

School Wellness News

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Distribute copies to interested staff:
Superintendent
Principal
Business Manager
School Food Service
School Counselor
FACS, PE, Health and
Elementary Teachers
Wellness Committee
Members
Teacher Break Rooms

Celebrate School Holidays Healthfully and Happily

Celebrating holidays is about enjoying food. Kids often plan candy and pop into their school celebration parties. As educators, set parameters for holiday celebrations that ensure healthy foods and teach good nutrition. Here are ten nifty ideas to celebrate school holidays with healthy foods, recreation and community giving:

1. Learn about a culture and taste test traditional food such as holiday bread, fruit, and cheese. Invite a foreign exchange student to share how he/she celebrates the holiday at home.
2. Serve yummy Minnesota variety apple slices with yogurt dip.
3. Make Gorp Mix and assign kids to bring:
 - Raisins
 - Whole grain cereal
 - Peanuts
 - Mini pretzels
 - Small amount of chocolate candy
4. Serve a healthy fruit punch with 100% fruit juice and diet ginger ale mixed equally.
5. In the fall, serve apple butter

or pumpkin butter on graham crackers. For Valentine's Day, spread graham crackers with low-sugar strawberry jam. Teach kids about graham flour as a whole grain.

6. Borrow the school kitchen and make pumpkin pancakes, pumpkin muffins or oatmeal cookies. Search the web for great pumpkin pancake recipes.
7. Make holiday place mats or table decorations for the local senior center.
8. Dance to holiday music and challenge kids to make up new moves.
9. Play games that get kids moving.
10. Create a holiday theme walk and visit a community site within the school neighborhood.



Cooking with Kids: Sweet Potato Dip

3 cups canned or boiled sweet potatoes
2 Tablespoons cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
1 1/2 cups nonfat plain or low-sugar vanilla yogurt
Package of saltine or graham crackers.
Mix sweet potatoes and yogurt together in a mixing bowl. Add spices. Serve with crackers. 30 tastes—1/4 cup each.

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What is Farm to School?

Farm to School programs are popping up all over the U.S. These programs connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting local small farmers. Schools buy and feature farm fresh foods such as fruits and vegetables, eggs, honey, meat, and beans on their menus; incorporate nutrition-based curriculum; and provide students experiential learning opportunities through farm visits, gardening and recycling programs. Farmers have access to a new market through schools connect to their community through participation in programs designed to educate kids about local food and sustainable agriculture.

For more information on the National Farm to School Organization, check out their website at www.farmtoschool.org.



Community Food Security Coalition Offers Educational Curriculum

“Feeding Young Minds: Hands-on Farm to School Education Programs,” is the latest publication of the Community Food Security Coalition. Focusing on educational activities that complement local purchasing for school meals, this booklet highlights farm to school experiential education programs from around the country. These range from cooking classes in New Mexico, to school fundraisers in Ohio, to kindergartners tasting watermelon radishes in Pennsylvania. Each program is unique, yet offers insights and possibilities of what can be achieved when farm-fresh products in the cafeteria are linked with experiential education activities. A resource section is also included. Each booklet costs \$10.00.

To order, send a check or credit card information to: CFSC, PO Box 209, Venice, CA 90294, or fax your order to 310-822-1440, or call Maya or Natalie at 310-822-5410.

Grow a Sweet Potato Houseplant in your Classroom

Materials: Sweet potato, toothpicks, quart-size jar or glass with wide mouth, bottled water (non-chlorinated)

Methods: Wash sweet potato thoroughly. Insert toothpicks into the sides of the sweet potato about one-third of the way down. Place the sweet potato into the jar. Fill the jar with water.

Results: In about 10 to 15 days, the sweet potato will begin to bud. For the next three to six months, vines will grow from the sweet potato. Train the vines to climb up or around classroom objects.

Keeping It Green: Always keep the jar filled with non-chlorinated water. Keep the sweet potato plant in moderate to full sunlight at room temperature or above 65F.

Source: Harvest of the Month, California Dept. of Health

Serve Up Potatoes that are Healthy and Appealing

Potatoes are the most common vegetable eaten. Unfortunately, most potatoes kids eat are in the form of French fries and potato chips. These products add large amounts of calories, fat and salt to food that is naturally low in fat and nutritious. One large order of French fries typically contains 600 calories and 15 grams of saturated and trans fats (73% Daily Value for sat/trans fats.)

French fries and chips taste great and kids demand them. But for their health, stay firm and offer kids healthy potato choices including mashed, baked, and roasted potatoes. Use potatoes in soups, stews and casseroles. Top potatoes with healthy choices including margarine with low transfat content, light sour cream, chopped vegetables, light cheese sauce, and chili. For a super boost of nutrition and change of pace, serve fresh baked sweet potatoes topped with a little cinnamon sugar.

Potato Nutrition

One medium-sized potato is:

- A great source of vitamin C
- An excellent source of potassium when eaten with the skin
- Only 100 calories
- Less than 10 percent of the daily value of carbohydrates
- A good source of fiber when eaten with the skin



The sweet potato is a super star for nutritional value. One sweet potato (1 cup raw) contains almost four times the recommended daily value for Vitamin A. Orange fruits and vegetables are high in carotenoids and bioflavonoids.

School Food Service Recipe Corner: Orange and White Roasted Potatoes

Ingredients:

5 pounds of raw potatoes
2 pounds of raw sweet potatoes
1/2 cup canola oil
Salt as needed
Black pepper as needed

Serves 50 Serving = 2.5 oz.

Directions:

1. Cut peeled potatoes and sweet potatoes into large size pieces.
2. Add oil, salt and pepper to taste.
3. Roast for 30 to 35 minutes, checking and stirring. May require extra cooking time depending on the size of the potatoes.

Potato Fun

Why shouldn't you tell secrets in your kitchen?

Because potatoes have eyes and corn has ears.



For potato nutrition education materials and school food service information, check out the United States Potato Board website: www.healthypotato.com

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Building Healthy Futures

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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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Potato Trivia

Potatoes are definitely America's favorite vegetable. Did you know that every year we consume about 140 pounds of potatoes per person?

Potatoes are the world's fourth food staple after wheat, corn and rice.

In the Red River Valley area of North Dakota and Minnesota, over 146,000 acres of potatoes are planted annually. The value of the potato crop planted in Minnesota is 100 million dollars.

The potato is known to produce more food per unit of land planted than any other major crop.

The states of North Dakota, **Minnesota**, Idaho, Washington, Maine, California, Oregon and Wisconsin produce nearly 75 percent of the total US crop.

New varieties of colored potatoes that are red, purple, blue and yellow fleshed are now grown.

Potatoes are highly nutritious when served in a healthy manner. One medium potato contains 45 percent of the daily value for Vitamin C.

The Center for Science in the Public Interest ranks the sweet potato as the *Number One* most nutritious vegetable.

The average person eats the equivalent of 96 one-ounce bags of potato chips each year. That's 6 pounds a year.

The name "potato" is believed to have originated from the Indian name "batatas." Most people agree that the potato originated in South America, although the exact place of origin is uncertain.

Gold Rush miners prized the potato, high in vitamin C, because it prevented scurvy. Men traded gold for the precious potato, ounce for ounce. At today's average gold price, a medium potato would cost a fortune.

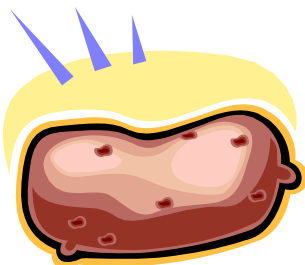


Primary trivia source: Northern Plains Potato Growers Association

Healthy Potato Word Find

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	R	T	U	K	L	M	R	D	V	F	T	N	G	U	F	U	N
2	E	B	R	A	I	N	W	S	N	O	R	L	A	N	D	O	H
3	D	I	Y	U	K	O	N	G	O	L	D	Q	Y	Z	A	I	B
4	B	I	L	M	P	O	N	T	I	A	C	R	E	D	A	D	P
5	L	S	W	E	E	T	P	O	T	A	T	O	E	O	E	N	I
6	I	L	M	A	P	P	O	D	E	L	J	E	U	A	R	S	M
7	S	R	D	V	U	F	R	T	N	G	E	Q	Y	Z	A	I	U
8	S	W	Y	S	R	O	U	H	I	B	N	J	E	U	O	P	C
9	X	T	E	U	P	K	S	A	R	S	O	P	C	X	T	U	K
10	L	M	L	R	L	D	S	V	R	U	S	S	E	T	F	T	N
11	G	U	L	F	E	U	I	N	Y	B	R	A	I	N	W	S	O
12	H	I	O	Q	P	Y	A	Z	A	A	I	B	I	L	M	A	D
13	P	E	W	O	E	E	N	N	M	I	L	M	A	P	O	D	E
14	L	J	F	E	R	U	B	A	R	S	M	R	D	V	F	T	N
15	G	E	I	Q	U	Y	L	Z	A	I	U	W	S	O	H	I	B
16	N	J	N	E	U	O	U	P	C	X	T	U	K	A	R	S	O
17	P	C	N	X	T	U	E	K	L	M	R	D	V	F	T	N	G
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17

Healthy Potatoes



HIDDEN WORDS

YUKONGOLD
 SWEETPOTATO
 RUSSET
 NORLAND
 PONTIACRED

REDBLISS
 RUSSIANBLUE
 YELLOWFINN
 PURPLEPERU
 YAM