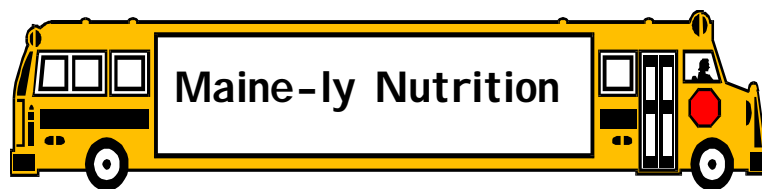


Maine-ly Teachers



Winter 2002

News for Maine-ly Nutrition Teachers

Schoolwide Event Application Deadline

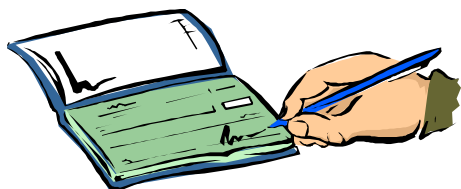
March 1, 2002

A Schoolwide Event is a great opportunity to promote nutrition beyond the classroom and out into the community. In the past, some Community Schoolwide Nutrition Events have included wellness fairs, healthy snack buffets, and community walks. You may refer to the blue handout in your yellow packet that summarizes the Schoolwide Events that took place statewide last year. Remember, any time devoted to the Schoolwide Event can be recorded and counted towards your 25 hours of nutrition education – this time includes planning, implementing, clean-up, etc. This year we will provide a disposable camera to each school that receives the funding, so they can share their event photos with us. Developing of the film can be paid for with the Schoolwide Event funds. If you have any questions, please contact Tamra Montgomery.

The deadline for Community Schoolwide Nutrition Event applications is March 1, 2002. You will find an application in your yellow packet. The event must be nutrition related and we need to understand how students will be involved. Please submit only one application per school. Approval from the Maine Nutrition Network staff is required prior to the event, in order to receive funding of up to \$250.00. Be sure to attach your budget to your application.

Teacher Resource Checks

By now, most teachers should have received their \$100.00 resource checks. If you have not yet received yours, please contact us. Remember to cash your checks immediately. It is also important to save original receipts for all purchases to send in with your documentation. Any lost or stolen checks should be reported to us immediately.



Dole's 5-A-Day Nutrition Education Program

Dole's Nutrition Education Program offers education materials free-of-charge to elementary schools. The materials encourage children and their families to eat 5 to 9 servings of fruits and vegetables every day to promote better health. You can receive free lesson plans, a fruit and vegetable encyclopedia, 5-A-Day songs and fun games, and a 5-A-Day CD ROM from Dole Foods that your students can use. For more information, visit their website at: www.dole5aday.com, or write to them on school letterhead at: Eat 5-A-Day, 5301 Limestone Road, Suite 101, Wilmington, DE 19808-1249, or call toll free at (888) 391-2100. When using any 5-A-Day materials in your classroom, you can count that time towards your 25 hours that you commit to the Maine-ly Nutrition Project.

Liquid Candy

Today, American teenage boys and girls drink twice as much soda as milk--only 20 years ago the numbers were exactly reversed. If you added up all the soda consumed by a typical 12-19 year old male, it would be 868 cans annually--and that's just an average. According to a report by the nonprofit Center for Science in the Public Interest (CSPI), we are consuming twice as much soda as we did 25 years ago...and spending \$54 billion a year on it. That's double what we spend on books.

Michael F. Jacobson, executive director of CSPI, said, "Many teens are drowning in soda pop. It's become their main beverage, providing many with 15% to 20% of all their calories and squeezing out more nutritious foods and beverages from their diets." Dr. Bess Dawson-Hughes, a bone-disease expert at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston said, "I'm particularly concerned about teenage girls. Most girls have an inadequate calcium intake, which makes them candidates for osteoporosis when they're older, and may increase their risk for broken bones today. High soda consumption is a concern because it may displace milk from the diet in this vulnerable population."

It's not an easy battle to fight. The big soda companies would like to have a can of their product within reach of everyone -- worldwide. Indeed, Coca-Cola, PepsiCo, and other companies are relentless marketers, having spent over \$6 billion in the last decade on advertising. Recently, they have started paying big bucks for exclusive marketing rights in schools and other locations frequented by adolescents. For instance, Coca-Cola is paying the Boys & Girls Clubs of America \$60 million to make its company's products the only brands sold in more than 2,000 clubs.

Jacobsen urges, "It's time that parents limited their children's soft-drink consumption and demanded that local schools get rid of their soft-drink vending machines, just as they have banished smoking." Other remedies? There are numerous reforms to reduce soft-drink consumption, including more water fountains, soda-free schools, and health education campaigns funded by state taxes on soda.

An excellent resource for concerned parents and educators is the Center for Commercialism-Free Public Education based in Oakland, California. They castigated schools "for sacrificing their students health by selling out to Coca-Cola. The marketing agreements virtually ensure that more kids will be drinking more soda -- while their health classes are discouraging consumption. Taxpayers must provide school systems with adequate funds so schools don't become reliant on junk-food companies."

For more information, see www.commercialfree.org
Material adapted from CSPI press release Liquid Candy.

Some useful websites:

Eating Disorder resources and information: www.mckinley.uiuc.edu/health-info/nutrit/eatdisor.html

Utah State Office of Education-Responsible Healthy Lifestyles Nutrition Education: www.uen.org/utahlink/lp_res/nutri001.html

Fun with Food Science: www.aces.uiuc.edu/~Whitsid/4-H/index.html Lesson plans for nutrition: www.healthteacher.com

Teacher.net-search for nutrition related lesson plans: www.teachers.net/lessons/ Leafy Greens Council: www.leafy-greens.org

Recipe from Teacher Training Vegetable Chili

Serves 5



- 1 Tbsp vegetable oil
- 1/4 cup fresh green peppers, diced
- 1/2 cup onions, diced
- 1 Tbsp chili powder
- 2 tsp cumin
- 1/2 tsp granulated garlic
- 1/4 tsp onion powder
- 1 1/2 tsp red hot sauce (optional)
- 1 Tbsp brown sugar, firmly packed
- 1 1/2 cups canned crushed tomatoes
- 1/4 cup canned diced tomatoes, drained
- 2 cups canned kidney beans, drained, rinsed
- 1/4 cup plus 2 Tbsp bulgur wheat, (No. 3 size)
- 1 cup water 1/2 cup low fat plain yogurt
- 1/2 cup plus 2 Tbsp low fat cheddar cheese, shredded

In a large sauce pan, heat oil over medium heat until hot. Add peppers and sauté over medium heat for 3 minutes until tender. Add onions and sauté for 2 minutes until translucent. In a small bowl, combine chili powder, cumin, garlic, onion powder, red hot sauce (optional), brown sugar, crushed tomato, and diced tomatoes. Add tomato mixture to cooked vegetables and simmer, uncovered, for 10 minutes. Mix in kidney beans, bulgur wheat, and water. Simmer, uncovered, for 15 minutes. Blend in yogurt and stir to blend. Sprinkle 2 Tbsp of cheddar cheese over each serving. Each serving (1 cup): 215 calories, 8 g saturated fat, 2.7 mg iron, 10 g protein, 1 mg cholesterol, 104 mg calcium, 37g carbohydrate, 118 RE Vitamin A, 636 mg sodium, 4.1 g total fat, 24 mg Vitamin C, 7 g dietary fiber.

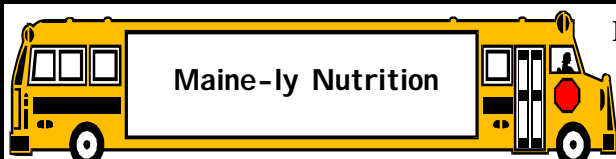
The Edible Schoolyard

Alice Waters, chef and proprietor of Chez Panisse Restaurant in Berkeley, California, and principal Neil Smith, from the Martin Luther King Jr. Middle School established the Edible Schoolyard as an effort to help kids understand the relationship of the earth to the table. The mission is to create and sustain an organic garden and landscape, which is wholly integrated into the school's curriculum and lunch program. The Edible Schoolyard puts it all together: growing, cooking, serving, and eating the garden's fresh produce. The produce is used for daily classroom snacks and on the salad bar. Students learn the whole concept of gardening from the tilling of the soil, planting the seeds, maintenance, harvesting, and eating the delicious results. In the end, students share meals together and realize that gardening is hard work!

Neighbors and local stores donate garden tools and seeds and/or plants. This is truly both a school and community garden for all to enjoy. Teachers work in the gardens on a regular basis with the students.

Food has great karma. We all have food memories of how it represents love, concern, friends, and family. In the end, we must realize that we are all directly related to food, even though most of us are removed from the growing, producing, and sometimes even its cooking. The students at Martin Luther King, Jr. Middle School are learning a lesson to take through life, gaining an understanding that dedication and hard work in the garden grows healthy minds, bodies, and lives.

Contact Tamra Montgomery to discuss how you could start a school gardening project and for free seed resources. Remember, Maine-ly Nutrition funds cannot be used to purchase seeds, soil or plants based on USDA guidance.



Maine-ly Nutrition is one of the projects of the Maine Nutrition Network

You can contact us at: MNN, 295 Water Street, Augusta, Maine 04330

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

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

Food for thought from Annelida, the HEALTHY FOODS from HEALTHY SOILS spokesworm

Will Rogers is supposed to have said: "They're making people every day, but they ain't makin' any more dirt."

What difference does it make if "they ain't makin' any more dirt"? Besides being ALL important for us annelids and other worms, it is also critical for humans. According to researchers at Cornell University, only about one-half acre of farmable land per person is available for food production worldwide. This is significant because 99% of our food comes from the land and farmland is being gobbled up or eroded at a rate 13 times faster than it is being replenished!

Many Maine-ly Teachers have participated in the Apple as Earth activity, which reinforces the importance of treating fertile soils as a valuable resource. If you would like to see a short but well-done animated version of this activity, see the American Farmland Trust web site, www.farmland.org and select the film, Apple as Planet Earth, to see this math, science and food activity done graphically! For further information, see the HFHS teacher guidebook.

Annelida is the sometimes outspoken spokesworm for the Healthy Foods from Healthy Soils (HFHS) program, which links nutrition, agriculture and recycling through fun hands-on activities for Maine elementary students. To send Annelida questions, write to healthyfoods@zwi.net.

HeartPower from American Heart

Reading, writing and risk reduction? At-risk students deserve special help. That includes those at risk of heart and blood vessel diseases. In other words, your whole class. With American Heart Association programs and products, it is also easy...and fun!

To make the right choices about their life and health, your students need the right information. With our **HeartPower** kits, you can make that connection. Your students can establish the habits that will help safeguard their heart health now and for years to come.

There are 4 kits available: ♥ Pre-K, ♥ K-2, ♥ 3-5 and ♥ 6-8. Each kit is packed with information and activities about four key messages:

- ♥ how the heart works
- ♥ nutrition
- ♥ physical activity
- ♥ living tobacco free

The kits are provided free of charge based on availability. The American Heart Association has other educational resources including the Heart Adventure Challenge Course that is available for schools to borrow. Time spent on the nutrition components of this kit can be part of your 25 hour commitment to Maine-ly Nutrition.

For more information on the above resources or the *Jump Rope for Heart* and *Hoops for Heart* programs. Please contact: Carrie Fortino at 1-800-648-2041 X 5104.