



# School Wellness News

Volume 1, Issue 2

March 2006



## Making It Happen! School Nutrition Success Stories

### Distribute Copies to:

- Superintendent
- Principal
- School Food Service
- Teacher Break Room

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### Included in Upcoming Issues:

- What's new in School Wellness
- Nutrition education ideas for classrooms
- Farm to school programs including school gardening projects
- School physical activity initiatives to get kids moving
- Recipes and serving ideas for school food service
- Parent articles to use in school newsletters

As schools write their Wellness Policy Plans, a very good resource to help guide nutrition policy is *Making It Happen! School Nutrition Success Stories*, published by the Federal Government. Copies can be obtained from the USDA Team Nutrition Web site: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn).

A key insight from *Making It Happen!* is that **students will buy and consume healthful foods and beverages— and schools can make money from selling healthful options**. Note that of the 17 schools and school districts that reported income data, 12 increased their revenue as a result of the changes and four reported no change.

School success stories are divided into six chapters based on the primary approach used to promote healthy eating, although in most cases schools used more than one of the following approaches:

1. Establish nutrition standards for competitive foods.
2. Influence food and beverage contracts.
3. Make more healthful foods and beverages available.
4. Adopt marketing techniques to promote healthful choices.
5. Limit student access to competitive foods.

6. Use fundraising activities and rewards that support student health.

*Making It Happen!* gives examples of schools that made more healthful foods and beverages available, including:

- Water
- 100% fruit juices
- Milk
- Cheese
- Yogurt
- Fresh fruits and vegetables
- Vegetables and dip
- Vegetables salads
- Fruit salads
- Whole grain breads
- Bagels
- Trail mix

At the same time they removed items such as candy, soft drinks, sweetened drinks, fried chips, deep-fried foods, and snack cakes.

## MN Action for Healthy Kids Wellness Policy Videoconference—March 23rd

AFHK MN is hosting a videoconference to provide more information to assist with wellness policy development. The conference will include looking at model policies currently in place, discussion on challenges and strategies for overcoming them.

The conference is scheduled for 12:30 to 4 pm with the following District and State Health Department offices:

- Bemidji: 705—5th Street NW, Suite A
- Fergus Falls: Building No.4A; East Drive
- Marshall: 1400 East Lyon Street

St Cloud: Midtown Square; 3400 First Street North; Suite 305

Duluth: Gov. Service Ctr; 320 W Second St.; Rm 703

Rochester: 2116 Campus Dr. SE, Conf Rm 7

St Paul: call for sites

For more info call 612/384-4928.

## Recess before Lunch—Make the Move in Elementary Schools

### Why recess before lunch?

- Students waste less food.
- Students consume more food and nutrients.
- Students behave better on the playground, in the cafeteria, and in the classroom. Students eat at a more leisurely pace because the cafeteria atmosphere is more relaxed.
- Students are ready to learn upon returning to the classroom immediately after lunch so less instruction time is lost.
- The students perform better in the classroom because of increased nutrient intake and focused attention.

### Why do students eat better when recess is before lunch?

Students who go to recess after lunch are often thinking ahead to recess and rush to finish their lunch rather than taking the time to eat a well-balanced meal. When students go to lunch before recess, the National Food Service Management Institute notes, “The lunch (these students) do consume tends to consist of high-protein and high-fat foods, such as the entrée. If students have already participated in recess, they still eat their entrée, but will also eat more foods containing calcium and vitamins, such as milk, vegetables, and fruits” (“Insight,” Spring 2004.)

An NFSMI study found that when recess was before lunch, students . . .

- Ate **24%** more food by weight.
- Wasted **30%** less food by weight.
- Consumed **35%** more calcium.
- Consumed **13%** more Vit.A

The National Food Service Management Institute. “Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools.” 2003.

Source: Child and Adult Nutrition Services, South Dakota Department of Education.

## Promote National Nutrition Month® - Hold a Nutrition Fair in your School

March is National Nutrition Month®. The American Dietetic Association’s theme for 2006 is *Step Up to Nutrition & Health*. Your school may want to consider holding an annual Nutrition and Fitness Fair during March.

### Nutrition and Fitness Fair Ideas

#### *Eating the Rainbow*

Use “Eating the Rainbow” as a theme and provide examples of colorful fruit and vegetables in meals and snacks. Offer a sample of an unusual fruit or vegetable to taste test.

#### *Voting booth*

Ask participants to vote for their favorite vegetable or fruit. Post a tally board and record votes. Use a vegetable or fruit theme for booth decorations.

#### *Sizing It Up Display*

Set up a display with food models and household items to represent food portion sizes. Let participants try to

match up foods with the appropriate serving sizes.

#### *Guess the Protein*

Have a jar filled with dried beans and ask “How many ounces of meat does it equal?”

#### *Obstacle Course*

Use a “Go for the Whole Grains” theme in your obstacle course design.

#### *Dance Game Video*

Set up a Dance Video Game like “Dance Dance Revolution” for kids to try technology led fitness.

#### *Power Panther Appearance*

Promote USDA’s Eat Smart.Play Hard.™ Campaign. Check out the Eat Smart.Play Hard.™ site at [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard) for free materials and a “Power Panther” costume for loan to schools.



#### *Game Booth*

Assign older grades to design and man a nutrition/fitness game booth.

#### *Food Shelf Donation*

Create a special booth for food shelf donations. Have kids bring in a non-perishable food or donate coins to help prevent hunger. During March, all donations to Food Shelves are doubled in Minnesota.

#### *Community Partner Booths*

Invite community partners to provide an interactive booth: PTA, Public Health, County Extension, Medical Centers, Fitness Centers, Farmer’s Market, Community Action Organization.

Check out [www.eatright.org](http://www.eatright.org) for a National Nutrition Month® quiz, Teacher’s guide, and other game ideas.

## Feature Broccoli as the "Harvest of the Month"

Broccoli is the featured vegetable for the March "Harvest of the Month." Broccoli is a super star food packed with nutrients. One cup of raw broccoli provides:

- More than 130% of the Daily Value for Vitamin C, promoting healing and a healthy immune system.



- Ounce per ounce, as much calcium as milk. Calcium is essential for the growth and maintenance of healthy bones and teeth.
- Several important phytochemicals, including beta-carotene, to boost the enzymes in our bodies that detoxify and prevent the formation of cancer-causing carcinogens.
- A source of Vitamin A, potassium, folate, iron and soluble fiber, which aid in everything from vision and growth to circulation and digestion.

### Serve it Healthy with Broccoli:

1. Serve raw broccoli with low-fat dip.
2. Dice and toss raw broccoli in a salad.
3. Serve with low-fat cheese sauce over steamed broccoli.
4. Serve broccoli in pita sandwiches.
5. Add broccoli and other vegetables to soups, pastas, and casserole dishes.

## School Food Service Recipe Corner: Broccoli Salad

Serving Size : 1/2 cup

(Quantity)Yield : 50

### Ingredients

- 6 lbs. 12 ozs. Fresh broccoli
- 2 lbs. Lowfat Mayonnaise
- 1 lb. Sugar
- 1/4 cup White vinegar
- 1/4 cup Lowfat milk
- 2 lbs. 6 ozs. Raisins
- 1 lb. Walnuts, chopped (optional)
- 6 ozs. Red onions, sliced (optional)

### Instructions

1. Wash broccoli. Cut heads into florets. Dice stems.
2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing.
4. Chill before serving. (For best results, chill for at least 2 hours before serving.)

Recipe Source: USDA  
Meal Pattern: Vegetable

### Broccoli Produce Tips:

- Store broccoli unwashed in an open plastic bag in the refrigerator.
- Cook broccoli by steaming, microwaving or stir-frying. Boiling causes some of the vitamins and minerals to be lost
- Cooked broccoli should be tender enough to pierce, and still remain crisp and bright green in color.

## Cafeteria Fun with Broccoli Activities

### Broccoli Brain-Buster

Make green table tents to put on tables.

1. Broccoli is dark green. This means it is very high in \_\_\_\_\_.  
A.) water B.) air C.) nutrients D.) green particles
2. Broccoli provides \_\_\_\_\_.  
A.) fiber B.) calcium C.) Vitamin C D.) all three
3. Which state grows the most broccoli for the United States?  
A.) California B.) Texas C.) Ohio D.) Florida

Answers:C,D,A



### Broccoli Facts:

People worldwide are eating over 940 percent more broccoli today than 25 years ago.

Today, the average person in the United States eats 4.5 pounds of broccoli each year.

Broccoli is one of the most popular garden vegetables, mostly because it is very easy to grow.

Broccoli is one of the few vegetables that are available year-round that is grown in the US.

Broccoli is also known as the "Crown Jewel of Nutrition" because it is rich in vitamins and minerals.

Source: California *Harvest of the Month* Program

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## Building Healthy Futures

www.extension.umn.edu



The University of Minnesota Extension Service connects research-based resources to communities. This newsletter is a forum to share local school wellness successes in Minnesota. Your requests for resources and articles of interest will be published in monthly editions of *School Wellness News*.

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## Teens and Family Responsibilities (Article for use in Parent Newsletters)

Most parents want their teenager to share household tasks such as cleaning, washing the car, or meal preparation. They want to teach their teenager about family responsibilities by having them help with these household tasks.

There are many advantages to having teens help with household tasks. Teens learn about their role in the family. They can see the results of what happens when they do not follow through with their responsibilities. As teens become older, they can add responsibilities that help them develop a sense of independence and self-reliance, such as meal planning, shopping and preparation.

An important benefit of teens helping with household responsibility is that it teaches them skills they will need when they have an apartment or house of their own. If teens are given the responsibility for meal planning and preparation at home, they will know how to do these tasks when they

are on their own.

Although there are many advantages to teens helping with family responsibility, it is often difficult to get cooperative, cheerful help from reluctant teens. Communication among all family members is the key to the success of having teens help with household tasks. Involve the teen in the decision making process. Rather than telling them what they should do, ask them what they would be willing to do. Another option would be to provide them with a list of tasks that need to be completed and have them pick out what they would like to do, such as the meal planning, shopping, table setting, cooking, or clean-up. Short, once-a-week family meetings are extremely helpful.

Finally, don't force the issue. If the teen refuses to fulfill their responsibility, calmly explain that there will be no privileges (car usage, friends over, computer usage, etc.) until after the work is done. Again, following

through on the consequences is the key.

It is safe to say that teens' household activities and responsibilities help them to explore the general world of work, develop helping behaviors, and grow toward independence. Involving teens in household tasks provides families an opportunity for communication, problem solving, role modeling, discussion of gender roles, and potential reduction of family stress.

Prepared by Ellie McCann, Family Relations Specialist

Source: *Positive Parenting of Teens*. University of Minnesota Extension Service. 1999.