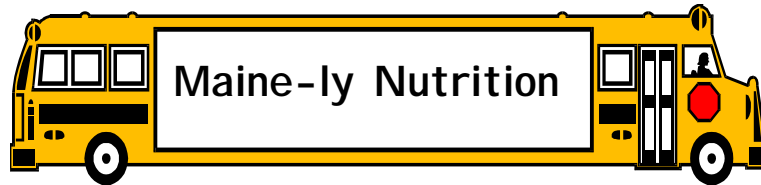


Maine-ly Teachers



Summer 2003

News for Maine-ly Nutrition Teachers

Time & Expense Sheets

Please be sure to send in your time and expense sheets before June 30, 2003. Timesheets must have your signature on the bottom of the second page. Make sure to count all of your hours, including prep and planning time! You are NOT limited to 25 hours, which is only the minimum amount of time required. The more hours you submit, the more funds we will have for teacher resources in the fall.

Expense sheets must have original receipts attached when you send it in. If you have lost your receipts, please contact Tamra at 626-5299 at your earliest convenience. Additional time and expense sheets are available on our website. You can download them from:

<http://www.maine-nutrition.org/school.html> - resources

Summer Library Nutrition Program

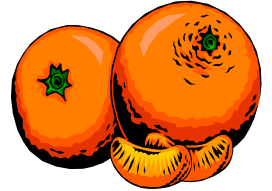
Fifteen public libraries (in areas where Maine-ly Nutrition schools are located) will receive \$400 grants from the MNN Summer Library Nutrition Program. These libraries continue the work of nutrition education in schools by developing innovative programs that help children learn about the importance of good nutrition. Please encourage children in your community to participate if they live near one of these libraries. The following libraries have been funded for the Summer of 2003:

- Bangor Public Library
- Burbank Branch of Portland Public Library
- Carver Memorial Library, Searsport
- Cary Library, Houlton
- Lubec Memorial Library
- McArthur Public Library, Biddeford
- Munjoy Branch of Portland Public Library
- Norway Memorial Library
- Pittsfield Public Library
- Porter Memorial Library, Machias
- Riverton Branch of Portland Public Library
- Rockland Public Library
- Skowhegan Free Public Library
- South Portland Branch of Portland Public Library
- Wilton Free Public Library

For more information please contact Tamra Montgomery at (207) 626-5299

Searsport District Middle School –Out with the candy bars and in with the fruit!

Contributed by Barbara Turner-Burditt, School Health Coordinator, MSAD #56



During the fall of 2002, a school board member approached the Searsport District Middle School principal, Kyle Price, and asked if he would be interested in exploring a Citrus Fundraiser. Knowing that the prevalence of overweight youth ages 6-17 years has more than doubled in the past 30 years, Mr. Price was quick to jump on board with a fundraiser that promotes good health. Students sold grapefruit, oranges, tangelos and mixed gift boxes. Superintendent Art Wittine reported, "This is the best fruit that I have ever purchased." The Middle School Leadership Council decided that this is the way they will do business in the future. **Out with the candy bars and in with the fruit!**

For more information on this fundraiser and/or "lessons learned" from this experience, please contact Kyle Price at Searsport District Middle School at (207) 548-2313

If you have a story to share with us and other teachers about activities that have worked well in your classroom, please submit it to Tamra at: tamra.montgomery@maine.gov, so we can print it in an upcoming issue of the Maine-ly Teachers newsletter.

Annual Wellness Conference

The Department of Education's state-sponsored School Site Health Promotion Wellness Conference will be held from June 23 to June 27.

Maine-ly Nutrition will have an exhibit and would like to hear from teachers who stop by on Tuesday June 24 during the conference. We will contact some of you to be part of a focus group to help us plan for next year's trainings for Maine-ly Nutrition.

Some useful websites:

Healthy Maine Walks: <http://www.healthymainewalks.org/>

Healthier U.S. Gov: <http://www.healthierus.gov/>

Walk Your Way to Health: <http://lancaster.unl.edu/food/walk.htm>

Plant a Row for the Hungry: <http://www.gwaa.org/par/>

Maine Nutrition Network: <http://www.maine-nutrition.org>

Wild Blueberry Smoothie

6 oz. Wild Blueberries
6 oz. Vanilla or Blueberry Yogurt
1/2 c. Ice (3 ice cubes)



Directions:

Blend well at high speed. Serve immediately.

Portion size: Serves 2

More Reasons to Turn the TV Off

We all know that our sedentary lifestyles are not healthy but did you realize that certain types of inactivity are worse than others? Results from the long-running Nurses' Health Study, published in the Journal of the American Medical Association in April 2003, have given us more reasons to turn the TV off. The research showed that each "two-hours a day" increment of TV watching was linked with a 23 % increase in obesity, and a 14 % rise in diabetes. This may sound like old news, but other sedentary activities such as sitting at work or driving were linked with only a 5 % rise in obesity and a 7 % increase in diabetes. Why is watching TV so much worse for us? There are many interconnected reasons. First, each hour in front of the TV is one more hour that we are not physically active. Secondly people eat more while watching television. Not only do we have a tendency to eat more while watching TV, due in part to the food commercials, but our metabolism also decreases significantly in front of the tube. Researchers concluded that when we're watching television, our body's metabolism is 14.5% **lower** than when we're sleeping! Another reason television may increase the obesity problem is that people who watch TV are more likely to have unhealthy diets, which may again, be because of the commercials advertising snacks and foods that are high in fat, sugar and salt.

The good news is that this same study found that just standing around or casual walking for an extra two hours a day, were both linked to a 9 % **reduction** in obesity and 12 % **less** diabetes.

Each hour a day of *brisk* walking reduced obesity by 24 % and diabetes by 34 %.

It is obvious that our country's obesity problem has many causes and no simple answers. However, knowledge is power and turning the TV off for a couple of extra hours a day can help the problem.

Frank Hu, leader of the team from the Harvard School of Public Health and the Harvard Medical School who worked on the Nurses' Health Study has made a specific recommendation. Watch less than 10 hours per week of TV and walk briskly for at least 30 minutes each day.

If this recommendation sounds too hard, try small changes. Add a few extra minutes of exercise each day and reduce TV time by a few more minutes each day. In a few months you will have reached your goal.

Please contact the following people if you have questions about:
Time/Expense Sheets: Tamra @ #626-5299
Lost receipts: Tamra @ #626-5299
Resource checks: Jaime @ #626-5271

Annelida's Worm Words of Wisdom

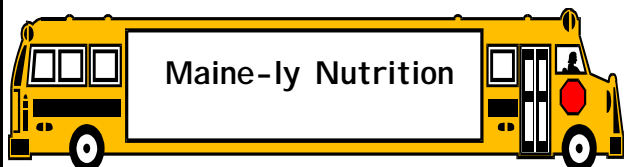
Annelida the Bookworm just read this tidbit and wanted to share it with Maine-ly Nutrition teachers.

Plant a Row (PAR) for the Hungry is a "people-helping-people" program designed to assist in feeding hungry people in their own communities. Launched in 1995, this national public service campaign was developed to encourage gardeners to grow a little extra produce and donate it to local soup kitchens and food banks that serve the homeless and hungry. In 2002, the USDA reported that 33 million people, including 13 million children, live in households that experience hunger or the risk of hunger." Various school and community gardens in Maine and around the country have chosen to contribute in whatever way they can—growing extra food, delivering produce to a food pantry, "gleaning" (cleaning up the harvest of crops on local farms) and helping spread the word. PAR's mission is to provide a way for "individuals, corporations and the more than 70 million gardeners in the U.S. to assist America's most vulnerable citizens and the food agencies serving them."

If you or your school would like more information, see www.gwaa.org or contact your local USDA Cooperative Extension office.

Annelida is the spokeswoman for the Healthy Foods from Healthy Soils program, which links nutrition, agriculture and recycling through fun hands-on activities for Maine elementary students.

To contact Annelida via email: healthyfoods@zwi.net



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

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You can contact us at: MNN, 295 Water Street, Augusta, ME 04330
You can visit our website: www.maine-nutrition.org