



A Healthy Word

E-Style



March 2011

RSU #20 A 21st Century Learning Community

March is:

- National Nutrition Month
- National School Breakfast Week (2nd week)
- Brain Awareness Week (3rd week)
- Poison Prevention Week (3rd week)

In This Issue:

5210	2
RSU #20 Food Service	2
RSU #20 Healthy Kids	2
SDHS Goes Eco Friendly	3
THMS Empty Bowl	4
Get Up & Go	4
Winter Sun Safety	5
Parent Nutrition Corner	5
Oven Roasted Squash with Garlic & Parsley	6
Tobacco Free...A Passport To Health	6
Fresh Start	6

Eat a Palette of Color During National Nutrition Month

National Nutrition Month® 2011

While the trees may be bare in March, there are still plenty of colorful and nutritious foods to fill your plate. During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color."



"Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan," says registered dietitian and ADA Spokesperson Karen Ansel.

"Healthy eating includes more than counting calories alone. In fact, most children don't get enough of all the essential nutrients critical to normal growth and development," says Ansel.

"Food variety supplies different nutrients, so to maximize the nutritional value of your meal, include healthful choices in a variety of colors."

Ansel offers ways to brighten up your plate in every season with this quick color guide.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables:* carrots, yellow pepper, yellow corn and sweet potatoes

Purple and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- *Fruits:* blackberries, blueberries, plums, raisins
- *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

Wellness Team Meeting

April 11th
3:45 – 5:15

East Belfast Library

NEW MEMBERS
Welcomed!!

Join us for 15 min of
Handwaxing

Continued on pg 4



LET'S GO WALDO

Help Fuel learning with Fruits and Vegetables

Are your children getting their **5** or more servings of fruits and vegetables a day?

Help fuel children's learning with a variety of healthy snacks from all the food groups. Let physical activity and smart snacking spell success for your child. Choose colorful fruits and vegetable that are fresh, frozen or canned (in 100% juice). Remember to buy fresh local produce when in season.

Did you know?

- A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function
- Don't underestimate the importance of family mealtime: take 10 – 15 minutes to sit down together
- Be a role model – snack on fruit and vegetables to increase your child's consumption

Healthy Snack Ideas

- Sliced bell peppers
- Cherry Tomatoes
- unsweetened applesauce
- grapes
- Cucumber slices
- pears

Note: The size of a child's palm = a serving size

Try making a Banola Bar

- 1 banana
- ¼ - ½ cup granola (or any other crushed whole grain cereal)
- Peanut butter or nut butter

Directions: 1. Peel banana 2. Spread peanut butter over banana 3. Roll in granola

From the Kitchen..... RSU #20 Food Service Program

Food Service Director, Perley Martin, continues to be a strong advocate for the 5210 program. Salad bars across the district are a rainbow of colors and textures. Fresh spinach, color peppers, crisp cucumbers. Students can even find beans, chick peas and pumpkin seeds for healthy options.

THMS Salad Bar



SDHS Salad Bar

Join the RSU #20 Healthy Kids

The RSU #20 Healthy Kids is a dedicated parent group interested in working with the Food Service Director to address childhood obesity and to bring high quality, nutrient rich foods in the school men. Their next meeting is scheduled for Tuesday March 15th from 4:30 – 6 pm at the Bonneville's home in Belfast. Interested parents are welcome. Contact Linda Hartkopf SHC for directions and more information. Phone:338-1960

The recently released [2010 Dietary Guidelines for Americans](#) recommend an increased focus on a plant-based diet. This combined with lean meats, fish and poultry, and low-fat milk and dairy products creates a rainbow of colors on the plate that serve as the foundation for a healthful eating plan.

SSHS Goes Eco-Friendly

Be the Change! Amanda Dickey, a soft spoken sophomore at Searsport District High School, is living proof that one person can make a difference. She managed the removal of all Styrofoam trays and bowls in the RSU#20 Food Service program. It all started with a question.

Each year, Kathleen Jenkins, an English teacher and appreciated advisor at SDHS, challenges her sophomore class with a research project called an ISearch. In this project, each student picks a question that interests them, or will impact their future, which they then study and research in order to find an appropriate answer. The questions are diverse, varying from career options to impacting their personal life. Sample questions students chose to research where:

- What is the best branch of the military for me?
- What steps should I take to fix my roof while keeping a low budget & how should I approach the situation?
- What is the best way for me to enter the holistic medical field?
- What is required for me to become a theme park actor?"



As for Amanda, her question was: "What information & resources must I use in order to make SDHS more eco-friendly?" At previous student council meetings, she recognized a majority concern regarding the Styrofoam trays being used in their school cafeteria daily. The trays were a new addition this year replacing the reusable ones and it was her concern towards their impact on the environment. She asked, "Why not recycle the trays or replace them with a more eco-friendly material?" And so she was off and running with her project.

Amanda found out why the Styrofoam trays were being used. Food Service staff indicated trays were utilized as a time saving practice. This was especially true on days the kitchen was short on staff or early release days.

In December, the entire sophomore class attended Sophomore Awareness Day at the UMaine Hutchinson Center. Amanda remembered lunches were served on biodegradable trays. This could be a solution! Amanda researched possible solutions and costs. Along the way she blogged her progress, learned the cost of biodegradable trays and contacted Mr. Perley Martin, the RSU Food Service Director to set up an interview.

During her research, Amanda learned there was a cost difference between Styrofoam and biodegradable trays. A 500 count container of Biodegradable trays cost \$50 while the same count for Styrofoam trays cost \$15.

On January 1, 2011, Amanda met Mr. Martin to present questions, concerns and solution to make the cafeteria more eco-friendly. During their time Mr. Martin raised additional questions how students could help with recycling and composting in the cafeteria.

Mr. Martin's explains, "Sometimes, things says, no matter what the long term effects could be. Unfortunately, in this money saving process, we are harming mother nature."

The meeting lasted over an hour ending with Mr. Martin committing to utilizing only biodegradable paper products in the cafeteria. An email was sent out to all his staff indicating the switch would be immediate. Martin stated there was already a concern regarding a more eco-friendly kitchen. Last year he switched all cleaning products in the kitchen to a more environmentally friendly product.

What next? Amanda says she will continue to look for other solutions to make her school more eco-friendly. Some of the ideas brewing: introduce recycling bins or increase the number of returnable bottle containers in the school. I have no doubt there are further changes coming to SDHS. Congratulations Amanda, one person can be the change!

Continued from pg 1

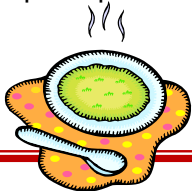
White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits:* banana, brown pear, dates and white peaches
- *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

Ansel recommends choosing a variety of colors when shopping for seasonal fruits and vegetables. "And for additional options in the color palette, choose frozen or dried fruits and vegetables available throughout the year," she says.

"Instead of grilled chicken and mashed potatoes, consider painting a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains a variety of nutrients and is quite flavorful," Ansel says.

For more information on how to "Eat Right with Color," visit ADA's [National Nutrition Month website](#) for a variety of helpful tips, fun games, promotional tools and nutrition education resources.



Check it out!



The THMS Culinary Arts Club is hosting an Empty Bowls Dinner, Friday April 1st at 6: 30 in the THMS Cafeteria. You are invited to partake in a small meal of soup and bread, made by the THMS Culinary Arts Club. For a cash donation of \$15 you will be given a bowl crafted by the Belfast Area High School's Arts Honor Society and local potters. All proceeds from this dinner will be donated to a local food bank.



Healthy Waldo County recently published a physical activity resource guide for Waldo County called:

Get Up and Go!

The guide will help you find information and resources you need to get moving towards a healthier life. Organized by town and type of activity, the guide will help you discover many wonderful places in Waldo County to meet your exercise goals.

The guide can be found in your communities. For more information call Healthy Waldo County at 9930 -6761 or visit www.healthywaldocounty.org



Turn your clocks **AHEAD**
March 13th

St. Patrick's Day
March 17th

Spring begins
March 20th



Winter Sun Safety

Many people fail to realize that the sun can be equally dangerous in the winter months, particularly when the ground is covered with a reflective layer of bright snow or ice. This winter, whether you're heading south in search of warmer weather, or just spending time outdoors in the cold, keep the following sun safety tips in mind, courtesy of the [U.S. Food and Drug Administration](#) (FDA):

- ✓ **Dress with Care:** Cover as much of your body as possible on a sunny day.
- ✓ **Be Serious about Sunscreen:** Use a "sun protection factor" (SPF) of 15 or more. The higher the number the better the protection
- ✓ **Don't Forget Your Eyes:** Sun reflect off the sun, sand or water increasing exposure to UV radiations, increasing your risk to developing eye problems such as cataracts. When buying sunglasses, look for a label that specifically offers 99-100% UV protection. This assures that the glasses block both forms of UV radiation.

Parent Nutrition Corner

What is a Whole Food Diet?

A whole foods diet is a balanced way of eating that promotes life long health. Whole foods are foods that are as close to their whole or natural state as possible. To determine if you are eating a whole foods diet, ask yourself the following questions:

1. Can I imagine it growing?
If you can, than it is probably a whole food. Imagine that chicken, carrot, fish, broccoli growing...they are whole foods. Can you imagine olive oil growing? Nope, but you can imagine the olive growing. Olives are a whole food.
2. How many ingredients does it have?
By choosing whole foods, you are keeping additives, preservatives and flavor enhancers (not health enhancers!) out of your body. These substances can contribute to many health problems ie. MSG is a flavor enhancer found in many foods, including processed "health foods".
3. What's been done to the food since it was harvested?
Whole foods do not have any parts removed and they don't have anything added to them.
4. Is this product "part" of a food or the "whole" entity?
Oils, starches, juices are all examples of a part of a food. For example, juice is just the liquid part of a fruit or vegetable. But eating the whole fruit or vegetable gives you the fiber that you need to slow down the rate of absorption of fruit sugar into your digestive tract. White rice is rice without the germ and bran. White flour is only part of the whole wheat berry.

The basic guidelines to eating a whole foods diet is to emphasize fresh, raw and cooked VEGETABLES, fresh, raw and cooked GREENS (spinach, kale, chard, lettuce, etc), fresh and seasonal FRUIT, WHOLE GRAINS, BEANS, plenty of WATER and small amounts of meats and dairy, natural sweeteners and unrefined oils to enhance the meal with flavor and nutrition. Balance a healthy diet with plenty of sunshine, exercise (especially outside) and a deep breathing practice and you will be well on your way to greater health and vitality!

Dr. Kerri Vacher is a is board certified at the national level and licensed to practice Naturopathic Medicine in the state of Maine. She received her Doctorate of Natural Medicine from the Nation's leading Naturopathic Medical Institution- Bastyr University in Seattle, WA. She completed a residency in a multidisciplinary primary care facility working with Naturopaths, as well as, Doctors of Chiropractic medicine, Licensed Acupuncturists, Midwives, Massage Therapists and Herbalists. She opened her practice in downtown Belfast and has be an active parent promoting wellness in the school district. Dr. Vacher will be a regular contributor to the RSU #20 Healthy Word newsletter.



Oven Roasted Squash with Garlic & Parsley



Serves 10 – Source: RealAge

5 lb winter squash such as butternut peeled, seeded and cut in 1" chunks
¼ tsp freshly ground pepper
3 cloves garlic, minced
2 Tb extra-virgin olive oil – divided
2 Tb chopped Italian parsley
1½ tsp salt

Amount Per Serving
Calories: 104

- **Total Fat:** 3 g
- **Cholesterol:** 0 mg
- **Sodium:** 357 mg
- **Total Carbs:** 21 g
- **Dietary Fiber:** 6 g

Preheat oven to 375*. Toss squash with 4 teaspoons oil, salt and pepper. Spread on a large baking sheet; roast, stirring occasionally, until tender and lightly browned, 30-45 minutes. Heat remaining oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Toss garlic and parsley with the squash.

RSU #20

6A Lions Way · PO BX 363
Belfast, ME 04910

Linda Hartkopf
School Health Coordinator

Phone:

(207) 388-1960

E-Mail:

lhartkopf@rsu20.org



Tobacco Free... A Passport to Health

Fourth and fifth grade classes recently attended a district-wide healthy fair called, "Tobacco Free...A Passport to Health". The event focused on the tobacco/drug unit from the Great Body Shop curriculum used in school as well as increasing self-esteem and refusal skills.

The event was put together by RSU #20, Waldo County YMCA, and Healthy Waldo County, with assistance from Athena Health. Healthy Snacks provided by Hannaford and Organic Valley. RSU # 20 Food Director Perley Martin provided a delicious soup for the facilitator's lunch.

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



Art mural supporting healthy alternatives. Mural will tour through community



Drumming Anti –Tobacco Song

Freshstart

A free Adult Quit Smoking program

4 class dates, plan to attend all

Date & Time:
Thursdays April 7, 14, 21, 28
5pm -6:30pm

Place: Waldo County General Hospital -
One story Annex Building

Call to register: 930 -2650