

Maine-ly Teachers



Summer 2001

News for Maine-ly Nutrition Teachers

Teacher Survey Now Online!

Please help us to evaluate this year's Maine-ly Nutrition project, and plan for next year, by completing our quick and easy teacher survey at the web site below. If you do not have access to the internet and need a paper copy, please contact Judy Gatchell. Thanks for your time and for all that you do for the health of the children of the great State of Maine. Website: <http://websurveyor.net/wsb.dll/4557/mainelynutrition.htm>

Attention Teachers: Interested in free CEUs?

Researchers at the University of Maine are inviting teachers (i.e. elementary, secondary, health, literacy, physical education, art, music, and special education) to participate in a nutrition education study. The project is designed to inform teachers about specific topics related to childhood obesity and to examine opinions about obesity. The educational module can be easily accessed from the internet and it provides a valuable learning experience for teachers. The module addresses various issues pertaining to childhood obesity including: causal and health factors, nutritional and psychosocial effects, concerns regarding weight loss and body image, diversity issues, and classroom activities. It also includes a comprehensive listing of professional references and resources.

Participation in this study involves completion of the educational module as well as pretest, posttest, and six-week follow-up questionnaires. Your full participation entitles you to .5 CEU (5 hours) and to a raffle drawing for \$25.00 to L.L. Bean, Inc. Every twenty-fifth person, drawn at random, will receive a \$25.00 gift certificate. If you are interested in participating in the project, please forward your name, home address, and phone number to Anne Hague at: hague@adelphia.net.

Roasted Green Beans

Serves 4



1 1/4 lbs. fresh green or wax beans, trimmed	1/4 tsp. salt
2 Tbs. slivered almonds	1/4 tsp. garlic powder
1 Tbs. lemon juice	1/4 tsp. dried basil
2 tsp. olive oil	1/4 tsp. black pepper

Preheat oven to 450°. Combine all ingredients and place on a cookie sheet. Bake at 450° for 10 minutes or until beans are tender and browned, stirring occasionally.

Wellington Elementary School Receives Award

Wellington Elementary School in Monticello has received an award as an Exemplary Elementary School of Excellence in Health Education from the Maine Department of Education. We are proud to have one of our Maine-ly Nutrition Schools recognized for its efforts. At an awards ceremony at the Blaine House on May 22, Wellington was recognized for its innovation in health education, and for the support of administrators, staff and community. The school's health education curriculum is aligned to the Maine Learning Results and taught and assessed in all grades, K through 4. Wellington has a heart healthy breakfast and lunch program and a Student Advisory Board that works with the principal. Many after-school wellness activities are offered. CONGRATULATIONS to all staff and students at Wellington Elementary School!!!

Other Exemplary School award recipients for this year are: Scarborough Middle School and Mt. Ararat High School in Topsham. Biddeford Middle School is the recipient of the Meritorious School of Excellence Award.

Plan to join Maine-ly Nutrition in the fall

Even as we work on winding up Maine-ly Nutrition for this school year, we are planning for next fall's recruitment. We expect to have sign-on information to you by mid-September. If you do not receive the information, it is probably because your school does not meet the guideline of $\geq 50\%$ eligibility for free and reduced meals. Don't despair!! Contact us and we can check your numbers as they are updated.

Please encourage other teachers in your school to participate with you. Remind them that they do not need to teach a separate nutrition unit to participate in this project. Each teacher receives \$100 for nutrition resources, and teaching and demonstration supplies to use in teaching nutrition lessons and implementing activities. Those teachers who sign on also receive a copy of the grade appropriate nutrition curriculum by Scholastic, Inc., or Healthy Foods from Healthy Soils, including links to the Maine Learning Results. **Remember, the more teachers that participate, the more funding we receive from USDA, so your participation year after year actually means we can provide MORE resources, not less.**

This past school year we had almost 400 teachers statewide participating in Maine-ly Nutrition, and we plan to reach out to many more in the fall. We want to thank all of you who have helped our project expand and become a success in the schools. With your help, children are learning the importance of good nutrition and physical activity and how to make healthful food choices. We look forward to working with you again in the fall. Have a safe and healthy summer!

Some useful websites:

Food Assistance and Nutrition Research: www.ers.usda.gov

University of Maine Cooperative Extension: www.umext.maine.edu

Government Food Safety Information: www.foodsafety.gov

Food, Nutrition, and Consumer Services (Nutrition Assistance Programs; Team Nutrition): www.usda.gov/fncs

Visit our website at www.maine-nutrition.org for more links

Dole Nutrition Program: www.dole5aday.com
(includes teacher and student resources)

What's new on the Nutrition Scene?

Margarine Additions

We are now seeing margarine with added calcium and fruit. Is this a wise way to strength bones and get you 5 a Day? Consider that 1 tablespoon of Country Crock provides 10% (100 milligrams) of the Daily Value for calcium. Although the government considers this a good source of calcium, this is a product that is 90% fat (even the reduced fat spread) providing 5 grams of fat per serving. If you already use Country Crock as your spread, then you will get the bonus of a little extra calcium, but adding it to your diet just to get the calcium is not such a bonus – try some other sources, such as low-fat dairy products, canned salmon or sardines with bones, Swiss chard, broccoli, kale, fortified orange juice and fortified soy milk.

Brummel and Brown's Creamy Fruit Spreads are mostly fat with high fructose corn syrup, a little yogurt and fruit, not enough to give significant health benefits. There are lots of healthier (and lower fat and calorie) ways to get your fruit and yogurt!!

NCEP Issues Major New Cholesterol Guidelines

In May the National Cholesterol Education Program (NCEP) of the National Heart, Lung, and Blood Institute (NHLBI) issued major new clinical practice guidelines on the prevention and management of high cholesterol in adults. The guidelines are the first major update from NCEP in nearly a decade.

For more information and a personal on-line risk assessment go to: www.nhlbi.nih.gov/guidelines/cholesterol/index.htm

Team Nutrition Opportunity in Maine

As part of a continued commitment to promote nutrition and physical activity in our schools, the Maine Department of Education (DOE) has received a USDA Team Nutrition Training Grant. The Maine Nutrition Network (MNN) will be working with the DOE and other partners to host a Summit for 25 teams of school decision makers. Our goals are two-fold:

- To provide teams with the knowledge, skills and resources to create and support a school environment that promotes the Dietary Guidelines for students, families and staff
- To implement policies that will support this environment.

School teams will consist of 4-6 members. Team members must include administrators and school food service personnel. Other members could include teachers, students, parents, school nurses, school board members, school health coordinators, and community members.

The statewide Summit will be held in November 1-2 in Bar Harbor (stay tuned for more info). Participants will receive materials to evaluate facets of their school nutrition environment. Using this information, they will formulate a plan and policies to implement improvements and changes. For more information contact: Anne Morissette at anne.morissette@state.me.us or 626-5243.

Annelida's Advice Column

For your own dining pleasure, or for a wonderful in-the-field trip with your class or family, take advantage of local farms, farmers' markets, greenhouses or farm stands. You get unmatched freshness, flavor and quality; you also help support your neighbors who produce fresh fruits and vegetables and unique or specialty foods. Most are small, family-owned businesses, and they take lots of extra care to make sure you get the best. When you buy locally, you're helping support the economic vitality of rural communities. Russell Libby of the Maine Organic Farmers and Gardeners Association challenges you to purchase at least \$10 per week of local seasonal produce.

Maine farmers' markets offer high quality delicious foods and agricultural products (flowers! honey! wool!), harvested fresh and sold direct to you by the farmers themselves. Markets are located throughout Maine, and each offers a unique blend of personalities and products. You can find a listing by county under the Maine Department of Agriculture's site: www.getrealmaine.com. There is also a handy field trip guide on this site.

What is a CSA farm?

Through Community Supported Agriculture (CSA) programs, community people (members) help cover a farm's yearly production expenses by purchasing a share of the expected harvest. This beneficial relationship helps farms financially and provides members with tasty seasonal produce. While still small in number, the types of CSAs are as varied as the farmers and their crops: some prefer shares paid in full at the beginning of the season, some deliver or ask for weekly or installment payment, many encourage visits to the farm, and some even bring the community closer together through harvest potluck gatherings. You can find out about CSAs in your area by referring to the Department of Agriculture website above.

Maine-ly Nutrition Schools go to Wellness Conference

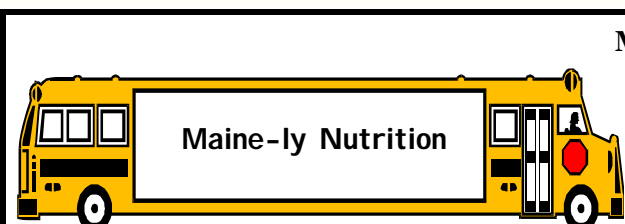
We are pleased to announce the recipients of the Nutrition Scholarships for the Maine Schoolsite Health Promotion Conference. They include teams from:

- Mt. View Elementary
- MSAD 45 (Washburn Elementary)
- Meroby Elementary
- SAD 55 (Fred W. Morrill School)

The conference is sponsored by the Maine Department of Education and will be held this year from June 24-June 28 at Sugarloaf USA. The Maine Schoolsite Health Promotion Conference provides an opportunity for representatives of all segments of a school administrative unit to discuss and respond to issues related to health promotion, health education, and the maintenance of a healthy learning environment for staff and students. Participants attend workshops that contribute to personal well-being, as well as sessions that provide information for enhancing the school climate and student health. For more information contact: Kathy Wilbur at 624-6696 or kathy.wilbur@state.me.us.

"Healthful diets help children grow, develop, and do well in school. They enable people of all ages to work productively and feel their best."

- U.S. Department of Agriculture and U.S. Department of Health and Human Services.



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: elizabeth_patten@coconetme.org