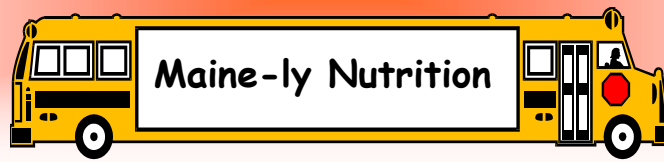


Maine-ly Teachers



Summer 2005



News and Ideas for Maine-ly Nutrition Teachers



MyPyramid:

The New Food Guidance System

The New Food Guidance System was released by the United States Dept. of Agriculture (USDA) on April 19, 2005. Information can be found at www.mypyramid.gov. Although the graphic is still a pyramid, it is vastly different from the old Food Guide Pyramid (FGP). Some of the new website features include:

MyPyramid Plan: customized just for you!

- ◆ **Individualization:** The USDA has created 12 separate pyramids for people of different ages and activity levels. Enter your age, gender and activity levels on the website and you will get an estimate of what and how much food should be eaten from the different food groups.
- ◆ **Moderation:** The pyramid still emphasizes the importance of balancing calories. The colored segments (also in the shape of pyramids) taper towards the top, suggesting that food high in sugar and fats should be eaten in moderation. An emphasis is placed on fruits, vegetables and whole grains as low-calorie, nutrient rich foods. Serving sizes have been replaced with actual weights and amounts, such as one slice of bread or half a cup of rice.
- ◆ **Physical Activity:** For the first time, the food pyramid incorporates exercise. Physical activity is represented by a person climbing up the side of the pyramid.

Inside MyPyramid: The information guide. This is an in-depth information guide for every food group, including recommended daily amounts in commonly used measures, like cups and ounces. The section also includes recommendations for choosing healthy oils, extra calories, and physical activity.

MyPyramid Tracker: The tracker on the MyPyramid website helps you assess your food intake and physical activity. You can enter a day's worth of foods eaten and the amount of physical activity. The site evaluates this information and provides tips and suggestions just for you.



MyPyramid

MyPyramid resources for teachers —

Materials are being developed for both children and teachers for MyPyramid. The current graphic is appropriate for children aged 2 and up. Additional materials for children are currently in development in coordination with the overall project. These will include specific graphics, messages and materials developed to reach children. USDA's next step is to help teachers work with children to learn about the Food Guidance System. Maine-ly Nutrition will let you know as soon as these materials are available.



IMPORTANT NOTICE ABOUT MAINE-LY NUTRITION'S SUMMER TEACHER TRAINING. PLEASE READ!

Thank you to all of you who responded to the postcard sent in April announcing the possibility of a summer teacher training in August. Unfortunately, we did not receive enough interest to hold the training this summer. Many of you had other commitments or busy schedules.

A summer training may be a possibility in the future as a way to include our teachers who find it hard to attend one of our regular training sessions held during the school year. Stay tuned!



Some useful websites:

- ◆ The newly revised Action for Healthy Kids website: www.actionforhealthykids.org
- ◆ National Dairy Council Tools for Schools: www.nationaldairyCouncil.org/nationaldairyCouncil/tools
- ◆ Creative ideas for nutrition and physical activity in the classroom: www.kidsrunning.com/columns/whatkidsneed2.html



Quick Summer Food Safety Tips:



Summer is a great time for families to enjoy Maine's great outdoors, whether it be at the beach, camping or in the backyard. Here are some tips to help make sure your family and your students' families prepare food safely this summer.

1. Wash Hands and Surfaces Often

If there's no source of clean water, pack clean, wet, disposable washcloths or moist towelettes.

2. Separate: Don't Cross-Contaminate

Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.

3. Cook to Proper Temperatures

Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly.

4. Chill: Refrigerate Promptly

Cold refrigerated perishable food should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Food left out of refrigeration for more than 2 hours may not be safe to eat. If you have any doubts, throw it out!

Source: http://www.keepkidshealthy.com/welcome/safety/summer_food_safety.html



Nutrition Book Corner
A delicious reading treat!

Title: Farmers Market
Author: Carmen Parks
Audience: Ages 4-8

Description: Rise and shine...it's market day! Colorful vegetables, delicious fruits, and lots of friends. The farmers market is always fun! This book brings the hustle and bustle of market day to life.

Information: **Price**~ \$3.95 (softcover) **Published by**~ Harcourt **ISBN**: 0-15-216674-2

Available at: your local bookstore, the Internet or through www.library.umaine.edu/lmc/herc/



What is *Your* Library Doing this Summer?

For many, summer is a time to relax after a busy year and recharge those batteries! But for many community libraries, summer is a great time to connect with the children in the community. This year, fourteen libraries are holding Summer Library Nutrition Programs as a way to reinforce the messages learned during the school year about healthy eating and physical activity. These libraries applied for and received a \$400 grant through Maine-ly Nutrition to hold a 3-4 week program featuring good books, fun activities and, best of all, healthy delicious food!

Participating libraries for the Summer of 2005:

- ◆ Abbott Memorial Library, Dexter:
A Banquet of Books
- ◆ Bangor Public Library, Bangor:
Fuel Your Body, Fuel Your Mind
- ◆ Brown Memorial Library, Clinton: *A King's Feast*
- ◆ Calais Free Library, Calais:
Dining with Dragons and *Wiggles and Giggles*
- ◆ Cherryfield Public Library, Cherryfield:
Cooking at the Castle with Duffy the Dragon
- ◆ Fort Fairfield Public Library, Fort Fairfield:
Blueberries for Sal
- ◆ Guilford Memorial Library, Guilford:
A Feast Fit for a King Reader
- ◆ John B. Curtis Free Public Library, Bradford:
Sow, Grow and Eat
- ◆ Mayhew Library, Addison: *Stories to Grow On*
- ◆ Peavey Memorial Library, Eastport:
Explore the World Through Your Tastebuds
- ◆ Reiche Branch Library, Portland:
Books, Bananas and Burritos
- ◆ Riverton Branch Library, Portland: *Fantasy and Food*
- ◆ Rockland Public Library, Rockland:
Kids in the Garden-Kids in the Kitchen
- ◆ Shaw Public Library, Greenville:
Dragons, Dreams & Daring Deeds

Encourage your students to attend one of these great programs in your community!

Mini Veggie Pizzas



Makes 5 Servings
Prep time: 20 minutes

Ingredients:

- 10 -2-inch unbaked prepared buttermilk biscuit dough plus flour for rolling out biscuits
- 1 Tbsp olive oil
- 3/4 cup prepared pizza sauce
- 1 cup finely chopped tomato
- 1/2 cup very finely diced onion
- 4 cups frozen mixed green vegetables with mushrooms
- 2 Tbsp dried oregano
- Garlic powder
- 3 Tbsp grated Parmesan Cheese

Directions:

1. Preheat oven to 400 F; Place oven rack in middle high position.
2. Remove biscuits and separate. On lightly floured surface, roll each biscuit into 4-inch circle. Place rounds on large oil-sprayed sheet.
3. Brush all biscuits lightly with oil and about 1 Tbsp pizza sauce.
4. Combine all vegetables. Pile equal mixtures onto rolled crusts. Sprinkle well with oregano and garlic powder; lightly w/cheese.
5. Bake 10-12 minutes



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