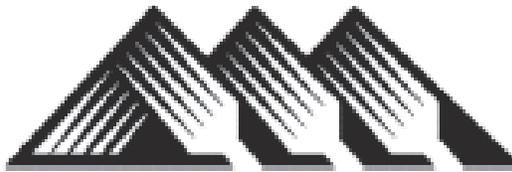


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EAT RIGHT MONTANA

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September 2007

Dear Colleagues:

Welcome to the 9th issue of our 2007 campaign on ***Eating Together, Playing Together***. This issue is about ***A Day to Eat Dinner with Your Children™***. Our fitness handout focuses on **fall fitness fun**, while our nutrition handout is about **using My Pyramid to plan delicious dinners**.

September 24th is the sixth anniversary of ***Family Day – A Day to Eat Dinner with Your Children™*** – sponsored by The National Center on Addiction and Substance Abuse (CASA) at Columbia University. The 2007 campaign features many new sponsors (e.g., The National PTA) with the theme of “*Be the center of their universe.*”

At the CASA website (www.casafamilyday.org/), you can download a poster, a proclamation template, and brochures in both English and Spanish. You can also view an amusing video “interchange” between President Bush and his mother about the benefits of eating together “even if you aren’t a great cook.” The focus of CASA’s ***Family Day*** is on using the power of parenting to reduce substance abuse among children and teens. As noted in their brochure, CASA research consistently finds that young people who have five or more family dinners per week:

- **Are at lower risk for substance abuse compared to teens who dine with their families infrequently.**
- **Are less likely to have friends who use illicit drugs or abuse prescription drugs.**
- **Are likelier to get better grades in school.**
- **Are more likely to abstain from smoking, drinking and using drugs.**

This national celebration on Monday, September 24th is the perfect opportunity to remind your community about all the benefits of family mealtimes: social, behavioral, educational, and nutritional. It’s great time to contact your local media – and to use all the messages, materials, and information that **Eat Right Montana** has been sending your way in 2007.

Healthy Families packets are made possible with generous support from agencies, organizations, and individuals. Please join us in thanking the 2007 sponsors listed on the left. **This month, we would like to welcome and specially thank our most recent sponsor: Montana’s Child and Adult Care Food Program (CACFP).** If you use this packet and can make a donation to support positive, practical messages for families, please contact ERM Chair Katie Bark at 406-994-5641 or kbark@mt.gov

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Rocky Mountain
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Council

Crystelle Fogle 406-947-2344

Katie Bark 406-994-5641

Mary Ann Harris 406-994-5397

Physical Activity

Five Fun Ways to Fall into Fitness

www.eatrightmontana.org/eatrighthealthyfamilies.htm

Variety is as important in physical activity as it is in nutrition. Your muscles need different activities in order to be strong, flexible, and energetic. The My Activity Pyramid from Missouri Extension has all the numbers and more tips on fitting fitness into busy lives at:

<http://extension.missouri.edu/explore/hesguide/foodnut/n00386.htm>

★ Enjoy more EVERYDAY ACTIVITIES.

Everyday activities offer fitness opportunities for the whole family. As the days get cooler in fall, getting outside feels better and better. Get out to walk the dog. Get out to rake (and jump in) piles of leaves. Get out to play Frisbee® in the park. Plan to enjoy as many outdoor physical activities every day as you can.

★ Enjoy more AEROBIC ACTIVITIES.

Anything that involves continuous movement of your arms and legs – which gets your heart pumping a little faster – can be aerobic. Bike riding, jumping rope, and brisk walking can be fun and safe at any age. Aim for at least 10-20 minutes at a time, at least 30-60 minutes total per day, at least five days a week.

★ Enjoy more RECREATIONAL ACTIVITIES.

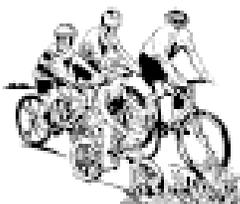
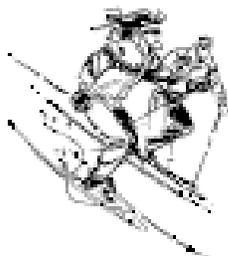
Fall is a fun time for outdoor and indoor recreational sports, such as soccer, football, rugby, and volleyball. Check out the leagues – for kids and adults – in your community. Spending lots of time at children's practices? Ditch the chair, wear comfortable shoes, and fit your fitness in with a walk around the field.

★ Enjoy more STRENGTH ACTIVITIES.

The American Heart Association's guidelines stress the importance of sustaining muscle strength. No need to bulk up like a body builder; adults can get and stay strong with 5-10 pound weights or simple resistance bands. With these, it's easy to meet the recommendations for 8-10 strengthening exercises twice per week.

★ Enjoy more FLEXIBILITY ACTIVITIES.

While children are naturally flexible, adults need regular stretching to maintain flexibility. Pilates, yoga, and tai chi classes (or videos) are great. Simple, safe stretches can also be done at a desk (or in front of TV) with *Stretching @ Your Desk* and *Yoga @ Your Desk* from www.centre4activeliving.ca/workplace/



EAT RIGHT MONTANA

Five Tasty Ways to Plan Dinners with My Pyramid

www.eatrightmontana.org/eatrighthealthyfamilies.htm

Variety is the spice of life and a delicious key to family nutrition, as well. Using My Pyramid's five food groups (www.mypyramid.gov) to plan your family's meals is a quick and easy way to insure that they get the 50+ nutrients necessary for high energy and optimal health.

● Make half of your GRAINS whole.

Whole grains add wholesome nutrients and fiber to any dinner and there are now more whole grains to choose from at the store. Go for the good stuff with whole grain pastas, breads, and rolls, as well as brown rice and bulgur (cracked wheat).

● Vary your VEGGIES.

In the veggie group, variety comes in many tasty flavors, colors, textures, and forms. Mix-and-match as much as possible, like a hot vegetable soup made with fresh carrots, frozen peas, and canned corn cooked in a spicy tomato broth.

● Focus on FRUITS.

The fall harvest offers a bounty of inexpensive fresh fruits such as apples and pears – perfect for a delightfully nutritious dessert. Try apple slices with vanilla yogurt and a few walnuts – or pear halves drizzled with a little chocolate syrup.

● Get your DAIRY foods.

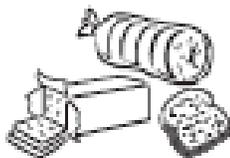
3-A-day is what it takes. Three milk products a day serve up the vitamin D and calcium you need for strong bones and teeth (and to prevent some diseases too). At dinner, it's as easy as a glass of fat-free milk or cheese crumbles on a salad.

● Go lean with PROTEINS.

Variety is the key here too! Nutrient-rich proteins make tasty entrées, like beef or bean enchiladas, casseroles with canned salmon or tuna, and skinless chicken breasts (baked, broiled, grilled, or stir-fry with colorful veggie strips).

Recipes and menus galore – just click and cook:

- www.mypyramid.gov/downloads/sample_menu.pdf
- www.montana.edu/nep/newsletters.htm
- www.nal.usda.gov/fsn/Loving/GuidebookHabitsBW-3.pdf
- <http://recipefinder.nal.usda.gov/>



EAT RIGHT MONTANA



FOR IMMEDIATE RELEASE
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MT Department of Public Health & Human Services

EATING TOGETHER, PLAYING TOGETHER
Celebrating Healthy Families 2007

September 1, 2007

Celebrate *Family Day* with a Nutrient-Rich Dinner

Family Day – A Day to Eat Dinner with Your Children™ just might be one of the most important days you celebrate this year. Created in 2001 by The National Center on Addiction and Substance Abuse (CASA) at Columbia University, ***Family Day*** (September 24, 2007) focuses attention on the importance of eating and talking together at mealtime – for children. As the back-to-school season kicks into high gear, caring parents work hard to buy all the right stuff and to sign their kids up for all the right activities and sports. Amid all the hustle and bustle and driving around, you may be relieved to know that an easy and inexpensive recipe for success is as close as your kitchen table.

“The National Center on Addiction and Substance Abuse and dozens of research studies have documented the benefits of family meals,” says Phyllis Dennee, MS, CFCS, Nutrition Education Specialist with Montana State University Extension. “Many child experts say that regular family meals are one of the best ways to help children and teens be fit, healthy, and ready to succeed.”

Young people who spend more time eating and talking with their families are more likely to do well in school, more likely to have healthy weight, and more likely to get the nutrition they need. They are also less likely to use drugs, alcohol, and tobacco, and less likely to develop eating disorders.

Family mealtimes are critical both for what goes into children’s mouths – and for what comes out of them. Since CASA seeks to prevent substance abuse, ***Family Day – A Day to Eat Dinner with Your Children™*** – is focused on communication during meals. Positive mealtime conversations help build strong family relationships and help adults understand the challenges kids face today.

As a nutrition educator, Dennee values both family interactions and the food on the table. “Family meals are the perfect place to teach children the joy of healthy eating,” she notes. “Mealtimes are ideal for nutrition show-and-tell. You can show kids how to eat slowly and enjoy their food, while also talking about how foods help your body grow strong and give you the energy to play hard.”

The ***Family Day*** website (www.casafamilyday.org/) features a video clip of Barbara Bush, the former First Lady, promoting family meals “even if you aren’t a great cook.” Dennee agrees and notes that planning ahead really is the key to family meals that look good and taste great. USDA’s My Pyramid (www.mypyramid.gov/) can be great tool for planning delicious nutrient-rich family meals – breakfast, lunch or dinner. The site even includes a 7-day My Pyramid menu plan.

“Planning and cooking meals together offers the same benefits as eating together,” says Dennee. “Preparing meals is all about talking together and making food decisions. Even very young children can help pick out their favorite dishes, such as what veggie to serve on spaghetti night or which fruits to slice up for dessert.” For pure meal planning pleasure, Dennee recommends the Meals Matter website from California Dairy Council. On the *Recipes and Meal Ideas* page (www.mealsmatter.org/Search/), you can quickly find options in several categories, including *Quick to Prepare* (under 30 minutes), *Simple* (6 or less ingredients), and *Kids Can Help Make It*.

Past and current issues of Eat Right Montana’s monthly packets can be downloaded free at www.eatrightmontana.org/eatrighthealthyfamilies.htm