miss her but are delighted to welcome Laura Astbury who has joined our Maine-ly Nutrition team this January. Laura is finishing her masters degree in nutrition this spring and will then be working on becoming a registered dietitian. She also has experience working with preschool children. We feel very fortunate that she is able to join our program. You will be hearing more from Laura in the coming months.



### New Legislation that Affects Nutrition Education in Maine

**MDOE Chapter 435: An Act To Implement the Recommendations of the Commission To Study Public Health that Concerns Schools, Children, and Nutrition** (signed into law May 2005)

#### What's New?

**Nutrition Education**: Nutrition education is to be provided not only for students, but also to teachers and staff and is to include an outreach component for parents of the students.

**Nutritional Information**. Food service programs are responsible for posting caloric information on pre-packaged a la carte items sold in cafeterias after August 31, 2008.

**Dairy Vending Machines**. By January 2006, the Department of Education in collaboration with the Maine Dairy and Nutrition Council are directed to implement a pilot program in which dairy vending machines will be installed. Flavored and unflavored milk with 1% or less fat is to be sold in the machines.

**Provision of Local Fruits and Vegetables**. Through a collaborative effort with the Department of Agriculture, the implementation of the National Farm and School Program will allow provision of local fruits and vegetables to schools.

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**MDOE Chapter 51: State regulations regarding the National School Lunch Program, the School Breakfast Program, and the School Milk Program**. (This chapter supplements federal regulations pertaining to these programs and was amended on July 17, 2005. Currently, there are other amendments to Chapter 51 being developed.)

#### What's New?

##### Foods or beverages sold on school property

- Beginning July 1, 2005, for those schools participating in the National School Lunch or School Breakfast Programs, foods and beverages must be part of the total food service program of that school. Foods of minimal nutritional value shall not be included.

##### Policy:

- Funding received from food and beverage sales on school property must be used for the school’s non-profit food service program unless a policy is created, which allows another recipient to benefit from the funds.



## Winter Kids

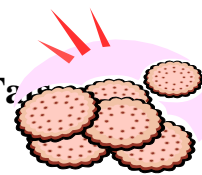


You may have heard of the WinterKids passport program that offers free and discounted cross-country and downhill skiing, snowshoeing, snowboarding, ice skating, tubing, and dogsledding for all Maine 5th, 6th, and 7th-graders. It is a great way to get children active in the winter. However, did you know that WinterKids offers other programs for Maine's students during the winter months? Some of the other programs available to schools through WinterKids include:

- ◆ WinterKids Outdoor Learning Program engages students with active and scholastically challenging outdoor winter lessons. The lessons, which are linked to Maine's learning results, are available in a variety of subjects with an adapted component for disabled children. Please call us and we can send you a **free** copy.
- ◆ WinterKids Live! is an interactive live presentation by a professional musician that inspires children to be more active in the winter.
- ◆ Active Academics Workshop is a hands-on opportunity to expose teachers and students to active outdoor learning that is based on the WinterKids Outdoor Learning Program.

WinterKids is a non-profit organization committed to helping children develop life-long habits of health, education and physical fitness. Check out [www.winterkids.org](http://www.winterkids.org) for many more programs for you and your students.

## Nutrition News: The "Skinny" on Trans Fat



Have you ever wondered why the cookies, chips and crackers sitting in your pantry last so long? Well you can thank trans fats for giving your tasty snacks a much longer life sitting on your shelf.

If you find partially hydrogenated oils listed on the ingredient list, that product contains trans fats. Trans fats can be found in partially hydrogenated oils as well as stick margarines. Though trans fats may be great for the shelf life of snacks, studies have shown that they are not so wonderful for your health.

Recent studies have linked trans fats with an increase in blood serum cholesterol levels. As a result, starting this year (2006), food manufacturers will be required to list trans fat amount on the nutrition facts food labels on all food products. Many food producers have already added labels to different foods that have "reduced trans fats" or "trans fat free." Unfortunately, many products have added more saturated fat in place of the hydrogenated oil so that they can label themselves "trans fat free!" It is still important to look at total fat as well as the type of fat listed on the food label.

As a consumer, you may be looking for a healthier alternative. You can try using olive, canola, soybean, corn, sunflower and safflower oils. These mono- and polyunsaturated fats are considered healthier options for your heart.



## Broccoli Mandarin Orange Salad

(From 5aday.com)

Preparation time: 30 minutes

Serves 6



### Ingredients

5 cups broccoli flowerets  
2 Tbsps almonds  
2 cans of mandarin oranges (11-oz)  
1 orange, grated peel and juice  
5 green onions, chopped  
3 Tbsps white vinegar  
1 Tbsp sugar  
2 Tbsps olive oil  
Salt and pepper, optional

1. Steam broccoli in covered saucepan for 3 minutes only. Remove and quickly rinse with cold water until broccoli is cool. Place in serving bowl and chill, covered.
2. Meanwhile, in medium sized bowl, combine grated peel and juice from orange and remaining ingredients, except for salt and pepper. Toss gently and allow to stand at room temperature for 15-30 minutes.
3. When ready to serve, pour mandarin orange mixture on chilled broccoli and toss gently.\* Season with salt and pepper if desired and serve.

\*To keep this salad brightly colored, add orange mixture just before serving (bright green vegetables turn drab yellow-green in the presence of acid such as orange juice)



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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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