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Bellville Independent School District
School Nutrition

What's Cookin'?

A School Nutrition Newsletter

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Inside this issue:

Message from the Director	1
What's for Dinner?	2
Fit Kids Happy Kids	3
BASN	3
Pecan Fun Facts	3
Great Links	4
Recipes	4

Message from the Director

April F. Pinkham

What an exciting Spring! The BISD wellness challenge was a HUGE success. Congratulations to all that accomplished their goal. Hopefully everyone is sticking with the routine of eating healthy and exercising. It is a way of life and not just a diet. TAKS testing is nearly done. There is about 30 more days of school left. And planning is under way for August and 2010-2011 already. I know in the School Nutrition Department we are excited to start new projects in August. Master Gardeners from the Texas Ag Extension office will assist the students at West End Elementary with starting a vegetable garden. Knowing it will be a huge success, we are already talking about other schools to extend the project. We are hoping the students will be so involved and interested that we will be able to incorporate the produce into the school menus.

So far, the reauthorization of the Child Nutrition programs has not happened. There is still a lot going on in Washington on this topic. The Senate is due to vote on the final bill soon. In addition to many of the lobbyists heading to Washington to "go to bat" for the nutrition programs, it seems the news can't get enough of joining in the rally. I am still not certain if they are for or against school meals, but I know that here in BISD, we can assure parents that our school meals, as a whole, are better than the minimum. We do serve fresh fruits and vegetables daily and offer whole grain options also. Watching the Jamie Oliver food revolution, I can't help but get slightly irate when they show school meals that are no match for what we do here in Texas. I am sure you that he has heard from more school lunch ladies than he has wanted to. Please, if you ever have questions about what is being served, just ask. We would be glad to provide you with any nutritional analysis you request. We are confident in what we serve!!!

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. It never fails that 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. Remember: Out of sight Out of mind.
- Wear great smelling perfume or light a great smelling candle. The relaxing scents can take your mind off 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 croutons, 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.

REMINDER!

DONUTS WITH DAD!

When: May 17, 2010

Where: School Cafeteria

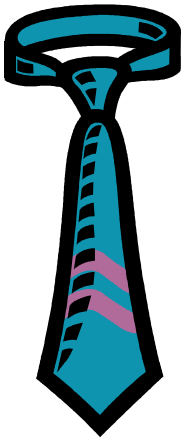
Time: 7:20am-8:00am

Cost: $1.75 for Adults

Regular price for students

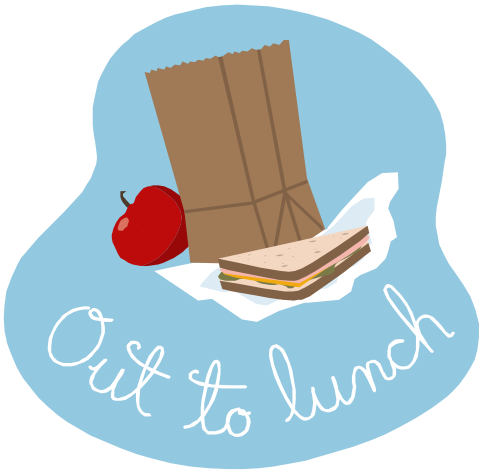
Includes: Donut, Juice and Milk

Join your child for school breakfast!



Field Trips

As the end of the year comes to a close we realize field trips are planned for many of the classes. Please remember that students must have an option for those needing a sack lunch. Students must have access to the meal programs, even if a field trip is planned. We can provide a nutritious meal of a sandwich, milk, fresh fruit, and a pickle. Please help us to order correctly and avoid waste by letting the cafeteria managers know well in advance about field trips. Thank you!



What's For Dinner?

What's for dinner is a question that my children ask as soon as we get home. Some days I don't know the answer until I look through the refrigerator. Many days though, my family has a planned menu. I try to plan menus for the week so I know what is needed from the store and to stay within budget. I thought it may be worth writing about after I discovered my children, who are 12 and 15, said it is very "weird" that we sit down together and eat an evening meal EVERY day. They informed me that most if not all of their friends don't ever sit down with their family and eat together.

Most of us probably grew up with parents who still cooked and sat down for a family meal. Being a nutrition person and focusing my days on food, I just assumed most people continue the tradition of family meals when in reality, the majority probably don't. We have come to live in an "experience" economy where if we are not having an "experience", we aren't interested. Cooking a family meal can be an "experience" for families with a little effort.

I started seeking out some information I could share and thought about Dayle Hayes. Dayle is a wonderful author and registered dietitian and very active in many associations and groups and is also an advocate for healthy school meals. Her websites are a wealth of information.

Dayle's websites and articles contain easy recipes, shopping lists for families, weekly meal planner sheets, information on gardening with kids, and also tips on how and why to make family mealtimes important.

One of the most important reasons to make meal time, family time, in my opinion, is to teach children about nutrition. From my personal experiences, children often don't realize the things they are eating and drinking during the day and what benefits they can get from certain foods and which ones to limit. Don't forget that the dinner table is also an extension of their daily education and can develop memories to last a lifetime.

Dayle mentions in one of her presentations that mealtimes should be TV free and phone free. We do try to practice this at our home and thank goodness for DVR's. This is also a chance to ask the age old question "how was your day?" For younger children you can ask "what funny things did you see today?" Having positive child focused conversations may develop lasting open communication with teen children.

Please visit www.eatrightmontana.org and eatwellatschool.blogspot.com and www.school-wellness.org for more information.

Fit Kids = Happy Kids

This information was taken from www.eatsmart.org website. Six simple steps to a Healthy Weight for Kids:

1. Be active by playing together inside and outside.

   Kids and adults need 30-60 minutes daily of physical activity.

2. Make family meals a special time to eat together.

   Plan weekly menus. Get the kids involved.

   Cook once—eat twice. Cook extra and freeze it for a later menu. For example, cook extra taco meat, spaghetti sauce or lasagna.

3. Eat most meals at home and fewer fast food meals.

   Share a super size meal if going for fast food. It saves money, calories and fat.

   Rethink your drink by ordering milk which is high in protein, calcium and other nutrients rather than a 32oz soda which often has 300 calories, 1/2 cup of sugar and no nutritional value.

4. Enjoy tasty fruit and veggie snacks.

   Serve a rainbow of produce every day. At least 5 servings a day can be achieved through dry, fro zen, fresh, canned and fruit juice.

5. Drink milk with meals and drink water with snacks.

   Dairy products help kids and adults maintain a healthy weight and build strong bodies.

6. Take the TV out of the bedroom and READ!

Pecan Fun Facts

- Texas adopted the pecan tree as it's state tree in 1919. Gov. James Hogg liked pecans so much he wanted one planted at his graveside after his death.
- It would take 11,624 pecans stacked end to end to reach the top of the Empire State Building.
- You would need 144 million pecans to fill an Olympic sized swimming pool.
- It would take 5,640 pecan halves to equal the weight of a standard size watermelon.
- Pecan trees range in height from 70-100 feet. Native pecan trees can be over 150 years old and have tree trunks three feet in diameter.
- There are over 1,000 variations of pecans and many are named after Native American Indian tribes including, Sioux, Choctaw, Shawnee, Mohawk and Cheyenne.
- Some of the larger pecan shellers process 150,000 pounds of pecans a day which is enough to make 300,000 pecan pies!
- Pecans are high in zinc! They can provide over 10 percent of the daily value for zinc.
- Before pecans can be sold they must be cleaned, sized, sterilized, cracked and then finally shelled.

For more nutrition information, fun facts, and recipes you can visit the National Pecan Shellers Association at www.ilovepecans.org.

Bellville Association for School Nutrition

Bellville ISD School Nutrition staff have formed the local arm of the Texas Association for School Nutrition (TASN) which will be known as the Bellville Association for School Nutrition. School districts can form a group that is not associated directly with the schools as a 501 (c) 3 non-profit organization. The goals of a local association are to promote interest and training of school food service personnel to improve and protect their status, develop a united effort with the community to assure every school child has access to adequate school nutrition programs, and to continue to develop high standards for school nutrition. The local group of staff members will be members on the state level of TASN. Newly elected officers are Neely Vasicek, President; Rose Wienken, Vice President; Cheryl Hargrave, Treasurer; and Nancy Gardner as Secretary. The Bellville Association of School Nutrition will work to volunteer and develop projects throughout the year. Fund raisers will allow for more staff to attend the state conference annually during the month of June for continuing education opportunities. Being able to be part of the state association allows members to have a voice in legislation relating to the School Nutrition programs. Currently there are over 6500 members state wide. The officers attending this year's conference in San Antonio will be recognized on stage at the awards breakfast.

Congratulations to the new officers, and we look forward to great community projects and volunteer opportunities.

Great things are happening in School Nutrition!

Recipe Corner

Herbed Chicken, Orzo and Zucchini
From Better Homes and Garden

1 cup dried orzo
4 small skinless, boneless chicken breasts
1tsp dried basil
3Tbsp olive oil
2 medium zucchini, sliced
2Tbsp red wine vinegar
1Tbsp snipped fresh dill

Prepare orzo according to the directions on the package. Sprinkle chicken with basil, salt and pepper. In a large skillet, heat 1T of olive oil, add chicken and cook about 12 minutes or until no longer pink. Turning once. Remove from skillet and add zucchini to skillet and cook until tender. In a small bowl whisk red wine vinegar, remaining olive oil, and fresh dill. Add orzo and toss. Sprinkle with salt and pepper. Serve chicken with zucchini and orzo and sprinkle with fresh dill. Serves 4.

Turkey Steaks with Spinach, Pears and Blue Cheese
From Better Homes and Garden

2 turkey breast tenderloins
1 tsp dried sage
Salt and pepper to taste
2 Tbsp butter
1 6oz package fresh baby spinach
1 large pear, cleaned, cored and thinly sliced
1/4 cup crumbled blue cheese

Horizontally split turkey breasts to make 4 half inch thick steaks. Rub with dried sage. Sprinkle with salt and pepper. In an extra large skillet with 1 T of butter over medium-high heat cook the steaks for about 14-16 minutes or until no longer pink. Turning only once. Remove turkey from skillet and add spinach to the skillet cooking and stirring until wilted. Meanwhile in a small skillet, cook pear slices in 1 T butter over medium heat stirring occasionally until they are slightly brown and tender. Serve steaks with spinach and pears and top the turkey with the blue cheese. Serves 4.

Good Links

www.school-wellness.org
www.fruitsandveggiesmatter.gov
kidsinthekitchen.ajli.org
www.yum-o.org
www.mealsmatter.org
www.usda.gov
www.squaremeals.org
www.3aday.org
www.whymilk.com
www.cdc.gov
www.mypyramid.gov
www.powerpanther.org
www.nationalnutritionstandards.com
www.actionforhealthykids.org
www.studentstakingcharge.org

Cookbook suggestions

Betty Crocker's Easy Slow Cook Dinners

Cooking Rocks! Rachel Ray 30 Minute Meals for Kids

Kids' Fun and Healthy Cookbook

Kitchen for Kids: 100 Amazing Recipes your Children Can Really Make

Salad People and More Real Recipes: A New Cookbook for Preschoolers and Up

The Good Housekeeping Illustrated Children's Cookbook

The Healthy Body Cookbook;Over 50 Fun Activities and Delicious Recipes for Kids

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