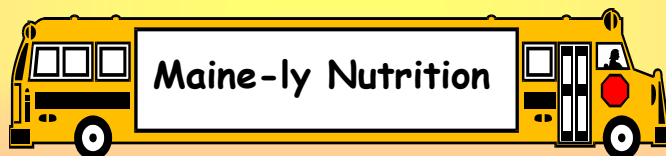


Maine-ly Teachers



Summer 2004



News and Ideas for Maine-ly Nutrition Teachers



Maine Libraries Enhance Nutrition Education for Children



Did you know that libraries, children and nutrition education are a great combination? Sixteen Maine Public libraries do! Every year, the Maine Nutrition Network offers public libraries in areas where Maine-ly Nutrition schools are located the opportunity to apply for a \$400 Summer Library Nutrition Program grant. Funded libraries agree to develop a nutrition education program for children at the library, or to incorporate nutrition education into one of their existing summer programs.

These funded libraries are continuing the work of educators who participate in the Maine-ly Nutrition Program during the school year. Children have the opportunity to hear consistent messages from both schools and libraries throughout the year about nutrition and physical activity. Summer programs focus on everything from food-related books to gardening projects. Please encourage children in your community to participate if they live near one of the sixteen funded libraries! This year's libraries are:

Bangor Public Library

Brown Memorial Library,
Clinton

Carver Memorial Library,
Searsport

Cary Library, Houlton

Cherryfield Public Library

Guilford Memorial Library

Henry D. Moore Library,
Steuben

Lawrence Public Library,
Fairfield

Lubec Memorial Library

Mayhew Library, Addison
Clinton

Phillips Public Library

Riverton Branch Library,
Portland

Rockland Public Library

Shaw Public Library, Greenville

Skowhegan Public Library

Soldier's Memorial Library,
Hiram

Maine Schools are Changing the Scene!

What can schools do about our nation's current health crisis regarding obesity and lack of physical activity in youth? On May 6 and 7, a very enthusiastic group of people representing nine Maine school districts learned what they can do to "Change the Scene." The keynote speaker, Dayle Hayes, is a nationally recognized author, speaker and nutrition therapist. She helped the school district teams see the big picture with several dynamic presentations. For instance, 36% of kindergartners in Maine are overweight or at risk for overweight, and 14% of children in the U.S. get no physical activity at all! Experts estimate that only 1 in 5 kids gets 5 servings of fruits & vegetables a day. American soda consumption has increased almost 500% over the past fifty years, while milk consumption and calcium intake has declined dramatically.

Faced with these eye-opening facts, the teams learned that there are many ways they can help. Many schools across the country, and in Maine, have been very successful at integrating nutrition and physical activity into all facets of the school environment to support healthy choices for students and staff. The *Changing the Scene* approach uses six components:

- ◆ Commitment to Nutrition and Physical Activity
- ◆ Quality School Meals
- ◆ Other Healthy Food Choices
- ◆ Pleasant Eating Experiences
- ◆ Nutrition Education
- ◆ Marketing

Dayle Hayes also helped teams discover strategies they can use in their own districts to make healthy changes, including:

- ◆ Using effective marketing strategies

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NOTICE

In the Spring edition of our newsletter, the Maine Nutrition Network website was listed incorrectly. The correct address is:

www.maine-nutrition.org

We are sorry for any confusion this may have caused.



Some useful websites:

Summer fruits & vegetables in Maine: www.getrealmaine.com

Great free lessons & activities: www.healthychoices.org

Yummy smoothies: http://www.cdc.gov/powerfulbones/stayingstrong/calcCool_smoothies.html

For easy access to the websites in this newsletter, go to www.maine-nutrition.org. Click on "News & Funding," then click on the Summer 2004 newsletter. The websites are hyperlinked, so you can click and visit right from the newsletter!



(Continued from page 1)

- ◆ Limiting student access to foods and beverages high in sugar and fat
- ◆ Establishing nutrition policies and standards
- ◆ Providing clear and consistent messages on nutrition and physical activity
- ◆ Providing a pleasant, relaxed atmosphere in cafeterias and other areas

The most important message given to participating teams was this: **take it one step at a time!** Make one small change successfully, and build on it with other changes as staff, students and the community see the positive influence each change brings.

If you were unable to attend the Summit but would like more information on *Changing the Scene*, visit <http://www.fns.usda.gov/tn/Resources/changing.html> You can order your own free *Changing the Scene* kit and start helping your school or district create a positive nutrition and physical activ-

Why Shop at Farmer's Markets?

Farmer's markets are an important institution for local farmers and consumers during the summer in Maine. If you are not a regular, try shopping at one this summer! Here are some reasons to visit:

- ◆ They are fun places to shop and they promote sustainable produce.
- ◆ They are an inexpensive way for people to market their produce or products in a friendly but competitive business environment.
- ◆ If every Maine household spent \$10 /week on locally raised food, Maine would retain \$100 million for every 6-month growing season.
- ◆ It's enjoyable to conduct business face-to-face, purchasing from owner/operators who have personal commitments to the products they sell.
- ◆ You can build a relationship with farmers in your area and help support the availability of the freshest produce possible (outside of growing your own).
- ◆ Freshly harvested produce has the highest nutrient content of any form of marketed produce product.

Get 5 A Day, support local farmers, and have a great summer sampling our fruits & vegetables in Maine!

Annelida's Advice Column: School Gardens



Annelida

Do you have a school or container garden? Congratulations! Remember the saying—*A garden: "It's never done, it's never perfect, but it's always okay."*

What about summertime gardening care and maintenance?

If your school does not hold classes year-round, summer care and maintenance of the garden can be a challenge. Some possible solutions include:

- ◆ Have a gardener from your area run a summer class through the local recreation or community education program. You could call it something like "Summer Garden Wizards." You might incorporate garden care, education, composting, eating, tasting, artwork, music, or crafts.
- ◆ Enlist the help of the local community. Perhaps through the PTO or garden club, organize a "Friends of the Garden Club" to schedule work in the garden at certain times.
- ◆ Sign up families from the classes that planted the garden.
- ◆ Get grant money to run an at-risk youth gardening program. While this may sound ambitious, some communities are able to do this through the Ameri-corps program.
- ◆ Find a group willing to take on the garden as a summer project—for example, YWCA or YMCA, Boy or Girl Scouts, 4H club, local camp, childcare program, or Master Gardeners.
- ◆ Work with elders in your community who may wish to lend their gardening experience.

"Let go of any concept of perfection. Even when things go wrong in the garden, we still learn and have fun."

Excerpted from **The Real Dirt--Gardening with Children** from *Healthy Foods from Healthy Soils: A Hands-on Resource for Educators* by Elizabeth Patten and Kathy Lyons, Tilbury House Publishers, 2003.

Annelida is the spokesworm 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@gwi.net

Yummy Summer Smoothies

(Not only are these smoothies refreshing & healthy, they all have bone building calcium, too!)

Directions: Toss all ingredients in a blender to mix up a smooth snack. You can add ice cubes to make it extra thick.

Sunshine Smoothie: 1 cup of orange juice with added calcium, fat-free or low-fat milk, ice cubes, and a handful of fruit.



Very Berry Smoothie: 1 cup of fat-free or low-fat milk, a handful of fresh or frozen blueberries, strawberries or raspberries and a dash of honey.

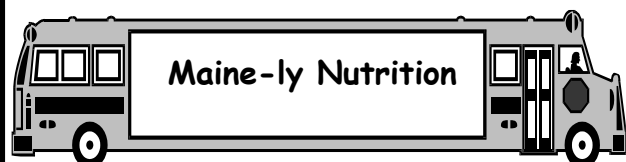
Fruit Smash Smoothie: 1 cup of fat-free or low-fat milk, a bunch of frozen strawberries, apricots, bananas, and fresh raspberries.

Vanilla Smoothie: 1 cup of orange juice with added calcium, a handful of strawberries, a banana, and 1 cup of fat-free or low-fat vanilla yogurt.

REMINDER- DUE JUNE 30!



- ◆ Time and expense sheets! Need replacement sheets? Call Jaime at 626-5271 or go to: www.maine-nutrition.org/schoolprog.htm#resources
- ◆ Teacher surveys! Please take a minute to fill out the survey—your input is valuable to us!



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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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