

The ABC's for a Healthy School

Source: <http://lancaster.unl.edu/food/mypyramid.shtml>

What are children eating today?

- More than 60% of children and adolescents eat too much fat and saturated fat and not enough fruits and vegetables
- Only 39% of children eat enough fiber (found in fruits, vegetables, whole grains and legumes).
- 85% of adolescent females do not consume enough calcium. (3 cups of skim or low-fat milk or its equivalent is needed for the development of healthy bones and teeth.)
- During the past 25 years:
At the same time...
 - Milk intake decreased 1/3 among adolescent girls.
 - Soft drink intake almost doubled among adolescent girls, from 6 to 11 oz.
 - Soft drink intake almost tripled among adolescent boys, from 7 to 19 oz.Note: The average sugar in one 12-ounce non-diet soft drink (10 teaspoons). Calories: 150
- 18-20% of calories consumed by children and adolescents come from added sugars.

What are the effects of poor eating habits?

- Overweight children and teens are more likely to become overweight and obese adults with increased risk of :
 - Diabetes
 - Heart Disease
 - High blood pressure
 - Bone and joint problems (example: osteoporosis)
 - Some type of cancer
 - Gallbladder disease
- Overweight children are more likely to experience discrimination and low self-esteem.
- Too many young people are adopting unsafe or harmful weight loss practices, such as induced vomiting, use of laxatives, and smoking. As many as 7 to 8% of females in the United States have suffered from the eating disorder known as anorexia nervosa and/or bulimia. These two eating disorders can cause many severe complications and have among the highest death rate for any psychiatric disorder. Source: <http://www.4woman.gov/faq/easyread/anorexia-etr.htm>
- Poor eating habits can contribute to dental caries, which remains a major cause of school absences.

"For the first time in this country's history, health experts question if this generation of children will be the first to lead shorter lives."

Source: *The Obesity Epidemic*; <http://www.nsba.org/site/docs/32700/32675.pdf> ; retrieved 3/6/06

Why focus on schools?

- Students spend 2,000 hours per year in school, therefore...

“Schools have the unique opportunity – even the responsibility – to teach and model healthful eating and physical activity, both in theory and in practice. Improving children’s health likely improves school performance, and it may even help a school’s bottom line. Therefore, schools have a vested interest in improving the nutrition and increasing the physical activity of their students.”

-Dr. Satcher, former US Surgeon General
and founding chair of Action for Healthy Kids.

(<http://www.actionforhealthykids.org>; 9/23/04 news release)



- **It’s a FACT...**
 - Students who skip breakfast perform worse on tests and have poor concentration.
 - Youth not getting adequate nutrients have lower test scores, increased absenteeism, difficulty concentrating, and lower energy levels.
 - Physical activity programs are linked to stronger academic achievement, increased concentration, and improved math, reading, and writing test scores.
 - Students participating in daily physical education exhibit better attendance, a more positive attitude to school, and superior academic performance.
- Another reason for focusing on schools: It’s the law! The Child Nutrition and WIC Reauthorization Act of 2004; Public Law 108-265 enacted 6/30/04; Section 204 – Local Wellness Policies. *“Not later than the first day of the school year beginning after June 30, 2006, each local educational agency...shall establish a local school wellness policy.”*
- School Wellness Policy Basic Components:
 1. Policies targeting:
 - Nutrition education
 - Physical activity
 - Other school-based activities to promote wellness
 2. Guidelines for reimbursable meals
 3. Nutrition guidelines for all foods at school
 4. Plan for measuring implementation
 5. Community involvement
- School Wellness Policy Provisions – There will be a required involvement at the local school level of parents, students, school meals program representatives, school board members, school administrators and teachers and community members.
- School Wellness Policy Implementation:



“The physical activity and eating behaviors that affect weight are influenced by many sectors of society, including families, communities, organizations, health care providers, faith-based institutions, businesses, government agencies, the media, and schools. The involvement of all of these sectors will be needed to reverse the epidemic.”- State Education Standard 12-04

It takes a village.

- **Students**

- Eat smart and move more to look, feel and do your best.
- Get informed and involved.
- Set goals for yourself.
- Serve as a role model to younger students.
- Eat the school breakfast, school lunch and healthy snacks.
- **SUPPORT or JOIN your School Wellness Committee!**

- **Families**

- Eat smart and move more-children are watching you.
- Support school meal programs.
- Advocate for healthy school meals and nutrition education.
- Provide healthy snacks or fun physical activities for parties and events.
- **SUPPORT or JOIN your School Wellness Committee!**

- **Teachers**

- Teach and role model good nutrition and physical activity.
- Coordinate nutrition education with cafeteria staff.
- Teach life skills – not just the facts.
- Eat the school breakfast, school lunch and healthy snacks.
- **SUPPORT or JOIN your School Wellness Committee!**



Make it happen.

Use the “Five Points of Decision Method” to keep the ideas and energy flowing to achieve successful School Wellness Goals in your school.

Step 1 (thumb)

SIZE UP THE SITUATION.

(like artist would a blank canvas)

Step 2 (index finger)

KNOW WHAT YOU WANT

(point to what you want)

Step 3 (middle finger)

EXPLORE THE POSSIBILITIES

(brainstorm)

Step 4 (ring finger)

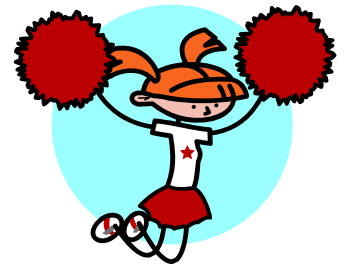
EVALUATE & DECIDE

(like a couple choosing to be married)

Step 5 (pinky)

ACT!

(“Just do IT !”)



WORDS of Wisdom.

“Persistence is key when changing the nutritional environment in your school. Go into the process with energy and enthusiasm and armed with the knowledge that you are doing what’s best for your students. They all deserve the right to healthier options. When making your case at school committee meetings or student meetings, bring healthy snack options to the staff and students. Let them eat while you plead your case. They’ll realize that the proposed snacks and drinks can taste good and still be good for you!”

– Heather Henry, School Health Coordinator

“It’s important to look outside the box. Prior to initiating this program, people thought that students would never eat rice cakes or yogurt as a snack. After almost two years in our program, students cannot get enough of them.”

**– Maggie Giunta, Foodservice Director
Aramark Food Service**

“We have made gradual changes over time with success. As Edna Strickland, a school nurse and member of our Healthy School Nutrition Environment Team, said after working on the team for two years – don’t go into the china store like a bull!”

**- Patty Green, RD, LPN, Child Nutrition
Supervisor**

Website Resources to learn more.

1. <http://www.cdc.gov/HealthyYouth/index.htm>
2. <http://nationaldairycouncil.org/nationaldairycouncil/tools>
3. <http://nutritionexplorations.org/educators/main.asp>
4. <http://www.presidentschallenge.org>
5. <http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>
6. http://www.5aday.org/html/educators/educators_home.php
8. <http://mypyramid.gov>

9. <http://www.actionforhealthykids.org>
10. <http://www.dole5aday.com>
11. <http://www.beefnutrition.org/matehealthyschoolnutrition.aspx>
12. <http://www.fns.usda.gov/tn/Resources/makingithappen.html>
13. <http://lancaster.unl.edu/food/mypyramid.shtml>
14. http://www.nde.state.ne.us/ns/slide_shows.htm

Historical Words of Encouragement and Wisdom

“Never doubt that a small group of thoughtful committed people can change the world. Indeed it is the only thing that ever has.”

Anthropologist **- Margaret Mead,**

“Enjoy present pleasures in such a way as not to injure future ones”

-Seneca (4 BC- 65 AD)

NEW “SCRAPBOOKING IDEA PAGE” **on CCE Human Ecology “Recipe” Webpage**

New “Scrapbooking Idea Page” on our Website Supports local “School Wellness Policies”. Visit our Seneca County Cornell Cooperative Extension webpage to see Linda Lawrence, Educator’s “Healthy Heritage Recipe Scrapbook” pages. Website address: <http://counties.cce.cornell.edu/seneca>; click on Human Ecology; click on “Recipes” (at top of page).



Seneca County Cornell Cooperative Extension's Human Ecology and 4-H Youth Development Departments support the development of each local "School Wellness Policy."

Each local "School Wellness Policy" encourages community leaders like Seneca County Cornell Cooperative Extension, to be a creditable resource and good role model for healthy food choices and an active life-style.

Linda Lawrence, Educator and Debra DiLallo, Educator believe nutrition education is FUN when using www.MyPyramid.gov resources. Linda and Deb also believe families learn how to make healthy choices by planning and enjoying meals together. This can best be accomplished when families allow their "creative thinking-caps" to explore the possibilities.

Scrapbooking can be the foundation for families to work together to create a "Healthy Heritage Recipe Scrapbook" with warm memories that will be passed down through the ages.

To get you started Linda and Deb have posted some scrapbook ideas on our website. Please pass these scrapbook ideas onto your families and friends. Linda would be happy to work with any not-for-profit organization to show you how easy it is for your group to create a "Healthy Heritage Recipe Scrapbook." For more information call Linda at 315-539-9251. For information on how to enter your completed "Healthy Heritage Recipe Scrapbook" into the annual Seneca County Fair contact Rachel Williams, Educator at Seneca County Cornell Cooperative Extension.

Linda's Healthy Heritage Recipe Scrapbook will be on display at public events that Seneca County Cornell Cooperative Extension attends 2006-2007.

Educators Teach Why Fruits & Vegetables are Important for You

Linda Lawrence and Patti Battley were invited to Border City School to get students excited about fruits and vegetables. Linda and Patti arrived to the K-4 student assembly each dressed in a colorful apron decorated with animated stuffed fruits and vegetables. Their costumes brought immediate smiles and giggles from their young audience.

The tempo of the assembly was electric. Linda and Patti engaged students in a "Karaoke style" group of songs called "Five-A-Day, Everyday of the Week, and Take Good Care of Yourself. " Students interacted with Linda when she tossed a stuffed fruit or vegetable into the audience. For example: Once the student caught the "fruit," Linda would ask, "Why is breakfast so good for you?" The student would throw the "fruit" back to Linda shouting "It starts my day!"

Teachers complimented CCE Educators on such a high energy presentation with the positive message “Eat Healthy, Be Active, Have Fun!”

If you would like to borrow Linda’s and Patti’s lesson plan kit please contact our office at 315-539-9251. Email Address: Patti: pap11@cornell.edu or Linda ll51@cornell.edu



Jordan Osborne made a Seven Fruit Salad at State Fair and at Empire Farm Days. Jordan enjoys working in the kitchen with her mom and grandmother. Jordan especially likes to prepare her seven layer fruit salad over the Holidays because of all the colors displayed by the assorted fruits. The salad makes for a great dish for a morning brunch, a light dessert or just anytime.

SEVEN FRUIT SALAD

Ingredients:

1 – 29 ounce can sliced peaches	1 cup fresh or frozen blueberries
1 – 11 ounce can mandarin oranges	1 cup seedless grapes
2 medium bananas – sliced	1 – 16 ounce jar maraschino cherries
1 cup sliced fresh strawberries	1/3 cup light corn syrup

Directions:

In a large bowl combine all ingredients. Stir together to mix. Chill. Serve with a slotted spoon. Serves 10 – 12; ¾ cup servings.

MyPyramid Tip:

Blue / Purple fruits and vegetables help kids learn.

Green fruits and vegetables help kids build strong bones and teeth.

Red fruits and vegetables help keep kids’ hearts healthy.

Yellow / Orange fruits and vegetables help kids see well.

White fruits and vegetables help kids be active and fit.

For more great recipes like Jordan’s visit www.5aday.org. See “Over the Hedge for Fruits & Vegetables!”