



Bellville Independent School District
School Nutrition

What's Cookin'?

A School Nutrition Newsletter

Volume 2, Issue 1

October 2008

Message from the Director

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It sounds a bit strange for me to say “WELCOME BACK” when it is already October! That said, we are off to a good start this year receiving an award this summer at our Texas Association for School Nutrition Conference and receiving the GOLD award with a special event presentation at O’Bryant Intermediate this month! That was quite an event! We were contacted by the United States Department of Agriculture to start planning this event in September and then had a little hurricane. We were presented an award for being one of three (so far) Healthier US GOLD Schools in Texas. Bill Ludwig, Regional Administrator, United States Department of Agriculture, Todd Staples, Commissioner, Texas Department of Agriculture, and Representative Lois Kolkhorst attended and congratulated O’Bryant Intermediate on the award. This was a great recognition for Bellville ISD, O’Bryant Intermediate and the Food Service Department. We really are all pieces to the puzzle when it comes to educating students and providing them a safe and healthy environment to learn. It was a big event and we can all agree with Todd Staples, TDA Commissioner, when he talks about the 3 E’s, eating, education and exercise. Hope your year is off to an excellent and healthy start!!!!



News You Can Use

A new coalition formed recently that supports the federal legislation that provides consumers with detailed nutrition information in restaurants and fast food chains using a uniform national standard. The coalition members include Blue Cross Blue Shield, Domino’s Pizza, Burger King, National Chicken Council, McDonald’s, the National Restaurant Association, just to name a few. The group, the Coalition for Responsible Nutrition Information (CRNI) was formed to ensure consumers will have the nutrition information they need when they dine out in order to make knowledgeable decisions. Consumers know that calories are just a small part of the nutrition information needed to make smart food choices. The coalition wants to provide customers with more detailed information including sodium, trans fats, saturated fat, cholesterol, carbohydrates, sugar and protein, as well as, calories to make a well-informed decision when dining out.

A lot of eateries offer nutritional information in the form of brochures, posters, and websites. This may be the approach the coalition is taking so the information will not hit consumers in the face on menu boards or menus. They will have a choice to read the information and not be forced into it.

A good guess would be that these major restaurateurs and chains that make up the coalition will be heavily involved in helping write the legislation that could put them out of business. Maybe this is so consumers will be offered information in writing but not weighed at the door. Do you really want to know what the nutritional value is of your favorite enchiladas or that blooming onion you so dearly love?? You can bet it will be your choice to look or not.

Children and Allergies

Those of us who are older ask ourselves, “where did all the allergies come from in children?” Grandma and Mom just called those children that were sick all the time “sickly” or they had a “weak stomach.” Maybe there was some truth behind the “sickly” child.

The Center for Disease Control and Prevention reported that about 1 in 29 children had food allergies last year compared to the 1 in 26 in 1997. The 18% increase in food allergies equates to about 3 million children in the United States. There isn't concrete evidence that shows what is driving the increase. Some experts say children are taking longer to outgrow milk and egg allergies than they did in decades past but also figuring into the equation are parents and doctors who are more likely to consider food as a trigger for symptoms like vomiting, skin rashes and breathing problems. Parents today are quicker to take their children to a specialist to check for food allergies when children are “sickly.”

The results of the latest survey came from the Center for Disease Control and Prevention going door to door and asking parents if their child/children had any kind of

food allergy in the last 12 months. It is not known if a doctor made that diagnosis and if the parents were confused by an actual “allergy” versus a digestive disorder such as lactose intolerance. Maybe some of the allergy cases could be attributed to awareness, but studies show that about 1 in 40 Americans will have a milk allergy at some point in their lives and 1 in 50 may be allergic to eggs. Most people have more than one food allergy, which in children, go along with asthma, eczema and respiratory problems when compared to children without food allergies.

What experts are calling now “the big eight” which account for about 90% of the food allergies in the United States are: milk, eggs, peanuts, tree nuts, seafood, shellfish, soy and wheat.

For more information regarding food labeling laws, you can visit <http://www.cfsan.fda.gov/~dms/alrgact.html>.



Does Waist Size Matter?

Does being overweight equate to being unhealthy? Not necessarily. You can look great in a swimsuit and still be a heart attack waiting to happen and you can also be overweight and otherwise healthy. A new study revealing that about 51% of overweight people have normal cholesterol and blood pressure levels, while a surprising number of trim people suffer from heart disease or high blood pressure.

In the study, almost 36 million people nationwide had mostly normal levels of blood pressure, cholesterol, triglycerides and blood sugar. Almost 1/3 of these obese, nearly 20 million people, also were considered in the healthy range, meaning they had none or just one of the measures was elevated.

Yet, about 1/4 of the adults tested who were in the recommended weight range had unhealthy levels of at least two of the measures.

Thin people can develop heart related diseases just as overweight people do but are less likely to worry with eating right and staying healthy.

Health officials rely on the body mass index, or BMI, to determine if someone is overweight or within the recommended weight range. This is because the weight to height ratio does not distinguish between fat and lean tissue. The

limits of that method would put at least half of the NFL players in the obese category. A number of experts say waist size is a more telling way of determining someone's health risks.

While maintaining a healthy weight is important and can reduce the risk of chronic diseases, more importantly is to pay more attention to elevated risk factors. A thin person may need to watch what they eat more so than an obese person that tests in the normal range.

The experts noted that fat tissue releases hormones and other substances that affect things like blood vessels, cholesterol and blood sugar. The results also add to mounting evidence that thick waists are linked with heart attacks.

Among all of the people in the study, those with larger waists, or potbellies, had elevated cholesterol, blood pressure and other factors for disease. This is thought to be attributed to the fatty deposits around the abdominal organs which has said to be especially risky. Similarly, among the overweight and obese tested, those that were in the “healthy” category tended to have smaller waists.

Eating right and exercising is still the key to warding off potential problems associated with heart disease and high blood pressure.

Creative Non-Food Fund Raising

We know it is fund raising time again for our local schools so here are some creative ideas that are non-food ways to raise money! Some of these ideas are from California Project Lean.

- ▲ Fun Runs/Walk-a-thon/Bike-a-thon (children get sponsored for laps at \$1.00 a lap)
- ▲ Celebrity Basketball Tournament (charge a team \$40 entry fee)
- ▲ Car Wash (sell tickets in advance and operate a food stand selling bagels and coffee)
- ▲ Singing telegrams
- ▲ Talent Shows/Karaoke where local businesses donate items for raffle
- ▲ Carnivals
- ▲ Dances (Father/Daughter, Family, Sadie Hawkins)
- ▲ Family Portraits
- ▲ Sell T-Shirts/Caps
- ▲ Sell School Event Planners
- ▲ Students volunteer for odd jobs to raise money
- ▲ Candles/crafts/plant sales
- ▲ Golf Tournament
- ▲ Recycling cans/bottles/paper/Christmas trees
- ▲ Sponsor a scavenger hunt

Turkey Tip Reminders

With Thanksgiving Holidays quickly approaching, remember to CLEAN, SEPARATE, COOK and CHILL:

Make sure everything in your kitchen is kept CLEAN—hands, utensils, counters, cutting boards, and sinks. Bacteria can easily be spread around the kitchen so be sure to wash hands frequently, and wash utensils that have touched raw poultry and wipe down kitchen counters.

SEPARATE raw poultry from ready to eat foods so bacteria does not spread and cross contaminate. Use separate cutting boards, keep raw turkey away from other foods in your refrigerator and never place cooked foods on the plate that raw turkey is held. Be sure to thaw your turkey on a bottom shelf in the refrigerator so that the juice from the raw turkey does not drip on other foods.

COOK your turkey to the proper internal temperature of 165 degrees. Don't rely on the "pop out" thermometer, using a conventional temperature gauge is best.

CHILL food properly to prevent the growth of bacteria and food-borne illness. Always refrigerate or freeze your raw turkey after coming home from the store. Never thaw at room temperature. The refrigerator is best for thawing turkey but it can also be thawed under running cold water or in the microwave. If thawing in the refrigerator or in cold water, cook immediately after thawing. Refrigerate leftovers within two hours after cooking. No snacking on the Thanksgiving meal for hours while it sets on the counter.



Breakfast Facts

Did you know that Bellville School Nutrition offers breakfast at all schools in the morning? Breakfast consists of a choice of cereal and toast or a hot entrée item, juice and milk daily. Students can enjoy a nutritious and affordable breakfast each morning for \$1.25. We have grab-and-go wrapped items for Junior High and High School students such as Pop-Tarts, bagels, cinnamon rolls, breakfast burritos and more! Breakfast is the more important meal of the day, so don't miss it!!!!

- ▲ Kids who eat breakfast tend to do better in school and have fewer disciplinary problems.
- ▲ Kids who skip breakfast altogether, rarely make up for missed nutrients later in the day.
- ▲ Adults who eat breakfast every day or more likely to maintain a healthy weight.
- ▲ Kids who frequently eat cereal consume less fat and have a higher intake of several important nutrients.
- ▲ Research shows that only one in 10 Americans gets the recommended daily servings of whole grains.
- ▲ Breakfast cereals are a major source of whole grains in American diets.
- ▲ A breakfast biscuit with sausage, egg and cheese has 580 calories compared to cereal and milk at 160 calories.

Recipe Corner

Potatoes Deluxe By: Neely Vasicek

2 lbs. frozen hash browns, thawed
1/4 c. onions, chopped
1 can cream of chicken or cream of mushroom soup
1 c. sour cream
3/4 stick of butter, melted
1 c. cheddar cheese, grated
2 tsp. salt
1 to 2 c. corn flake crumbs

Mix sour cream, 1/2 cup of the melted butter, cheese and salt in a large bowl; add onions and potatoes and mix well. Spread in a 9x13 pan and top with corn flake crumbs and 1/4 of the melted butter. Bake at 350 degrees for 45 minutes. Let it set for 5 minutes before serving.
Makes 8 servings.

Smoothie Time!

Red & White Smoothie—4 strawberries, 1 banana, 1 container low-fat yogurt, 1 cup of orange juice

Cool Blue—1 1/2 cups fresh or frozen blueberries, 1 container low-fat blueberry yogurt, 1 cup of 100% grape juice

Just Peachy—1 cut up peach or 1 cup frozen peaches, 1 container low-fat peach yogurt, 3/4 cup orange juice

Just blend any of these combinations with ice and you have a healthy snack for your student. Add a teaspoon of wheat bran to add fiber to your student's treat.

Good Links

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

<http://fs.bellinstitute.com>

www.bam.gov

www.nationalnutritionstandards.com

Turkey Trivia Everyone Needs to Know!

When Neil Armstrong and Edwin Aldrin sat down to eat their first meal on the moon, the packets contained roasted turkey and all of the trimmings.

The costume that Big Bird on Sesame Street wears is said to be made out of turkey feathers.

Turkeys have up to 3500 feathers when they reach maturity.

Domesticated turkeys cannot fly, only wild turkeys and not very far. Turkeys can, however, run up to 20 mph.

A hen is ready for the market at 14 weeks while a tom is ready at 18 weeks.

Hens are processed and usually sold as whole birds while toms are processed and used for deli meats, sausage, franks, cutlets and tenderloins.

Toms and hens only differ in size but are equally as tender.

Turkey is listed as one of the top 10 foods for your eyes because it is rich in zinc, plus the B vitamin niacin that protects against cataracts.

Only tom turkeys gobble, hens make a clucking noise.

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