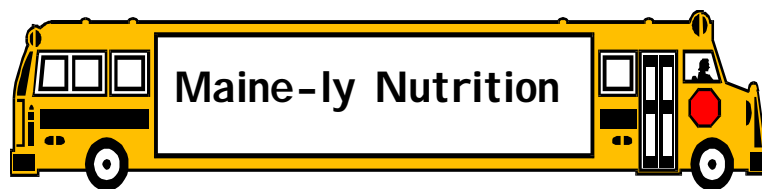


Maine-ly Teachers



Spring 2002

News for Maine-ly Nutrition Teachers

Selected Public Libraries Offered Funding

The Maine Nutrition Network is offering 25 public libraries an opportunity to promote and provide a summer nutrition program for children. Invitation letters were sent out to library directors at the beginning of March. Libraries were chosen to represent areas with Maine-ly Nutrition schools and to cover a wide, geographical area in Maine. The libraries can apply for funding of up to \$400.00 to purchase resources and implement a summer nutrition program. The deadline date for library directors to apply is **May 1, 2002**. The summer nutrition program can cover nutrition in a variety of ways: food, countries/cultures, reading, or other activities relating to food and nutrition.

If you live or work in the following areas, please encourage your town libraries to apply for funding. It will help support the positive nutrition messages that you have been applying in your own classrooms. The following libraries were sent invitation letters and applications: Rockland Public Library, Soldiers Memorial Library (Hiram), Mayhew Library Association (Addison), Bangor Public Library, Calais Free Library, Cherryfield Public Library, Peavey Memorial Library (Eastport), Pierce Reading Room (Frankfort), Cary Library (Houlton), Lewiston Public Library, Lubec Memorial Library, Porter Memorial Library (Machias), Mexico Free Public Library, Millinocket Memorial Library, Milo Free Public Library, Norway Memorial Library, Hamlin Memorial Library (Paris), Rumford Public Library, Goodall Memorial Library (Sanford), Carver Memorial Library (Searsport), Morneault Memorial Library (Van Buren), Waterville Public Library, Strong Public Library, and the Riverton and Munjoy Branches of Portland Public Library. For more information about this project, please contact Tamra Montgomery at 626-5299.

Useful Information

To order the popular Nutrition Action Newsletter visit the CSPI website at: <http://www.cspinet.org/nah/index.htm>

To order the Northeast Food Guide Pyramid poster and packet visit this website at:
http://www.nutrition.cornell.edu/FoodGuide/cfs2_lead.html

Maine Milk Vending Machine

Loan/Lease Contacts

Here is one way to provide students with healthy options to vending choices. The following companies provide milk vending machines for loan/lease:

Michaud Distributors, Scarborough (207) 885-9473

Ahearn's Vending & Food Service Co., Union 1-800-649-1931

New England Vending Services, Lisbon 1-800-464-0721

Hedrich Vending, Inc., Presque Isle 1-800-696-3747

Healthy Things are Happening at Palmyra Consolidated School

Contributed by David Gilbert, Palmyra Consolidated School

At the Palmyra Consolidated School, we started a "feeling good" mileage club. Two teachers oversee the program. We have a walking course marked out on the playground for students to use. The distance that each child has walked is tabulated weekly. We have a map of the United States in our gymnasium with little feet on it. Each child has their own "foot" to record the mileage they have walked across the United States. During our Monday morning assembly, the longest distance walker for the week is recognized.

Another exciting thing that has happened at our school has been the implementation of free breakfasts to the 4th graders during MEA testing. We have a regular breakfast program, but I wanted to make sure that every 4th grade student ate a healthy breakfast during the MEA testing period. I talked to and convinced my principal, Ted Boyce into paying for the breakfasts. Now instead of having a healthy snack, the children start the day with a healthy breakfast. While waiting for everyone to finish eating, I began walking around the perimeter of the lunchroom. Because some children eat more slowly than others, I had students join me while others finished eating. When everyone was done eating, we returned to our room ready for the test. I believe that by offering the students a healthy breakfast they were able to focus more clearly during the testing period.

Fort Fairfield Students are Baking a Living

Contributed by Students Baking a Living, Fort Fairfield

An exciting learning service project is happening in Fort Fairfield. The mission of "Students Baking a Living" is to educate students through the operation of a real business; provide jobs for students; create a tie between the school and area communities; and to inspire students to become socially responsible citizens through service learning.

In the 1999-2000 school year, through a \$22,000 grant from the Kellogg Foundation, the Fort Fairfield Middle/High School founded the bakery. "We are a bakery using service learning as a model to operate a business and market our products. As responsible and involved citizens we are becoming aware of social issues affecting us. We choose to use organically grown Maine ingredients to support local farmers and businesses whenever possible," says the students' new brochure. For more information about this program contact: Students Baking a Living, 28 High School Dr., Suite A, Fort Fairfield, ME 04742; by phone at: (207) 472-0222 or by emailing them at: bakery@ffmhs.sad20.k12.me.us

Some useful websites:

Food & Nutrition Lessons/Worksheets: www.atozteacherstuff.com/themes/food.shtml

National Agricultural Library Kids' Science Page: www.nal.usda.gov/kids/

National Watermelon Promotion Board: www.watermelon.org

FightBac Food Safety: www.fightback.org

The Popcorn Board: www.popcorn.org

Family Fun Activities: www.family.go.com/crafts/

Recipe from Teacher Training

Corn Bread

Makes one 9-inch square corn bread

- 1 cup buttermilk (or 1 c. lowfat milk + 1 tsp. mild vinegar)
- 1 cup cornmeal
- 1/2 cup whole wheat pastry (preferable) or bread flour
- 1/2 cup unbleached all-purpose flour
- 1 Tbs. baking powder
- 1/2 tsp. salt
- 1 lg. egg
- 3 Tbs. corn oil or melted butter
- 3 Tbs. maple syrup or honey
- 2 cups corn kernels—fresh or frozen (not canned)



Preheat oven to 375°. Next, mix together dry ingredients in large bowl and set aside.

Whip together milk, egg, oil or butter, and maple syrup or honey. Add corn kernels and blend. (If using fresh corn, scrape the cob with a knife after cutting off kernels to get the 'mil' that is still in the cob). Decrease the liquid in the recipe by 1/4 cup.

Add wet ingredients to dry and mix with as few strokes as possible, just until dry ingredients are completely coated. Pour into a buttered 9-inch-square baking pan and bake for 25-30 min, or until a toothpick inserted into middle comes out clean. Cool on rack.

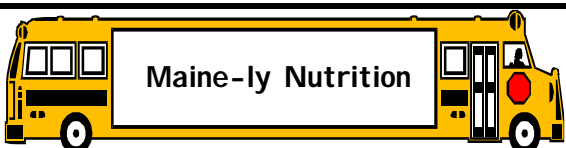
Adapted from the Bread & Circus Whole Food Bible by Chris Kilham (Addison-Wesley, 1991)

Calorie Burners

The following chart lists activities that children of all ages can do with the amount of calories burned in a 30 minute period, based on a weight of 150 pounds.

<u>Activity</u>	<u>Calories Burned</u>
Swimming (50 yards/minute)	250
Tennis, singles	240
Walking, brisk pace (4.5 mph)	225
Bicycling (10 mph)	210
Skating (ice or roller), leisurely	210
Gardening	182
Golf, carrying own clubs	180
Tennis, doubles	180
Lawn-mowing (push mower)	175
Bicycling (8 mph)	150
Golf, pulling a bag	150
Walking, moderate pace (3 mph)	150
Swimming (25 yards/minute)	138
Bicycling (5 mph)	120
Golf, riding in a cart	120
Raking leaves	113
Strolling	105
Housework	100
Standing	70
Sitting, watching TV	50

Adapted from the February 2002 issue of Environmental Nutrition. Sources: *American Family Physician*, June 1993; Physical Activity Calorie Use Chart, American Heart Association, 1998.



This project is funded by the United States Department of Agriculture, through a contract with the Maine Bureau of Health.

Annelida's Worm words of Wisdom:

Annelida: "Where would we all be without water? You humans seem to need it almost as much as we do. Lately, I have been hearing you talk about Maine's drought but I have known of it for a long time, being an underground creature!"

The facts of the matter: Water is THE most essential nutrient—vital for humans and other animals, plants and all ecosystems. It is a non-renewable resource which means that no more will be created, and all the water that exists now (as a solid, liquid or gas) has been here since earth began!

Annelida: "You mean that the water that allows us worms to breathe through our skin, that we're all made of, is the same water that some people use for flushing down their toilets? If it is so important for survival, why do so many humans take water for granted?"

People don't realize how little is actually available worldwide compared to the number of people who need it. Did you know that out of all Earth's water, only about 1% is available for human use?! 97% is too salty and 2% is frozen as ice? We are used to having plenty of water here in Maine, but almost one quarter of the world's population has NO access to clean water; that's 1.4 billion people. In fact the United Nations recently stated that water scarcity, not a lack of farmable land, will be the main limitation to increased food production during your students' lifetime.

Annelida: "Let me think: what can I tell children about water and how to use it more carefully?"

First: Water is something we can't live without—we can survive many weeks without food, but only a few days without water. Water allows plants to grow, and plants feed animals—us! Consider this: Since water is ALWAYS moving, our bodies lose water through sweating, breathing, and body waste. In fact, the average person loses about 10 cups of water every day, so it is important to replace that by drinking plenty of water and eating foods with a high water content, such as fruit.

Second: A few simple things you can do to reduce your family or school's use of water. Make sure you have water-saving toilets. Try not to run water until it is hot or cold; Take brief showers; Turn off the tap when brushing your teeth; Make a poster to put up at home or school to remind you. Ask students to come up with their own ideas, or find out what they are already doing!

Water Resources

2002 is designated the Year of Clean Water. For more information and comprehensive links and resources see www.yearofcleanwater.org

Ecovoyagers is a Canadian school conservation project with a lot of teacher info: www.ecovoyageurs.com

River of Words is an International children's poetry and art project that works to protect the world's rivers. www.riverofwords.org

Annelida is the spokeswoman for the Healthy Foods from Healthy Soils program, an environmental nutrition program with fun hands-on activities for Maine elementary students. For more information email Annelida at: healthyfoods@zwi.net

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

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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: healthyfoods@zwi.net