



Bellville Independent School District
School Nutrition

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What's Cookin'?

A School Nutrition Newsletter

Message from the Director

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As the 07-08 school year comes to a close, we are in full gear planning for 08-09. Very exciting things are happening in the School Nutrition Department. All of the cafeteria managers will attend the annual Texas Association for School Nutrition conference (TASN) this year, in Corpus Christi, for 3 days of training and visiting exhibits. We are very excited to represent the district. We will be accepting an award for increased lunch participation at our region breakfast at the conference. The award is given to districts who achieve a 10% increase in participation, Bellville ISD has had a 22% increase! TASN is the largest, most active of the state associations, 7700 members strong! It is the professional association for all levels of school food service employees. TASN holds the largest state conference in the nation. It is always beneficial to network and share with other districts. We are continuing to work toward the Healthier US School Challenge award for the Intermediate campus. It has been an extensive application process, but we are almost there! We recently received word that the application had made it through the Texas Department of Agriculture and is in route to the United States Department of Agriculture Regional Office. If it passes the Regional Office, it will be on its way to the National Office for final approval. This application process documents physical activity, nutrition education in the classroom and the strict menu requirements required to receive the award. We have been providing whole grains, fresh fruits and/or vegetables daily. Teachers have done a great job providing nutrition education in the classrooms and the physical education requirements here in Bellville ISD exceed the minimum state requirements. We hope to hear on the final review of the application soon. Next school year will bring more opportunity for fun marketing promotions, give aways, and attempts to increase the breakfast program. Currently, we feed about 70% of the BISD students a reimbursable lunch everyday. Breakfast is the most important meal of the day and we feel it is just one piece of the education puzzle. Hungry kids can't learn! We will do our part to promote and increase school breakfast participation. All students need to know they have the opportunity to receive a nutritious breakfast at school. We want all students to excel in the classrooms to make BISD the BEST!

Whole Grain is More Than Fiber

We hear so much now about eating more whole grains or eating more fiber. Going to the market can be confusing these days on what exactly has whole grain and what about whole wheat versus wheat? In 2005, the Dietary Guidelines for Americans recommended Americans eat 3 or more servings of whole grain each day. This is due to the scientific evidence that suggests whole grains play an important role in helping reduce the risk of heart disease and cancer.

A good source of whole grain isn't always a good source of fiber. Whole grain can come from corn, wheat, rice, oats, barley etc. Each type of grain naturally contains different proportions of bran, germ and endosperm, which affects the fiber content. For example, brown rice has less fiber than oat cereal even though both are whole grain. That said, high fiber doesn't necessarily mean whole grain. Bran cereal, though high in fiber, doesn't contain whole grain. It is difficult to find a food that is whole grain and high in fiber unless something has been added.

How do we find whole grain foods when grocery shopping? Currently, it is a little easier than trying to read the nutrition labels. Products that carry the claim of "whole grain" must be at least 51% whole grain by weight. The whole grain health claim states, "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers." You can also look for the grain symbols on the packaging which may claim "good source of whole grain," which means that product contains at least 9 grams of whole grain per serving, or "excellent source of whole grain," which means that product contains at least 16 grams of whole grain per serving. At least 48 grams of whole grain is recommended daily.

To Clone or Not to Clone...

Information in this article was taken from the Washington Post 1/08

In January, the U.S. Department of Agriculture asked U.S. Farmers to keep their cloned animals off the market even after the Food and Drug Administration announce that food from cloned livestock is safe to eat. Bruce I. Knight, the USDA's Undersecretary for Marketing and Regulatory Programs, requested a voluntary freeze to buy time for acceptance for consumers "given the emotional nature of this issue." The argument arises when discussing if cloned animals are not so much safe to eat, but is it detrimental to U.S. markets and trade relations? Evidence has surfaced suggesting Americans and others are probably already eating meat from the offspring of clones. Cattle cloning companies admit to not being able to keep track of how many offspring of clones have entered the food supply despite the request from the FDA to keep them off the market until completion of a "safety report."

Currently USDA and FDA agree that eating meat and drinking milk from cloned animals is just as safe as the foods we eat every day...which now we question that statement. After the recall of the ground beef that

showed up in schools across the country, how safe IS the food we eat everyday? The truth of the matter is, we do not absolutely know.

USDA says there is no "critical" difference between the meat and milk from cloned animals versus ones from conventional reproduction. They didn't exactly define "critical."

It has been said that cloned animals suffer a higher mortality rate and often experience health problems. Now that the original voluntary freeze to not release clones in the food supply has expired, the USDA has asked that only the clones be withheld. Offspring of clones might make it to the store shelves within a few years.

Some US groups have asked that food from clones be labeled so consumers could have the right to choose. Those who support the cloning process argue that labels do not indicate other methods of procreation, therefore, should not be required to label cloned foods.

The president of the largest farm-animal cloning company said the labels may look something like this:

"This steak's father was a clone, This steak's great-grandfather was a clone"...etc.

Educators are Key to Student Success and Health

The United States Department of Agriculture realizes that educators can be part of the intervention in teaching kids good eating habits. While good eating habits should be learned at home, some parents may not be encouraged to make healthy choices. Educators have a captive audience of students throughout the day and can teach children how to read nutrition labels and make the best choices while offered a balanced school lunch. Empowering students to make the best decisions can make them successful, not only in the classroom, but also providing them the tools for a long, healthy life.

Teachers and other administrators have tremendous influence in student's lives in all aspects. Eating well and choosing to be healthy is just a small part of the puzzle to forming a successful student.

USDA Team Nutrition offers many great resources through their website <http://teamn nutrition.usda.gov>. Most of the resources are at no charge and they even have grant money available to implement some of the programs.

USDA gives recommendations on educational activities such as starting a community garden. West End Elementary does have a garden where the students are allowed to plant and tend to the crop. Charles Abel, principal at West End Elementary encourages healthy lifestyles with the garden, the recent health fair and participating in the April Fruit and Vegetable month contest. K-2 students

were given a sticker for everyday they ate a fruit or vegetable. Students colored their calendars and have them hanging on the wall of the cafeteria.

Teachers are important and can influence what children are allowed to bring to classroom parties. Instead of the same cookies and cake, try serving fruits and vegetables. Students need to be taught that food is not a reward nor should it be used for comfort. Using food as rewards is not encouraged and teachers can always look for freebies to give away instead. The School Nutrition Department has pencils, stickers, magnets and bookmarks that can be given to students instead of food rewards. Contact April Pinkham for more information on give aways.

Students are welcome to tour the cafeteria kitchens and see exactly what goes into the daily work of providing school meals. If anyone is interested in tours, please contact your cafeteria managers to set up a date.

In closing, there are numerous benefits to teaching healthy eating and nutrition to students. It is known that hungry children can't learn and well-fed students tend to concentrate more in class, make better decisions and attend school regularly. Educators are not only preparing students to be successful but can, also, teach them to live a healthy, long life.

Rising Grocery Prices What's the TRUE Story?

The outlook on grocery prices and your receipt from the store looks grim. There is speculation on why food costs have risen 4.4% in the past year which is the highest increase Americans have seen since 1990. The outlook for 2008 looks as if food costs will end at 3.0 to 4.0 percent above 2007. This is in part to retailers continuing to pass on higher commodity and energy costs to shoppers. Call it the cost of doing business. It is hard, these days, to decipher what is the true reason for food price increases, besides the obvious excuse of blaming fuel costs. The demand for food, internationally, has been one cause of the increased food prices.

Consumers are thinking of cutting back on food purchases because cutting back on fuel is not an option. Americans still have to get to work. If shoppers still buy the two gallons of milk a week, with the 23% increase in cost of dairy in the past year, maybe Santa will be the one tightening his belt so the kids don't have to. The current nationwide average for a gallon of whole milk is \$3.80, according to cnmmoney.com, even though this decreased in price this quarter by \$.10.

Americans spend an average of 10% of their disposable income on food. This is less than any other country in the world. It has been said that farmers received about one-third of consumer retail expenditures in the 70's, this is currently only 22 percent, according to the Farm Bureau. Transportation, processing, and packaging all cost significantly more today than in previous years.

The rising cost of food can be attributed to just about everything. The weather, the dramatic changes in the economy including fuel costs, lower food reserves, and the consumer demand internationally. About one-fifth of all crops in the U.S. are grown for export.

In the long term, consumers can expect prices to eventually come down as farmers plant and grow more grain for fuel and food. This can take up to 10 years to see any relief at the grocery stores.

Blaming biofuels for the reason of higher prices is controversial. It probably contributes to the problem as a whole but probably not the primary cause. The cost of oil itself has been mostly to blame, closing at record high prices. While fuel drives up costs of transportation and production, this will in turn drive up the cost of corn and soybeans, which are made to produce biofuels. What can be expected when it becomes more costly to produce basic foodstuffs, such as wheat, which is used to make oils, sweeteners, and flour? Corn is the basic ingredient in livestock feed, which as corn increases, so will the price of meat, poultry and eggs.

Don't expect any significant changes to happen anytime soon or any relief. Visit www.fb.org, the American Farm Bureau website, for the latest in crop information.



Tips to Getting in Summer Shape

- ▲ Use a smaller plate when eating so you don't overfill the plate and eat more than you should.
- ▲ Have someone else do the dishes. Never fails when clean up time comes, we would rather pop the last three bites of lasagna into our mouth instead of the trash. Having someone else do the pack up and clean up avoids extra calories.
- ▲ Eat more natural foods. Think about how many steps it took to get to your plate. For example, an apple looks the same on your plate as it does on the tree, however, a pop tart took many steps to look the way it does.
- ▲ Eat more protein and fiber at meals. The protein takes longer to digest and the fiber will absorb water and expand to give that feeling of being full longer.
- ▲ Keep snacks out of sight at home and work. It's true, out of sight out of mind.
- ▲ Wear great smelling perfume or light great smelling candles. The relaxing scents can take your mind off of food.
- ▲ Avoid late night snacks. After 8pm people tend to head for the comfort foods. Do yourself a favor and sip an herbal tea or brush and floss your teeth instead. You'll save about 250 calories each day at least which can result in weight loss.
- ▲ Use care when eating salad instead of a regular meal thinking it is lower in fat. Chances are, after the crutons, cheese and dressing, you are eating around 900 calories and probably 50-60 grams of fat. You are better off eating 20 chicken nuggets from McDonalds.

Recipe Corner

Baked Spinach Artichoke Yogurt Dip Created by: 3 a day of Dairy

- 1 (14 oz) can artichoke hearts, drained and chopped
- 1 (10 oz) package frz. Spinach, chopped, thawed and drained
- 1 (8 oz) container low fat plain yogurt
- 1 cup shredded part skim, Mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped red pepper

Combine all ingredients except red pepper and mix well. Pour mixture into a 1-quart casserole dish or 9 inch pie plate. Bake at 350 degrees for 20-25 minutes or until heated through and sprinkle with red peppers. Serve with toasted multi-grain bread or whole grain crackers.

Power Orange Smoothie

Created by: whymilk.com

- 1 (6 oz) frozen can of orange juice
- 2 cups low fat or fat free milk
- 1/2 cup sifted powdered sugar
- 1 teaspoon vanilla extract
- 4-6 cubes ice

In a blender combine orange juice, milk, powdered sugar and vanilla. Cover and blend until smooth. Add the ice cubes one at a time while blending. Blend until smooth and frothy. Pour up and serve immediately. The mixture can also be frozen to make a dreamsicle snack. Makes 1 quart.

Good Links

www.culinate.com
www.usda.gov
www.squaremeals.org
www.ft.com
www.3aday.org
www.whymilk.com
www.cdc.gov
www.mypyramid.gov
www.fb.org
www.powerpanther.org
<http://teamnutrition.usda.gov/library.html>
www.foodandhealth.com
www.rimag.com

How to Plan a School Meal

Many things go into planning school menus for the 2008-09 school year. All school meals must contain a meat or meat alternate, bread, milk, fruit and vegetable. In addition to this, elementary meals must:

Provide a whole grain every day

Provide three different fruits and five different vegetables each week

Provide a raw fruit or vegetable each day

Have good sources of Vitamin C and iron every day. Vitamin C must meet at least 8 mg each day and iron 1.6 mg.

Offer dried beans or peas once a week

Offer low fat and fat free milk daily

Offer dark green or orange vegetable or fruit three times a week

Have only one entrée per week that is more than 40% calories from fat

Average calories per week must be approximately 644

Average percent of fat per week cannot exceed 30%

Saturated fat cannot exceed 10% when averaged over a week

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