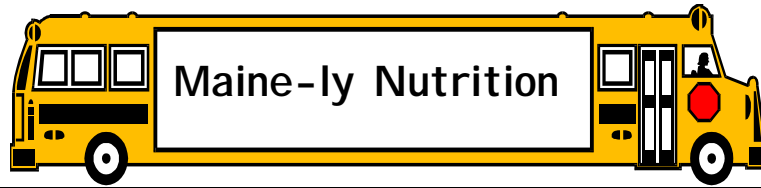


# Maine-ly Teachers



Spring 2001

## *News for Maine-ly Nutrition Teachers*

### **MNN Annual Partner Meeting**

The Maine Nutrition Network (MNN) will hold its annual meeting on May 24th at the Captain Daniel Stone Inn in Brunswick. We are planning an exciting day celebrating accomplishments and planning for the upcoming year. As always, Maine-ly Nutrition teachers are welcome to join us. For registration information, call Linda Kennedy at 626-5204.

### **Send us ALL of your hours!**

Remember, if you have put in more than 25 hours of nutrition education, please record it on your time sheet. Any additional nutrition education time that you send to us means that we receive additional funds resulting in more resources for teachers and schools participating in Maine-ly Nutrition. The toolkits that each school received this year were the direct result of the extra hours (beyond 25 hours) teachers recorded last year. If you are involved in planning, implementing, and evaluating your Schoolwide Event, be sure to record those hours on your time sheet.

### **Time sheet and expense forms**

If you would like additional forms, you can download them from our web page. The direct web link for downloading and printing off the time sheet or expense form is: [www.maine-nutrition.org/school.html#resources](http://www.maine-nutrition.org/school.html#resources).

### **Schoolwide Events**

We are excited by the number of Community Schoolwide Nutrition Event applications that we have received. Teachers are working with food service personnel, members of the community, parents, students, and administrators to teach about and promote healthy food choices. The events are interactive and the originality is outstanding. Our staff hopes to attend as many events as possible.

If you are having an event, please send us your photos, newspaper articles, and newsletter announcements with your Schoolwide Event reporting form. We want to add your event to our scrapbook. If you have any questions, please contact Judy Gatchell or Tamra Montgomery.

### **Seed information**

Many local gardeners may have seeds and expertise they are willing to share with your classroom. Many seed companies offer complimentary seeds for educational purposes. Try some of these:

Johnny's Selected Seeds, [www.johnnyseeds.com](http://www.johnnyseeds.com); Pinetree Garden Seeds, [www.superseeds.com/superseeds@worldnet.att.net](mailto:www.superseeds.com/superseeds@worldnet.att.net); FedCo Seeds, [www.fedcoseeds.com](http://www.fedcoseeds.com); Wood Prairie Farm Organic Seed Potatoes, [www.woodprairie.com](http://www.woodprairie.com); America the Beautiful Fund, [www.freeseeds.org](http://www.freeseeds.org)

### **FREE Gift**

Those teachers who send in their expense forms (receipts

attached) and time sheets postmarked by June 29, 2001, will receive a gift from Maine-ly Nutrition. Don't miss yours!! If you have any questions about your expense form or time sheet, please call Tamra Montgomery.

### **Anneilda's Advice Column**

#### Sun, Soil, Water, Air

\*This rhyme, which is best chanted in a round, was written by Steve Van Zandt from the Banana Slug String Band. Make up a tune for it!

Sun, soil, water, air.  
Sun, soil, water, air.  
Everything you eat  
And everything you wear  
Comes from  
Sun, soil, water, air.

Have students consider these 'ingredients' which are the origin for so much of what they consume and use. This can be a perfect introduction to gardening--even if it is starting some small seedlings to take home at the end of school. If gardening is not for you, consider taking your students outdoors to a farmer's market, a local farm, or to do nature journals in your schoolyard.

### Fun things to think about when planning your garden:

Decide which vegetables you'd like to plant. What vegetables do you (and your class/families) like to eat? What about a theme garden--Peter Rabbit's garden, Pizza Garden, Native American Three Sisters Garden, for example. What is the weather like in your area? How much room do you have for your vegetables? Read the information on seed packets *before* buying. Find a place for your garden, preferably with water nearby. Start small--you can always 'grow' it bigger later on. Figure out what tools you'll need. If container gardening is more your speed, pots should (1) be big enough to support fully grown plants, (2) hold soil, and (3) have adequate drainage. Use your imagination for what fits these three simple criteria; most garden plants can be grown in pots. Annelida has seen children's pails, old boots, used bicycle helmets (upside-down as a hanging planter) and teapots--all for growing vegetables.

Hint--For late May/early June planting, soak vegetable seeds overnight in warm water so they'll sprout faster. If your plants will be outside (as opposed to on the classroom window shelf), 'early' cold-resistant choices might include peas, radishes, lettuces, spinach, mustard, and arugula.

For more information on gardening with children, refer to the Healthy Foods from Healthy Soils curriculum, or contact Annelida, if you have questions. Write to her via email c/o [elizabeth\\_patten@coconetme.org](mailto:elizabeth_patten@coconetme.org).  
Wormly, Annelida

## Gingerbread Dessert



Makes 9 Servings

This recipe comes from the 4th edition of the American Heart Association Cookbook. It is not the recipe we used for training (that one is for 50 servings), but it is similar and very good.

1 cup molasses (dark)  
1/2 cup brown sugar  
1/2 cup oil  
1/2 tsp. cinnamon  
1/2 tsp. cloves  
1/2 tsp. nutmeg  
1 tsp. ginger  
1 cup boiling water  
2 1/2 cups flour  
1 tsp. baking soda

Blend together the first 7 ingredients and stir in the boiling water. Mix in the flour. Dissolve the baking soda in 2 tablespoons of hot water; add to batter. Pour into a greased 8 x 8 x 2-inch cake pan. Bake at 350°F for 30 minutes.

### Checklist

If you or your school has not received all of the resources listed below, please call us:

Each Maine-ly Nutrition **School** should have received:

- Blue school resource packet (with catalogues)
- Toolkit (with cooking supplies)

Each Maine-ly Nutrition **Teacher** should have received:

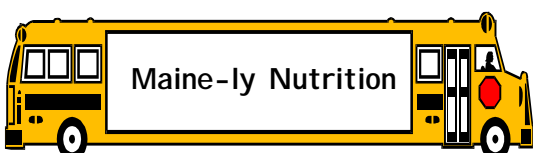
- \$100.00 check for purchasing nutrition resources
- Curriculum (Healthy Foods from Healthy Soils or Scholastic)
- Eat Smart campaign materials order form
- Red resource packet and Yellow forms packet
- Three teacher newsletters, including this one
- Maine-ly Nutrition incentive (an apron, “Hey Kids You’re Cooking Now” cookbook or “How to Teach Nutrition to Kids” set)
- Set of three Eat Smart Posters

### What’s New on the Nutrition Scene?

#### Some fun and informative websites:

- School grants: [www.schoolgrants.org](http://www.schoolgrants.org)
- Eat Ethnic: [www.eatethnic.com](http://www.eatethnic.com)
- Family Food Zone: [www.familyfoodzone.com](http://www.familyfoodzone.com)
- Nutrition Explorations: [www.nutritionexplorations.org](http://www.nutritionexplorations.org)
- Jim Speirs’ Cooking Page with Kids Recipes: [www.melborponsti.com/speirs/kids/index.htm](http://www.melborponsti.com/speirs/kids/index.htm)
- Teach Nutrition Teacher resources: [www.teachnutrition.org/ie/index.html](http://www.teachnutrition.org/ie/index.html)

Visit our website at [www.maine-nutrition.org](http://www.maine-nutrition.org) for more links



**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](mailto:judy.gatchell@state.me.us) or

Tamra Montgomery @ 626-5299 or email [tamra.montgomery@state.me.us](mailto:tamra.montgomery@state.me.us).

You can visit our website: [www.maine-nutrition.org](http://www.maine-nutrition.org).

For *Healthy Foods from Healthy Soil* information: email Elizabeth Patten: [elizabeth\\_patten@coconetme.org](mailto:elizabeth_patten@coconetme.org)

## Food Allergies and Intolerances

Food allergies occur when the immune system overreacts to certain proteins in food. Although many food ingredients can provoke an allergic reaction, most are caused by: nuts (like walnuts and almonds), peanuts (they’re legumes, not nuts), milk, eggs, fish, shellfish, soybeans, and wheat. Typical symptoms are nausea, hives, skin rash, nasal congestion, and wheezing. Most kids outgrow food allergies by the time they reach adolescence, but some allergies, particularly to peanuts, nuts, and seafood, rarely go away. Anyone can develop new allergies at any time.

For most sufferers, allergic reactions to food are temporary. But as many as 30,000 people each year in the U.S. go into anaphylactic shock, when they eat the wrong food; about 150 of them die.

Most reactions to food are not caused by allergies but by intolerances, which are less severe (except for those caused by sulfites). Intolerances can be triggered by most any food, which makes them harder to pin down.

Lactose is the most common intolerance. Approximately three out of every ten American adults, particularly people of African, Asian, or Mediterranean heritage, do not produce enough of the enzyme lactase to digest all the lactose (milk sugar) they consume. When too much undigested lactose reaches the large intestine, it can cause gas or diarrhea. People with lactose intolerance do not have to avoid all dairy products. Some, like cheese, ice cream, and yogurt, have much less lactose than milk does. Most lactose-intolerant people can tolerate small amounts of milk or can drink lactose-free milk or take lactase enzyme tablets.

Sulfites are sulfur-containing additives used as preservatives in dried fruits, wines, and dehydrated potato products like mashed potato flakes. About one in every 100 people with asthma are sensitive to sulfites. If they eat a food that contains sulfites, their throats may constrict and cut off the flow of air. Sulfite sensitivity can develop at any age.

Some people react with itching or hives to a synthetic yellow food coloring called tartrazine, or Yellow No. 5. For this reason the FDA requires manufacturers who use Yellow No. 5 to list it on their labels. Synthetic food colors may provoke behavior problems like irritability and restlessness in susceptible children

For more detailed information and references on this topic see the April issue of the Nutrition Action Healthletter from the Center for Science in the Public Interest (CSPI) at [www.cspinet.org](http://www.cspinet.org).