

St. Mary Magdalene School 2011 National Nutrition Month Program

National Nutrition Month® 2011





Theme: Eat Right with Color

- In honor of National Nutrition Month in 2011, STMM focused on the American Dietetic Association theme Eat Right With Color. Our plan included sampling in the cafeteria, nutrition education and fitness education.
- The entire school came together to learn about eating more healthfully and trying new foods.

Food Sampling

- On each Friday in the month of March we featured a different fruit or vegetable to sample based on color
- The sample was served either on the food line or volunteers walked around the cafeteria



Food Sampling

Foods Sampled

- Orange - Sweet Potatoes
- White - Jicama
- Green - Groovy Green Smoothies
- Red - Watermelon



Food Sampling

- As incentive students who sampled the food were able to either write their name on a special bulletin board in the cafeteria or received a sticker.



Food Sampling

- With over 600 students some days the board got a little messy by the end of lunch...



Education Booth (A minute of Health)

- An educational booth was set up outside the cafeteria on sampling days and students could stop by to learn information on different topics.



Education Booth (A minute of Health)

Topics Included:

- Where food comes from and what's in season?
- Sugar and Fat display- Are you drinking your calories?
- Are you eating your colors?
- Physical Activity and promoting involvement of the STMM Monarchs in Motion 5k (held in May)






Education Handouts

- Each week a flyer was sent home with students featuring the color of the week and other tips on eating healthy.
- These flyers also featured recipes and changes families could make at home.
- On the back we included:
 - Sport Snack Game Plan
 - Packing a Healthy Lunch
 - What's in season
 - 5K Training plan

Education Handouts

Front



**National Nutrition Month
Eat Right with Color**
Brought to you by the STMM Wellness Committee

In honor of St. Patrick's Day, we will be eating GREEN this week! The secret ingredient in our green smoothies is spinach. Spinach is full of nutrients and has many health benefits. It is high in magnesium which can help lower blood pressure. It is also a good source of vitamin K which is important for maintaining bone health. Spinach is high in fiber, folate, and vitamin A. What a great food!

You will notice that the smoothie recipe includes some fruit as well. This helps sweeten things up and add even more nutritional value for a tasty, refreshing snack!

Groovy Green Smoothie
(allrecipes.com)

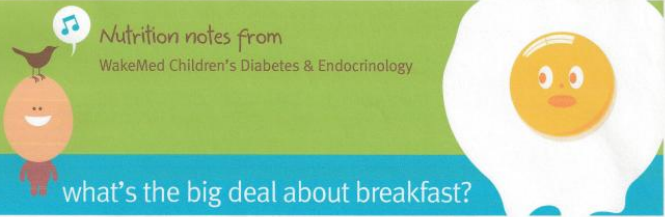
- 1 banana, cut in chunks
- 1 cup grapes
- 1 6oz tub of vanilla yogurt
- ½ apple, cored and chopped
- 1 ½ c fresh spinach leaves

Put all ingredients into a blender. Cover and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glasses and serve. Makes 2 servings.

Spotlight on a healthy breakfast: Your mom always told you that breakfast is the most important meal of the day, and she was right! Children who eat a healthy breakfast miss less school due to illness and earn higher test scores than those who skip this important meal. Breakfast is meant to break the fast, and it is key to maintaining a healthy metabolism for both children and adults. If you think about your metabolism as a fire, it begins to slow down throughout the night when you are not putting fuel on it. If you wait until lunch to put fuel on that fire, it will be practically burned out! Feeding your body regular, small meals is the best way to stay healthy and strong! See the handout on the back of this sheet for some great ideas. If your child has a nut energy, soy or sunflower butter are great alternatives that your child can typically enjoy!

For more information about eating right with color, visit www.eatright.org

Back



Nutrition notes from
WakeMed Children's Diabetes & Endocrinology

what's the big deal about breakfast?

Sound familiar? "There's no time for breakfast!" "Breakfast makes me hungry all day!" "I'm not hungry in the morning!" "I don't like breakfast foods!"

All of these are excuses for not eating the most important meal of the day, but breakfast is important to get the day started off right. "Breakfast" literally means, "break the fast." When you wake up in the morning, your body has not had any nutrients for a long time. Trying to get your body and mind going on an empty stomach is like trying to start a car without any gas!

Did You Know?

- Kids who eat breakfast daily get more vitamins and minerals to help them grow strong bones.
- Kids who eat breakfast do better in school, have better language skills, and improved problem solving abilities and memory skills.
- Eating a healthy breakfast can help you maintain a healthy weight.

Healthy Breakfast Ideas

- Whole wheat toast with peanut butter
- Bowl of high fiber cereal with skim milk and added fruit
- Bran muffin and skim milk
- Hard-boiled egg
- String cheese and low-sodium crackers
- Low-fat yogurt and fresh fruit
- Whole wheat English muffin with peanut butter
- Cottage cheese with cut-up fruit
- Whole grain waffle or pancake topped with fresh fruit

Breakfast on the GO!

- If you're always running late in the morning, try pulling together your breakfast food the night before. Put them on the counter or make a special place for them in the fridge.
- While waiting for the bus or your carpool, nibble on your "grab & go" foods.
- Pack an extra granola bar in your backpack as an emergency snack.
- Make a breakfast shake at home: combine skim milk with one scoop of low-fat or fat-free yogurt, and fresh or frozen fruit and blend with ice.


WakeMed
Children's Diabetes & Endocrinology

Education Handouts

Front

National Nutrition Month
Eat Right with Color
Brought to you by the STMM Wellness Committee


Week one of nutrition month at STMM was a great success! The sweet potatoes received rave reviews and we are thinking about adding it to the lunch menu on a regular basis. This week's color is white and we will be serving jicama in the cafeteria. Jicama is a Latin American tuber with a texture like water chestnuts. It is described as having a "sweet, nutty" taste. Nutritionally, a cup of sliced raw jicama has no fat or cholesterol, yet meaningful amounts of vitamin C, fiber, and potassium.



Try making this simple recipe for your family

Jicama Snack (serves six)
1 large jicama
2 limes, juiced
1 tbsp crushed red pepper

Directions: Peel jicama and cut into French fry-sized sticks. Combine with lime juice and cayenne pepper in a medium bowl and toss to coat. Serve as finger food.



Spotlight on Healthy Sports Snacks: We all know that having a snack after soccer, baseball, or whatever sports our children plays has become an expectation. The truth is most kids really do not need a snack after recreational sports unless it has been a while since their last meal or they exercised at a high intensity. Since our culture is probably not going to change in a way that makes these snacks disappear, why not bring a healthy fruit or vegetable snack and water. Some popular choices include bananas, clementines, oranges, grapes, apples, carrot sticks, and cherry tomatoes. If the game was high intensity, adding a protein like peanut, soy, or sunflower butter is great! A little bit of cheese or yogurt would work too! (Remember STMM, including Parish Athletics is nut free!)

If you are ready to take the next step and promote this idea to your coach or other parents, see the back of this sheet for the "Sports Snack Game Plan." An electronic copy can be found at www.advocatesforhealthinaction.org. You can also find a letter from local physicians supporting this idea on the website.

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Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit and Raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Ice cold water - no need for sugar packed sport drinks

GRAB & GO - THE PRICE IS RIGHT!

>> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack -


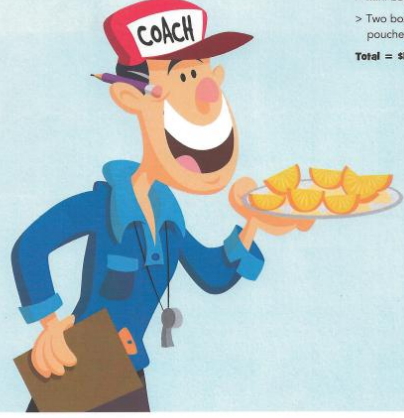
- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25

Total = \$10.25



Advocates for Health in Action
www.advocatesforhealthinaction.org

Sample Communication to Parents

- In addition to the flyer that was sent home, communication was also sent out to the parents each week via our PSO Weekly Email:
 - *In honor of National Nutrition Month, STMM has been eating right with color in the cafeteria. So far students have sampled sweet potatoes and jicama. Next they will be trying St. Patrick's Day green smoothies and juicy watermelon. The entire school has come together to learn about eating more healthfully and trying new foods. Teachers are incorporating more nutrition in their lesson plans and they enjoyed a fresh fruit salad to celebrate their hard work last week from the wellness committee. Keep your eye on the Tuesday folders for nutrition education, and on Thursdays ask your child what new food they tried this week! We hope you will continue to offer these foods at home and make sure you eat right with color as a family. For more information about National Nutrition Month, visit <http://www.eatright.org/nnm/>. Here is the sweet potato recipe served by the cafeteria last week for you to try at home!
{Recipe Included}*

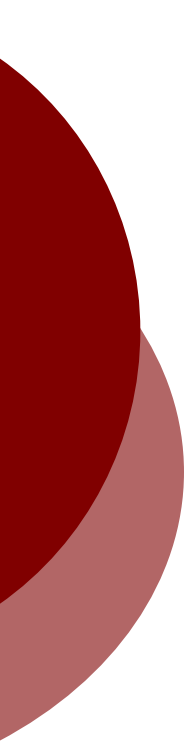
Fruit Salad for Teachers

- Teachers incorporated more nutrition in their lesson plans
 - Preschool used smart board lessons on eating colorful foods (available for free online)
 - Kindergarten had their annual salad party
- We ended the month by thanking the teachers for supporting National Nutrition Month by making a fresh fruit salad for them to enjoy. Parents each brought in a different fruit to donate to the fruit salad.



Parent Response

- Parents were very excited about the program and let us how excited they were about their kids trying and liking sweet potatoes, watermelon, jicama, and spinach smoothies!
- The cafeteria is interested in serving smoothies on a regular basis and is now serving these other foods more regularly



THANK YOU!