



A Health Word E-Style

2010 February



The Wellness Team Want You to Remember:

RSU # 20

February is:

- Heart Month
- Eating Disorders Awareness
- Children's Dental Health Month
- **National Wear Red Day – 5th**
- National Donor Day – 14th

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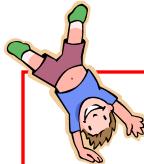
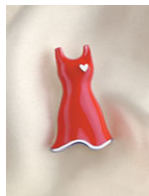


A National Awareness Campaign for Women about Heart Disease

Spread *The Heart Truth*® on National Wear Red Day®

Friday, February 5, 2010, is National Wear Red Day®—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. The Red Dress®, the national symbol for women and heart disease awareness, was created by *The Heart Truth*® in 2002 to deliver an urgent wakeup call to American women.

Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women.®" Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or [Red Dress Pin](#) on Friday, February 5, 2010. For more information on how to get involved, visit the [National Wear Red Day toolkit](#) which provides useful information and resources that you can use to help celebrate National Wear Red Day in your community.



Spring into Health Health Fair

RSU#20 & the SAD #3 Wellness Team are teaming up to offer health fair during the March 26th Inservice workshop. Over 18 booths related on health and wellness resources in Waldo County. Star attractions: DDR, yoga, walking poker and hourly raffles.

Stay tuned for more information ...



**Wellness
Team Meeting
February 8th
3:45
ALL MEMBERS
and NEW
MEMBERS
Welcomed!!**

**The Wellness Team
would like staff to
show support by
wearing RED on
February 5th!**



LET'S GO WALDO

February.. Eat at least 5 five fruits or vegetables a day

Why eat MORE fruits and veggies?



10. **Color & Texture.** Fruits and veggies add color, texture ... and *appeal* to your plate.
9. **Convenience.** Nutritious in any form- fresh, frozen, canned, dried and 100% juice, so they're ready when you are.
- 8 **Fiber.** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. **Low in Calories.** Fruit and veggies are naturally low in calories.
- 6 **May Reduce Disease Risk.** Eating plenty of fruits and veggies may Help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. **Vitamins & minerals.** Fruit and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety.** Fruit and veggies are available in an almost infinite variety...there's always something new to try.
3. **Quick, Natural Snack.** Fruit and veggies are nature's treat and easy to grab for a snack.
2. **Fun to Eat!** Some crunch, some squirt, some you peel ...some you don't, and some grow right in your own backyard!
- 1 **Taste Good!**

Grab 'N' Go Snacks

Stock your pantry, desk or refrigerator with items that can easily be taken with you. When you are in a hurry, you will have many delicious and nutritious snacks to choose from. Some great options include:

- Veggies & Dip
- Whole fruit
- Celery sticks
- Dried Fruit such as raisons, apples and dates
- Apple Sauce containers
- Cheese Stick
- Pre cut fruit & veggies
- Trail mix
- 100% juice boxes



OSA Tips to Prevent Underage Drinking

Tip #3

Good: Reinforce the rules and consequences of underage drinking before your teen goes out.

Better: Start with above and then...frequently explain the reasons behind the rules so your teen understands the rules are a protective measure, not just a restriction on their freedom

Best: Start with above and then...Enforce your rules consistently. Don't look the other way if your teen violates the rules – they need to know that you are serious about the rules and that you will hold them accountable for violating them.

Read Previous "Tips" in back issues of the Health E-News Newsletters starting with December 2008. Back copies of this newsletter can be found on-line at: <http://web.wtvl.k12.me.us/~health/> Click on Health E-News



Did You Know?

RED foods are some of the most nutritious foods we can eat. They are appetizing and help fight diseases – tomatoes, apples, red berries, red peppers, red beans, and pomegranates.





Shield Your Skin From Winter Sun

When you head outdoors this winter with your skis, skates or snowshoes, don't forget the sunscreen. "Winter sports enthusiasts can face just as much risk of sunburn as summer sunbathers when exposed skin isn't protected," Noreen Nicol, chief clinical officer at National Jewish Medical and Research Center.

Snow actually increases the impact of the sun's rays by reflecting the ultraviolet radiation (UVR) that causes sunburn. Skiers and snowboarders are especially at risk for sunburn because they're at higher elevations where the thinner atmosphere screens out far less UVR.

Here are some winter sun safety tips:

- Use a broad spectrum (UVA/UVB) sunscreen with a sun protection factor (SPF) of at least 15 and put it on all exposed areas. Apply your sunscreen half an hour before you go outside. Put on generous amounts and remember to re-apply it often. Don't use old or expired sunscreen.
- Use lip balms and [moisturizers](#) that contain sunscreen.
- Wear wrap-around sunglasses or ski goggles that provide UV protection.
- A wide-brim hat will protect your face and the back of your neck.
- The most significant sun exposure occurs between 10 a.m. and 3 p.m. Either put on extra sunscreen if you're out during that part of the day or take a lunch break and get out of the sun.

SOURCE: National Jewish Medical and Research Center, news release, January 2005

Tips for Family Fitness Fun

Taken from Natl. Association for Sport and Physical Education

1. Always use the stairs
2. Carry items in a manner that maintains proper alignment and helps build strength
3. Encourage everyone to "act out" a story as you read it.
4. Have everyone choose a city they want to visit. Add everyone's pedometer steps together at the end of the day and convert the steps to miles. See how long it takes to get to each city.
5. Play upbeat music while you twist and shake through your chores
6. Get off the bus a few stops early and walk
7. Park a distance from the grocery store so you can walk and get more steps on your pedometer



Family Nutrition Corner

Food Safety:

February is Canned Food Month

Check the expiration dates and throw away expired goods or cans with "popped up" lids. When in doubt – throw it out!

Cook it!

* Cook red meat until it is cooked all the way through. * Poultry is cooked when the juices run clear. * Fish is cooked when it flakes with a fork. * Eggs are cooked when the white is firm and yolk is not runny. * Always reheat leftovers thoroughly

Decoding Dates on Food

Katie Mroz, Dietetic Intern; Laura Quynn, Nutrition Associate

The "Best By" Date: This is the last day a food product will be at its best. After this date, food is past its peak but is still safe to eat. Dry cereal that has turned stale is an example of this. Breakfast cereals and baked goods use this type of dating.

The "Expiration" or "Use By" Date: This is the last day a food product is safe to eat. Never eat food past its "expiration" or "use by" date. Instead, this food should be thrown away. You can find this kind of date on food items, such as infant formula and baby food.

The "Pull By" or "Sell By" Date: This is the last day a food item can be sold. After this date the store must pull it from the shelves. Food products are still safe to eat for a few days after this date. This date is used for food products like milk and eggs.

The "Pack" Date: This is the date a food item was packaged. Foods that stay fresh for long lengths use this date. Canned goods, like vegetables, are an example. Never use food from dented, leaking or bulging cans. This food is not safe to eat.

Article taken from Eat Well! Newsletter by UMaine Cooperative Extension Winter 2009



Cheesy Lentil and Rice Casserole



RSU #20
PO BX 363
Belfast, ME 04915
Phone:
(207) 338-1960

E-Mail:
lhartkopf@sad34.net

*"When you're learning
to face the path at your
pace, every choice is
worth your while."
-Indigo Girls*

We're on the Web!
See us at:
<http://www.rsu20.org>



"When you smiled you had my undivided attention. When you laughed you had my urge to laugh with you. When you cried you had my urge to hold you. When you said you loved me, you had my heart forever."

Happy Valentine's Day

Ingredients:

- 3 cups low sodium chicken broth
- 3/4 cup dry lentils
- 1/2 cup dry brown rice
- 3/4 cup chopped onions
- 1 tsp. basil
- 1 tsp. thyme
- 1/2 tsp. oregano
- 2 tsp. garlic powder
- 1/2 tsp. chili powder (optional)



Directions:

- Pre-heat oven to 300 degrees
- Combine all ingredients in a casserole dish
- Cover tightly with foil or lid
- Bake for 1 hour
- Top with cheddar cheese and bake until cheese is bubbly

Serves 4

Cost per serving: 83 cents

Topping: 1/2 cup cheddar cheese, grated

Nutritional Facts:

Calories per serving: 318; total fat 7g; saturated fat 3.5g; cholesterol 14.8mg; sodium 150mg; dietary fiber 12.8g; sugars 2.9g; protein 18.9g; vitamin A 6%; vitamin C 8%; calcium 15%; iron 23%



Sign up today for MEA Healthy Lifestyles and Earn Points

Are you in step with your diet and fitness? Healthy lifestyle puts you in charge of your health! A free online program that helps you put your health goals in focus, evaluate them and monitor your progress. Enter your daily activities on your exercise tracker to calculate your steps and calories burned. Try the nutritional tracker and inputting your meals and snacks to determine your calories. In addition to the trackers, you also have access to:

- A health assessment tool that helps determine what it will take to improve your health
- Smoking cessation and stress management
- Online health coaching
- Hundreds of healthy recipes and articles

Plus, all health behaviors you input into the trackers earns you points that are good for rewards like a pedometer, fitness gear and other healthy accessories. But you have to enroll to start earning rewards!

Get Started now:

1. Go to FindAHealthierYou.com
2. Click Activate your membership
3. Complete the registration screens that follow.

Congratulations!
You're registered.