



Maine Nutrition Network

FALL/WINTER 2003

ISSUE 17

Notes

The Maine Nutrition Network is a statewide coalition of over 200 individuals and partner organizations established by the Maine Department of Human Services, Bureau of Health and the Edmund S. Muskie School of Public Service, University of Southern Maine.



Hip, Hip, Hooray! 5 A Day the Maine Way

Congratulations to the fifteen organizations who were awarded 5 A Day the Maine Way mini grants to foster collaboration between their organizations and partners such as farmers, community gardeners, and grocery stores. The Maine Nutrition Network offered funding for initiatives geared to increasing low-income Maine families' fruit and vegetable consumption to five servings a day. Six of the awards were targeted specifically for

senior citizens (identified with an asterisk).

Below are the fifteen awardees:

- Electronic Grange Network, Weld*
- York County CAP-WIC, Biddeford
- Mary F. Marsh School, South Portland
- Stutzman's Farm, Sangerville*
- Union 102, Machias
- National Youth Sports Program, Portland
- Department of Agriculture, Augusta*
- Body Smart HMP, Bridgton*
- Pleasant Point Health Center, Perry*
- MSAD #11, Gardiner
- Healthy Community Coalition, Wilton
- MSAD #39, Buckfield
- Healthy Living Project HMP, Belfast*
- MSAD #59, Madison
- Katahdin Area Partnership, Millinocket

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Changing the Scene with Internet Kits

Log on to the Maine Nutrition Network website at www.maine-nutrition.org, click on the Internet Kit icon, and you will find ideas for poster contests, physical activity challenges, and lesson plans that can help teach school children about foods being served in the cafeteria.

These Internet Kits are designed to teach children about the importance of good nutrition and physical activity by connecting the lunchroom with the classroom. Suggestions on how to use these materials are included with each Kit. Some of these suggestions were provided by school food service personnel who

are actually using the Kits! Each of the ten kits features a different nutrition theme. Here are some examples of what you will find:

- Sports Nutrition
- The Importance of Breakfast
- Building Healthy Bones
- 5 A Day

All kits contain a menu template that can be used on the back of the school menu along with information for families relating to that month's theme, lesson plans for teachers and a monthly activity designed to pull the school together to work on the theme.

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Staff Updates

Lori Kaley has recently been promoted to Coordinator: Community Health Initiatives. In this role Lori is collaborating with the Bureau of Health as the Program Coordinator for the newly funded Physical Activity and Nutrition Program. Lori will continue to collaborate with the Maine Cardiovascular Health Program and the Maternal and Child Health Nutrition Program on the Healthy Weight Awareness Campaign and coordinate technical assistance and training for the Healthy Maine Partnerships. Lori is responsible for coordinating staff at the Maine Nutrition Network, Muskie School/University of Southern Maine, and other key organizations to accomplish these projects.

Linda Kennedy has been promoted to Project Assistant at the Network. She is working on the Physical Activity and Nutrition Program, supporting the

Healthy Maine Partnerships and assisting Network and Bureau of Health staff with multiple projects.

Jaime Hebert has also been promoted to Project Assistant at the Network. She will continue to work with the Maine-ly Nutrition Project, Team Nutrition and other Child Nutrition projects.

Tamra Montgomery recently got engaged and has moved to Florida to be closer to her fiancé. Congratulations, Tamra. We wish you all the best!

3 New Support Staff Hires:

Lynne “Alice” Schlosser of Vassalboro served many years as a Legal Secretary in the Office of the District Attorney. Alice will primarily work with

the Bureau of Health on the new Physical Activity and Nutrition Program.

Patti Sutter of West Gardiner has 5 years experience with University policies and procedures. Previously, Patti worked as an AAIL in the Office of the Dean of Students at UMA. Patti will be working with the Healthy Maine Partnerships Initiative and overall MNN projects.

Barbara Thompson of Waterville has worked for SANMINA-SCI for the last three years where she was Training Coordinator. Barbara will be working on the Maine-ly Nutrition Project.

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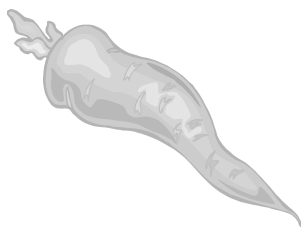
Carrot Salad Serves 6-8 people

Ingredients

½ cup vegetable or olive oil
2 tablespoons lemon juice
2 cloves garlic, minced
1 pound carrots, grated or shredded
3 tablespoons minced parsley
Salt and pepper to taste
¼ teaspoon sugar (optional, depending on sweetness of carrots)
Black olives (optional garnish)

Directions

In a large bowl, mix oil, lemon juice, parsley and garlic. Add carrots and toss gently. Season with salt and pepper and, if desired, sugar. Chill. This can be made a day ahead. Garnish with olives, if desired.



Nutritional Analysis

Calories 115
Fiber 2 grams
Vitamin C 11 mg.—18% DV*
Fat 2 grams
Vitamin A 1606 RE—160% DV*
Protein .55 grams

Diabetic Exchange

½ vegetable serving
2 fats

* Percent Daily Values (DV) are based on a 2,000 calorie diet

*Cooking is at once one of the simplest and most gratifying of the arts,
but to cook well one must love and respect food.*

*-Craig Claiborne (B. 1920)
American Food Editor and Writer*

Partner Spotlight: The Award of Excellence goes to Chris Greenier!

Chris Greenier, School Nutrition Director for M.S.A.D. #22, in Hampden, won the Maine School Food Service Association (MSFSA) Award of Excellence in the Director's category for 2003.

Chris has been Director for M.S.A.D. #22 for 15 years. During these years she has earned a Master of Science Degree in Nutrition and the status of a Registered Dietitian. She has worked very hard to make the Nutrition Program an integral part of the school environment. She is an active member of the district's School Health Council, a key member of the Changing the Scene team for MSAD #22 and the driving force in the creation of Nutrition Advisory Councils in the system.

Mr. Emil Genest, Assistant Superintendent states, "Through Chris's guidance, we have developed an action plan to foster healthy eating throughout the district." He also states "Chris is very proactive in enhancing nutrition education/awareness throughout the school district. She is creative in using signage and other informational displays within our cafeteria, classrooms, hallways, teacher lounges, etc. Chris has integrated the CATCH program into the school nutrition program and has used 'Go, Slow, Whoa' as an educational marketing tool in the schools' cafeterias."

Congratulations Chris! Our hats are off to you.

Congratulations!



If you would like to share your success story, showcase your project or initiatives, or would like to suggest a colleague that we should write about, please call the MNN at 626-5204.

Good News for Arteries! FDA Requires Labeling of Trans Fats!

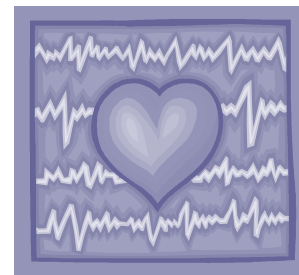
Trans fat is a type of fat formed when food manufacturers turn liquid oils into solid fat by adding hydrogen to vegetable oil. Hydrogenation increases the shelf life of processed foods. Like saturated fat, trans fat promotes heart disease. Scientific reports have confirmed that trans fat behaves like saturated fat by raising low-density lipoprotein (LDL) or "bad" cholesterol. It also lowers high-density lipoprotein (HDL) cholesterol that carries cholesterol out of the bloodstream.

In July, the FDA issued a regulation that requires manufacturers to list trans fat on the Nutrition

Facts panel of foods. However, food manufacturers have until January 1, 2006 to list trans fats on a separate line on the label. In addition manufacturers are allowed to list amounts of trans fat with less than 0.5 gram as 0 on the Nutrition Facts panel. Scientists recommend people eat as little trans fat as possible, but it is hard to know where it is. Trans fats can be found in some of the same foods as saturated fats: crackers, candies, and commercial baked goods.

If you see the words *hydrogenated* or *partially hydrogenated* in the label, that food contains trans fat. You can

estimate the trans fats by adding up the saturated, monounsaturated and polyunsaturated fats. If those numbers do not add up to the total fat grams, trans fats are likely to make up the difference.



Wear Your Fruits and Vegetables!

Healthy Living, at Seabasticook Valley Hospital recently borrowed the Apple, Pea, Carrot, and Strawberry costumes for use during Pittsfield's Egg Festival Week. Partnership staff and volunteers suited up to participate in the grand finale of the 5-A-Day library event at the Pittsfield Library. Staff was also on hand to dress up for the 5-A-Day Relay, which was an all-day event for children in a community park during that same week. Finally, the YAP group, locally known as Think Twice, became living fruits and vegetables for our "How Colorful is Your Plate" float in the Egg Festival Parade at the end of the week. The adults and youth had great fun dressing up and the community members let us know that they all really enjoyed it!

*Abby Ring, MPH, CHES
Community Partnership Director
Healthy Living- A Healthy Maine Partnership
(207) 487-3890, ext. 114*

This summer we had a two-day Food, Fun, and Fitness Fair at a local playground. We had booths set up with games, food, balloons, crafts, and much more: each promoting the importance of eating more fruits and vegetables, and increasing physical activity. The first day we used the MNN "Carrot" costume. My energetic volunteer wore the costume while carrying a large basket filled with individually bagged carrots.

This way she could stroll around the playground talking with the children and pass each child his/her own bag of carrot snacks. The kids loved telling "Ms. Carrot" what their favorite vegetable was! The second day we used the "Tomato" costume, which again was a hit with the kids, with its bright red color. Thanks, MNN for the super costumes, it helped make our fair extra fun this year for all of us!

*Terry Berry, Nutrition Aide
UMCE/Franklin County
(207) 897-6789*

I am the staff person for cancer control for the American Cancer Society in Aroostook and Washington Counties and northern Penobscot County. Every year we have our signature fund raising event, the Relay for Life, in Presque Isle and part of my job there is cancer education. I try to get prevention/detection messages out there during the event. This year, I got a volunteer to dress up like the broccoli while I wore the carrot costume. We had another volunteer dress like the strawberry. We had donated carrots, broccoli and fruit which we passed out. On my tray was a sign that said, "It's the Drew Carrot Show" and the broccoli tray said "With special guest Broccoli Spears." We would visit all of the camp sites saying "five a day" "Eat five a day," etc and encouraging people to sample our veggie wares. People seemed

to get a chuckle out of it and they are reminded about an American Cancer Society guideline. About a third of cancers could be prevented if people followed American Cancer Society guidelines for diet, exercise, and screenings, so this is important work.

*Doug Dieckmann
American Cancer Society
Regional Executive for Patient Support
(207) 532-5622*

On August 16, events were held at two different locations to celebrate the Wooden Canoe Festival in the Katahdin Area. During the day, a taste testing booth was set up in Medway, and in the evening a booth was set up in Millinocket. Two Youth Advocacy Program members wore the costumes during both of these times. We were promoting 5 A Day The Color Way through a grant we received from the Maine Nutrition Network.

*Jane McGillicuddy
Katahdin Area Partnership/
Millinocket Regional Hospital
(207) 723-5288*

For more information on our 5 A Day costumes, please contact Patti Sutter at 626-5265.

The State Physical Activity and Nutrition Program is at work!

In July 2003, The Maine Department of Human Services, Bureau of Health was awarded a five-year Cooperative Agreement from the Centers for Disease Control and Prevention to address obesity prevention. The Physical Activity and Nutrition (PAN) Program focuses on health promotion for the entire population and for the prevention and control of obesity.

The new PAN Program builds upon

prior achievements at the Bureau of Health, especially the work of the Maine Cardiovascular Health Program and the Maternal and Child Health Nutrition Program.

The PAN Program provides the needed resources to coordinate program efforts with cardiovascular health, cancer, diabetes, oral health, maternal and child health, and coordinated school health. Interventions target individual intentions and

skills, social networks, organizations, and social and physical environments.

For PAN Program Goals and Activities, go to page 5.

For more information contact Lori Kaley at 626-5258 or lori.kaley@maine.gov

It's Winter: Get Out and Play!

We all know by now that the Surgeon General recommends we accumulate at least 30 minutes of moderate intensity physical activity on most, or preferably all days of the week. It's as easy as three, 10-minute brisk walks a day.

A recent report from the Center for Health Statistics shows that nationally, 1 in 4 adults engage in *little or no* regular physical activity. This is consistent with Maine adults: 23% of us engage in **no** leisure-time physical activity (BRFSS 2001).

Many Mainers think it's impossible to be active in the winter and we've heard every excuse from "it's too cold" to "it's too dark" to "it's too snowy." But there are many ways to keep active indoors or outside, even when Jack Frost comes to visit. Let's help make winter 2003/04 an active one.

Communities can be a big help for folks. Current research shows that people who have greater access to community facilities, such as

parks, indoor gyms, and walking/biking trails or tracks are more likely to have higher levels of physical activity and are less likely to be overweight.



The following is a list of ideas that encourage and support being physically active year-round. Get out and Play!

Here's What Communities Can Do:

- Open the school gymnasiums and hallways for walking, hoops and other activities for community use.
- Make sure neighborhood and village sidewalks are plowed and salted or sanded so folks can walk to nearby destinations.
- Area YMCAs and/or Community Centers may offer special times for community members to use the pool for a reduced rate.

Here's What You Can Do:

- Take the family to the local park or ball field and build snow sculptures or make snow angels.
- Drive to the mall on cold days and walk inside.
- Go sledding with the kids.
- Carry and stack wood for the woodstove.*
- Shovel the walkway instead of using a snow blower.*
- Walk, ski or snowshoe on one of the many trails throughout the state.
- Check out www.healthymainewalks.org to find a trail in your community.

** You may need to pace yourself during vigorous activities such as shoveling snow or carrying wood. It is recommended that you consult your primary care physician before starting any vigorous physical activity plan.*



PAN Program Goals and Activities

PAN Program Goals:

- To increase the proportion of Maine citizens who are at a healthy weight and reduce the health risks associated with overweight and obesity.
- To identify and eliminate health disparities related to overweight and obesity among priority populations.

PAN Program Activities:

- Develop a coordinated nutrition and physical activity infrastructure including a comprehensive strategic plan to address overweight and obesity in Maine.
- Implement nutrition and physical activity strategies that address caloric imbalance and expenditure, increased physical

activity, reduced television time, increased breastfeeding, and increased consumption of fruits and vegetables.

- Assist the Healthy Maine Partnerships in supporting the thirty-one community-school partnerships funded through the Tobacco Settlement to address obesity, physical inactivity, and poor nutrition.

Good Nutrition at the Library

During the summer of 2003, fifteen public libraries received \$400.00 grants from the MNN Summer Library Nutrition Program. The libraries are located in areas where there are teachers participating in the Maine-ly Nutrition Project. These libraries continue the work of nutrition education by developing innovative programs that help children learn about good nutrition and healthy food choices.

In February, invitation letters and grant applications are sent out to selected libraries. The libraries submit a grant proposal and budget that includes nutrition education programming during their summer program. If approved, the library receives

\$400.00 in funds to supplement their nutrition education program. These funds are used to purchase nutrition related books or buy different fruits and vegetables for a taste testing session. (Based on USDA guidance, the funds cannot be used to purchase seeds, soil, worms, or live plants.) Libraries can focus on a particular theme if they wish, such as *Food Around the World* or *From Farms to Markets*.

The following libraries were funded this summer:

- Bangor Public Library
- Burbank Branch of the Portland Public Library
- Carver Memorial Library, Searsport

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

Internet Kits (continued)

Examples of monthly activities include:

- Going for 10,000 Steps
- Poster Contests
- Bake offs
- Taste Panels
- Developing “Ads” for healthy eating
- Developing snack programs
- Activities that connect the “café” to the classroom

Relevant background information

and Internet links are also provided. The Internet Kits have been developed for those schools working with *Changing the Scene*, a program designed to improve school nutrition environments, but all schools are welcome to access and use the Kits.

Funding for the Maine Nutrition Network’s development of the Internet Kits was provided by the Maine Department of Education, through a USDA Team Nutrition Training Grant.

For additional information about the Internet Kits, please contact Mary Ann Bennett at 626-5044.



www.maine-nutrition.org



Eat 5 to 9 Servings of Fruits and Vegetables Every Day

- Have a glass of 100% juice in the morning.
- Grab an apple or banana on your way out the door.
- Eat a big salad for lunch.
- Snack on raw veggies.
- Keep trail mix made with dried fruit on hand for a quick snack.
- Eat at least two vegetables with dinner.
- Eat fruit for dessert.



The Maine Nutrition Network Prepares for 2004!

The following are some of the activities we will be working on as the MNN begins the new fiscal year:

Mini-grant Opportunities in Four Areas

- 5 A Day
- Initiatives to encourage healthy food choices and active lifestyles
- School-based Family Involvement grants
- Healthy Aging

School-based Projects

- Increase the number of teachers participating in the Maine-ly Nutrition Project from 575 to 675 and invite school nurses to participate
- Expand teacher training to include middle school teachers
- Hold a *Changing the Scene* summit for Maine-ly Nutrition Schools, where school district teams will learn about school environments that support healthy food choices and promote physical activity. Each team will develop an action plan for their school district
- Enhance collaboration with UMCE by supporting nutrition aides' work in classrooms in Maine-ly Nutrition schools

Agriculture Projects

- Explore the adaptation or production of a Farmers' Market cookbook
- Continue nutrition education for Maine Senior FarmShare participants, through the Healthy Aging and 5 A Day mini-grants

Healthy Maine Partnerships (HMP)

- Collaborate with Bureau of Health to provide training and technical assistance to HMPs in the areas of nutrition and physical activity
- Development of additional action packets to support HMPs and other MNN partners in their efforts to improve nutrition and increase physical activity in their communities
- Collaborate with Bureau of Health on continued production of the Healthy Weight Awareness Campaign

Network Sustainability/Partner Support

- Write it Easy to Read Workshops
- MNN Strategic Plan
- Involvement in ASNNA (Association of State Nutrition Network Administrators)

Healthy Aging Initiatives

- Nutrition for Seniors Project has been renamed "Take Charge of Your Health: Eat Right and Keep Moving." The focus will change from one-to-one nutrition education to group education

New Initiatives

- Integrate outreach efforts for food stamp participation into all nutrition education projects and activities
- Assess nutrition education needs of Somali community in Lewiston and plan nutrition education activities

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John Elias Baldacci
Governor



Peter E. Walsh
Acting Commissioner

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Healthy Eating Made Easy!

- Avoid fast-food restaurants as much as you can. The typical fast-food “entrée” has between 350-900 calories and between 15 and 60 grams of fat.
- When you do eat out, ask for an extra plate and share your meal with a friend.
- When eating out, remember that *battered, French fried, breaded, creamy, au gratin, scalloped and rich* are all descriptions for foods that are high-fat.
- Remove the skin from poultry before eating. Taking the skin from a half-breast of chicken reduces the fat content from about 8 grams to about 3 grams.
- Use reduced fat cream cheese or Neufchatel cheese on whole grain bagels and toast.
- When a recipe calls for milk or cream, use low-fat milk (such as 1 percent).
- When baking, substitute applesauce for oil.
- Get rid of chips and cheese-loaded snacks. Substitute low- or non-fat items such as pretzels, rice cakes, baked tortilla chips and unbuttered popcorn.
- Switch to nonfat frozen yogurt instead of ice cream.
- Use egg whites instead of whole eggs.
- Use reduced fat peanut butter.
- Try natural peanut butter. The oils are healthy ones.
- Try not to eat high-fat foods for dessert. Fruit is best. But when you want cheesecake or a hot fudge sundae with nuts, share with a friend!

