



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

August 2009

Dear Colleagues,

Welcome to the August issue of Eat Right Montana's campaign: *Going Green: Simple Steps for Montana Families*. For this eighth issue of 2009, we focus on families with very young children. In this month's packet, you'll find easy tips for **breastfeeding success**, **raising veggie lovers**, **free play with kids**, and **green camping**.

Want to get more involved in breastfeeding? The MT Nutrition and Physical Activity program (www.montanana.org/breastfeeding) is working with communities across the state to adopt the *Ten Steps for Breastfeeding Friendly Hospitals*. For more information, contact Lynn Hellenga, MS, RD at 406-994-5710 or lhellenga@montana.edu.

For more on summer fun and flavors, check out our August line-up:

Media Release:

Breastfeeding: Best for Baby, Best for Mom, Best for the Planet

Healthful Eating:

Smart Ways to Raise Children Who Love Vegetables

August Recipe:

Zesty Zucchini and Tomatoes

Active Lifestyles:

Fun Ways to Enjoy Free Play with Children

Eco-Tips:

Easy Ways to Plan Greener Camping Trips

We always welcome comments and suggestions. Although we have an outline for each packet, we are eager to incorporate your input. Just send your thoughts to me at EatRightMT2000@gmail.com - and remember, past issues of **Healthy Families** and other ERM materials are available on the ERM web site at www.eatrightmontana.org/.

Dayle Hayes, MS, RD

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Going Green: Simple Steps for Healthy Families 2009

For Immediate Release



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MT Department of Public Health & Human Services

August 2009

Breastfeeding: Best for Baby, Best for Mom, Best for the Planet

It's no secret that breastfeeding is *best for baby, best for mom*. After all, that's the slogan used by the US Department of Health and Human Services at their National Women's Health Information Center (www.womenshealth.gov/breastfeeding/). Breastfeeding is also clearly better for the earth, since it eliminates all the environmental costs associated with formula production and plastic bottle usage.

"No matter how you look at it, breastfeeding is simply the best infant feeding choice," says Melissa Tyvand, RD (Registered Dietitian) at the Community Hospital of Anaconda (MT). "It's also the least expensive. Depending on the brand of formula, breastfeeding can save a Montana family \$1000 to \$4000 per year. Based on all the health, environmental, and economic benefits, Community Hospital of Anaconda made a commitment to meet the criteria of the Baby Friendly Hospital Initiative (BFHI at www.babyfriendlyusa.org/), which promotes, protects, and supports breastfeeding."

Anaconda's Community Hospital is the first accredited breastfeeding friendly hospital in Montana, meeting the strict standards of the international BFHI. The hospital recently received its second five-year accreditation based on a comprehensive program of education and policies, which includes:

- **Education for all hospital staff and board of directors on the benefits of breastfeeding**
- **Intensive skills training for obstetric and pediatric staff on breastfeeding success**
- **Substitution of gift bags for new mothers (breastfeeding support items instead of free formula)**

"Since our hospital is only one part of breastfeeding support, community partners are a major part of our success," notes Tyvand. "In Anaconda, and across the state, local offices of the Montana WIC Program provides tremendous support for women before delivery and after they leave the hospital."

Montana is also fortunate to have coalitions that offer information to individuals, workplaces, and health care providers who want to be breastfeeding friendly. The Montana State Breastfeeding Coalition (www.mtbreastfeedingcoalition.org/) offers links to local groups, details of Montana laws affecting breastfeeding, and resources for families, such as these tips for breastfeeding success:

- **Tell everyone about your plans to breastfeed:** Let your doctor, pediatrician, hospital nurses, family, friends, and employer know that you plan to give only breast milk - and will need their full support.
- **Room-in and feed frequently:** Having your baby in your hospital room allows you to respond to his/her hunger cues immediately. Frequent breastfeeding is the best way to build a good milk supply.
- **Know who to ask for support:** Most breastfeeding problems have easy solutions. Before your baby is born, make a list of who you can call for help (nurse, lactation specialist, experienced mom, etc.).

According to Tyvand, breastfeeding is the completely natural way to feed babies. "New moms and their families still need information, instruction, and plenty of TLC to make breastfeeding a success."

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at

www.eatrightmontana.org/eatrighthealthyfamilies.htm

Going Green: Simple Steps for Healthy Families 2009



5 Smart Ways to Raise Children Who Eat Their Veggies

Believe it or not, it is possible (even easy) to raise kids who enjoy eating a wide variety of vegetables. The secret is to never bribe or threaten them about eating green or orange things. Just follow as many of these simple steps as you can:

1. Enjoy a variety of vegetables yourself.

The most important thing that parents, grandparents, and other caregivers can do for children's eating is to model healthy habits. If you enjoy eating a wide variety of foods, including vegetables, children will see it as the normal thing to do. There's no need to make a big deal about your enjoyment, just make vegetables a tasty part of every meal.

2. Grow a small (or large) vegetable garden.

Savvy adults know that the taste of freshly picked vegetables can't be beat. Kids love to pick and eat almost anything that they have 'grown themselves.' Deliciously fresh vegetables can come from a container on the porch, a backyard plot, or your local community garden. **Bottom line: If they help you grow it, they will eat it.**

3. Cut vegetables up for meals and snacks.

Children usually prefer the taste and texture of raw vegetables over cooked ones. Make a small plate of bite-sized veggies (broccoli trees, baby carrots, celery sticks, cucumbers slices, sweet pepper pieces, or sugar snap pea pods) a standard offering at every meal. Add some low fat Ranch dip and kids will naturally get into a crunchy, healthy habit.

4. Serve bright, colorful vegetables.

Everyone eats with their eyes first. When vegetables are bright and colorful, they are naturally more appealing to children and adults alike. Overcooked, mushy veggies are likely to turn everyone off. When cooking vegetables, keep them brightly colored (and crunchy in texture) by steaming or microwaving for just a few minutes.

5. Be adventurous with vegetables.

When children see veggies as tasty and fun, they are much more likely to enjoy eating them. Buying new items, trying new recipes, and playing games are easy ways to make nutrition fun for children. Need ideas for making vegetables more adventurous in your kitchen? Visit www.foodchamps.org/ for recipes, games, coloring sheets, and more!



Zesty Zucchini and Tomatoes

Ingredients:

- 2 Tbsp. butter (May substitute margarine or olive oil)
- ¼ cup onion (chopped)
- 1 clove garlic (chopped)
- 1 pound zucchini or other summer squash (cut into bite sized pieces or 'coins')
- 2 tomatoes (diced)
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 tsp. sugar

YIELD: 4 servings

Instructions:

- 1) Melt butter in saucepan over medium heat.
- 2) Add onions and garlic.
- 3) Cook until tender, about 5 to 7 minutes.
- 4) Add zucchini, tomatoes, and seasonings.
- 5) Reduce heat.
- 6) Cook until vegetables are tender without overcooking, about 5 to 10 minutes.

Substitutions/Additions:

- To reduce saturated fat, use a soft margarine or liquid oil, such as olive oil.
- Add a dash of herbs (basil, oregano, or chives) for a truly garden-fresh side dish.
- For a zestier mix, season with fresh or dried chili peppers.

Nutrition Analysis:

Serving Size: 1/2 cup	Total Carb: 10 g
Calories: 100	Dietary Fiber: 2.0 g
Total Fat: 6 g	Sodium: 200 mg
Calories from Fat: 61%	Protein: 2 g
Saturated Fat: 3.0 g	Calcium: 30 mg
Trans Fat: 0.0 g	Iron: 0.6 mg

Recipe Source

Permission granted through
Pennsylvania Nutrition Education
Network (PA NEN)

<http://panen.psu.edu/>

5 Fun Ways to Enjoy Free Play with Children

Child experts all agree on at least one thing: Play is vitally important for children. Free play (as opposed to structured sports or video games) is an important way for kids to learn and develop. Here's how to help your kids enjoy the real benefits of child's play:

1. Turn off the television.

Too much television leads to sedentary bodies and minds. The solution is quite simple: Just turn it off. You can turn off your TV on specified days of the week (*no TV on Tuesday or Thursday*) or during specific time periods (*no TV from 3 to 7 PM*). Once TVs - as well as DVD players, video games, and computers - are OFF, kids can get up, get active, and get creative.

2. Go outside with your children.

The options for what to do when you turn off the TV are endless, especially when you open the door and head outside. Give children some time every day for unstructured play and interaction with a daily dose of nature. It will improve their physical health and enhance their emotional well-being at the same time. Learn more at www.greenhour.org/.

3. Save money with reused "stuff."

Although many families spend tons of money on fancy toys, young children are often just as happy with reused household items. Before you recycle or throw things away, ask yourself: *How could a child play with this?* Paper towel tubes become bowling pins; cereal boxes and margarine tubs become blocks; and old (clean) socks become puppets.

4. Let imaginations run wild.

Imagination is one of the most amazing gifts of childhood. To cultivate the creativity and innovation that lead to school and work success later in life, kids need time to practice their imaginations. Adults can encourage imagination with simple *what-if* questions (*What if lions squeaked and mice roared?*), pretend play with simple props, and family storytelling times.

5. Teach skills during playtime.

Playtime doesn't have to be all dragons, fairy princesses, and super heroes. Playtime is a wonderful time for young children to learn basic social skills, such as taking turns and following directions. Indoor and outdoor obstacle courses are great for large motor skills, while scavenger hunts are perfect for language skills as children follow (or develop) clues.

5 Easy Ways to Plan Greener Camping Trips

Camping trips are a great way to enjoy inexpensive family fun. Fortunately, Montana is packed with campgrounds from border-to-border. Wherever your camping destination, these five tips can help you plan ahead to take good care of our beautiful environment:

1. Plan to leave no trace.

The goal of eco-friendly camping and backpacking is to leave the outdoor world as you find it. That way, the next family can enjoy their outdoor experience as much as yours did. Plan to take home everything that you bring with you: *Pack it in, pack it out*. If the previous campers left some trash lying around, be really considerate and pack their stuff out as well.

2. Plan to reduce.

Packing less stuff *in* will reduce the amount of trash you have to pack *out*. As you plan your trip, look closely at food and other supplies for ways to cut back on waste (and save money too!). Plan meals carefully and only bring what your family will actually eat. Switch from Styrofoam, plastic, and other disposable supplies to reusable containers, plates, and cups.

3. Plan to reuse.

A little creative planning can make every camp item do double or even triple duty. Before the trip, freeze water in plastic milk jugs. These free blocks of ice will keep your food fresh in the cooler - and then provide clean water for drinking or washing at your camp site. When you're back home, a little soap and water will get them ready for the next outdoor adventure.

4. Plan to recycle.

Some campgrounds offer ways to recycle cans, plastic bottles, cardboard, and other items. If your campsite recycles, that's great. If not, make recycling easy by setting up small boxes, bins, or bags (maybe the ones the products were purchased in) to take stuff home with you. Encourage everyone to pick up recyclables they find from other careless campers or hikers.

5. Plan to sweat the small stuff.

Small amounts of our garbage can pile up quickly to become eyesores for us, as well as life-and-death matters for wildlife. Be a green role model for children by picking up the smallest pieces of trash, such as gum wrappers and pieces of fishing line. Make certain that there is always a place to put trash and recyclables - in the car, in the boat, and in the camp site.