

School Wellness News

Volume 2, Issue 1 September 2006



Distribute Copies to:

- Superintendent
- Principal
- School Food Service
- School Counselor
- FACS, PE, Health
- 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

Putting Your School Wellness Policy Into Action: Beverage Selections to Consider

Many schools are making the move to offer healthy beverage options sold in school vending machines and ala carte lines. Offering kids low-calorie and nutritious beverages in appropriate amounts is a primary strategy for reducing childhood obesity.

Parents sometimes express concern about drinking diet soda because of perceived health risks. Diet soda pops are safe for kids to consume. Sugar substitutes have been thoroughly studied for public health safety.

There are several strategies to improve beverage choice offerings:

- Replace regular pop with diet pop in vending machines.
- Move away from large serving containers to smaller size servings. For example, sell 12 ounce canned beverages instead of 20 ounce bottled beverages.
- Sell flavored and plain bottled water. Flavored water is quite popular.
- Offer juice in 8 ounce or smaller serving sizes. Over consumption of juice contributes to obesity. 100% juice and juice drinks with added sugar contain similar

calories to pop.

- Avoid selling sports drinks. Sports drink contain significant sugar and calories and are not necessary for nutrient replacement during the school day.
- Consider placing a milk machine in your school. The milk vended in these machines are marketed in bottles and flavors that kids like.
- Promote healthy beverage choices in your school!

National School Lunch Week October 9-13, 2006

If you never have promoted National School Lunch Week (NSLW) in your district or school before, this is the perfect year to begin!

NSLW is made possible by the School Nutrition Association.

Check out the resources website: www.schoolnutrition.org/vote

- "Vote for School Lunch" theme toolkit
- Fun activity sheets for your students
- Parent/Student brochure
- Reimbursable menus based on theme characters
- Access to downloadable logos for use on menus/newsletters, etc.

- Cool "Vote For School Lunch" merchandise





Celebrate Walk to School Day on October 4, 2006, and promote safe walking and bicycling throughout the year.

Need event ideas to start a Walk to School Day in your community? Check out the Walk to School site www.walktoschool.org.

The Walk to School website contains resources for promotional materials (graphics, logos, fliers and banners,) educational materials, and supplemental classroom activi-

October 4 is Walk to School Day

ties.

Registered schools gain access to:

- Stickers
- Badges
- Certificates
- Crowns
- Frequent Walker/Bicyclist Punch Cards

Walk to School in October is an energizing event, reminding parents and children alike of the simple joy of walking to school. It also serves as an opportunity to focus on the importance of physical activity, safety, air quality and

walkable communities. Walk to School activities often become a catalyst for on-going efforts to increase safe walking and bicycling all of the time. A community can choose whether a day, week, month or even a year of Walk to School activities works

WHY promote walking and bicycling?

- To enhance the health of kids
- To improve air quality and the environment
- To create safer routes for walking and bicycling

Apple Literature for the Classroom

The Legend of Johnny Appleseed

John Chapman spent nearly 50 years of his life in the American Wilderness planting apple orchards. Chapman died in 1845, but even after 200 years, some of his tress still bear apples. Elementary literature on the life and legend of Johnny Appleseed.

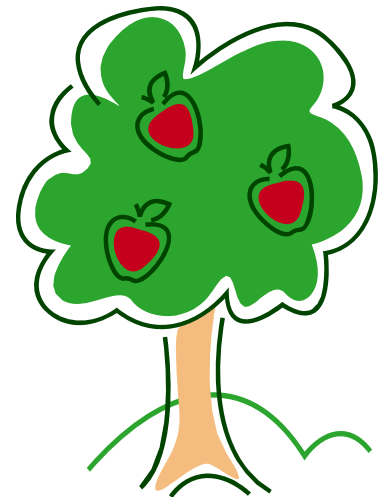
- Aiki. *The Story of Johnny Appleseed*. Aladdin, 1987.
- Glass, Andrew. *Folks Call Me Appleseed John*. Doubleday, 1995.
- Harrison, David. *Johnny Appleseed: My Story*. Random House, 2001.

Other books: *An Apple a day* by Melvin Berger, *Apple Tree* by Barrie Watts, *The Life and Times of the Apple* by Charles Micucci, *The Crooked Apple Tree* by Eric Houghton

Creative Writing

Have students interview and document their parents' favorite apple stories, memories and recipes.

Have students write about how apples grow.



Worksite Wellness Resource A Fresh Way to 5 A Day: Minnesota Grown Apples

If your school has an employee wellness committee, The Minnesota Department of Agriculture has materials available to promote *A Fresh Way to 5 A Day: Minnesota Grown Apples*. Access promotional materials at www.mda.state.mn.us/mngrown/5aday.

A Fresh Way to 5 A Day: Minnesota Apples materials can be distributed as e-mail messages or copied as flyers to post in work rooms.

Download a Minnesota Apple poster from this website.

Learn about the attributes of Minnesota apples.

Distribute to school staff delicious apple recipes available from the site.

Feature Apples as a local "Winning Healthy Food "

Apples are an abundant Minnesota Grown fruit! Your school can be part of the growing local foods movement.

- Promote locally grown apples through taste testing different varieties in the classroom or in the cafeteria.
- Ask your food distributor to carry Minnesota grown apple varieties.
- Encourage parents and kids to shop for Minnesota grown fruit for fall classroom snacks.
- Have students gather their favorite apple recipes and brainstorm ideas on how to incorporate apples into the school breakfast and lunch menus.
- **Apples are fun to promote and eat!**

Reason to eat apples

Apples contain:

- A good source of fiber. Fiber helps maintain steady blood sugar levels and may help prevent cancer.
- A source of potassium, which helps maintain a healthy heart.
- Phytonutrients, antioxidants, iron, calcium, Vitamin C and Vitamin A

School Food Service Recipe Corner: Apples and Fruit Yogurt Dip

Fruit Yogurt Dip

160 ounces (5 quarts) plain nonfat yogurt, drained
 1 1/4 cups brown sugar
 2/3 cup orange juice concentrate
 2 teaspoons cinnamon

Directions:

Combine yogurt, brown sugar, orange juice concentrate and cinnamon; mix well. Chill. Serve with sliced apples.

80 Servings

Serving Size = 1/4 cup

Variation: One part ricotta cheese, 2 parts non-fat yogurt, drained

Tips for Serving Apple Slices

- Keep cut apples from turning brown by pouring 100% apple, orange or pineapple juice (drained from canned pineapple) over slices.
- For a colorful fruit alternative, place together a half apple and a half orange and serve in a soufflé cup. The orange prevents the apple from discoloring.
- Cut apples just before serving.
- Use apples that brown less quickly such as Granny Smith apples.

Storing Apples

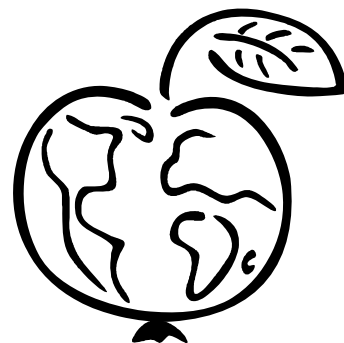
- Store in refrigerator—32-36 degrees, 85-95% relative humidity.
- Keep apples in cartons with lids closed; keep away from strong-flavored and ethylene-sensitive vegetables. Apples absorb odors, give off odors, and produce ethylene gas.
- Typical shelf life is 90 to 240 days if stored under ideal conditions.

Preparation Tip

Wash apples in water the same temperature as the apple to prevent the wax from becoming milky or cloudy.

Apple Facts for the Cafeteria

- There are 26 Minnesota Grown Apple Varieties.
- The Honeycrisp Apple is the Minnesota state fruit.
- Red fruits like apples help maintain a healthy heart and memory function.
- Apples are best when eaten with the peel as that is where most of the fiber and antioxidants are found.
- Apples are believed to have originated in a mountainous area between what is now the Black and Caspian Seas by the country Turkey.
- About 2,500 known varieties of apples are grown in the United States and more than 7,500 are grown worldwide.



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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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Regional Whole Grains Training Offered this Fall

Whole Grains: *Keeping Kids from Falling Short*

A comprehensive School Food Service training incorporating all the strategies to integrate whole grains in the school lunch menu and get kids to eat whole grains

Whole grains are an important part of children's diets. In fact, the recently released dietary Guidelines for Americans (2005) and MyPyramid recommend that most Americans eat at least 3 whole grain servings daily. To get this amount of whole grains in children's diets can be tricky.

Training Content

Whole Grains: *Keeping Kids from Falling Short* is a training that looks at ways to increase whole grains in school food services.

Topics covered include:

- Nutritional benefits of whole grains
- Product analysis for nutrition and cost
- Taste testing of products and recipes
- Using commodity whole grain products
- What qualifies as a full whole grain or partial whole grain
- Improving the acceptance of whole grains by kids
- Fun nutrition promotion ideas for whole grains in the cafeteria

Cost \$30 per person

Training is approved for specialized training hours to meet School Nutrition Association requirements. Participants will receive credit for 3 hours of specialized training hours or continuing education hours.

To schedule a course for your food service staff or for more information, please contact:

Mark Schultz: 612.625.8278

**University of Minnesota
Extension Service**



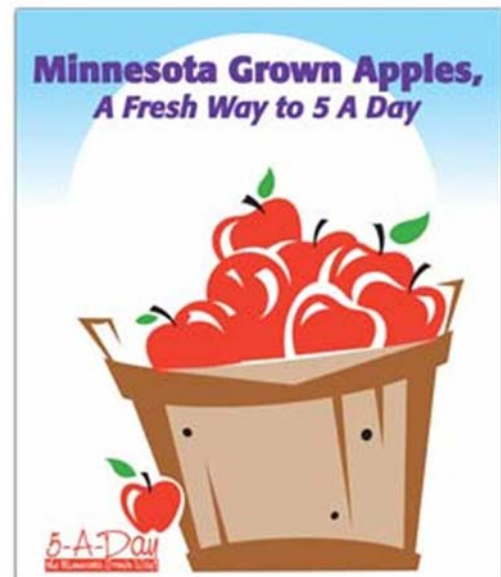
5 A Day the Minnesota Grown Way!

KEY

Minnesota Apple Word Scramble

This page is the key to the Apple Word Scramble. The next page is the actual game. Note on the game page, the names of all the varieties are listed at the bottom. Giving the list makes the game easy to play, and perhaps more fun for a family. Or, you may choose to remove these lines to make the quiz more challenging—you can award prizes based on how many varieties people can get.

TEAMTN	MANTET
LEORIO	ORIOLE
SHEDSCU	DUCHESS
TASTE ARFI	STATE FAIR
ABEOCN	BEACON
AALUP DRE	PAULA RED
STUNCHET BRAC	CHESTNUT CRAB
WHYALET	WEALTHY
NINJMO	MINJON
DRE NABOR	RED BARON
KLEANLAD	LAKELAND
STINcHOM	McINTOSH
61 TESWE	SWEET 16
PRICEYSNOH	HONEYCRISP
DARLNOCT	CORTLAND
RIPEAIR KSY	PRAIRIE SKY
SOWTERNTRENH	NORTHWESTERN
LDEERWL	REDWELL
TARSANP	SPARTAN
LOSHARAN	HARALSON
FREEIDSI	FIRESIDE
GLOYDNEOH	HONEYGOLD
EDR ISOULICDE	RED DELICIOUS
TENEGR	REGENT
DOLENG ICEIDOULS	GOLDEN DELICIOUS
SEPEAKKE	KEEPSAKE



A Word Scramble

of 26 Minnesota Grown Apple Varieties

Rearrange the letters in each group to spell the name of one of Minnesota's 26 apple varieties. Then complete the information at the bottom of the page. Good luck!

TEAMTN	_____
LEORIO	_____
SHEDSCU	_____
TASTE ARFI	_____
ABEOCN	_____
AALUP DRE	_____
STUNCHET BRAC	_____
WHYALET	_____
NINJMO	_____
DRE NABOR	_____
KLEANLAD	_____
STINcHOM	_____
61 TESWE	_____
PRICEYSNOH	_____
DARLNOCT	_____
RIPEAIR KSY	_____
SOWTERNTRENH	_____
LDEERWL	_____
TARSANP	_____
LOSHARAN	_____
FREEIDSI	_____
GLOYDNEOH	_____
EDR ISOULICDE	_____
TENEGR	_____
DOLENG ICEIDOU LS	_____
SEPEAKKE	_____

Here are the names of the 26 varieties to choose from: FIRESIDE, HONEYCRISP, SWEET 16, WEALTHY, RED DELICIOUS, RED BARON, ORIOLE, MINJON, GOLDEN DELICIOUS, REDWELL, PRAIRIE SKY, MANTET, CHESTNUT CRAB, LAKELAND, CORTLAND, HARALSON, REGENT, BEACON, DUCHESS, McINTOSH, KEEPSAKE, HONEY GOLD, NORTHWESTERN, STATE FAIR, SPARTAN, PAULA RED.
