



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

September 2011

Dear Colleagues,

Welcome to the ninth issue of ERM's 2011 campaign: FIT KIDS = HAPPY KIDS: Healthy Futures for Montanans. Our back-to-school issue features several 'hot' topics for families with young children. These include healthy fundraisers for schools, walking/biking to school, as well as the relationship between weight and bullying.

Want to know more about healthy school fundraisers and details from the examples in this month's release? Join Montana Action for Healthy Kids for a webinar: *Putting Kids' Health First: Profitable and Healthy Fundraisers for Montana Schools* on September 22, 2011 at noon (MST). Register at www2.gotomeeting.com/register/541103834.

Media Release:

Raising Funds for Montana Schools with Student Health in Mind
Family Nutrition: Plan. Eat. Enjoy.

MyPlate on the Dinner Table

September Recipe:

Fish Tacos

Family Fitness: Plan. Play. Enjoy

Walking and Biking to School

Research for Real Life: Read. Change. Enjoy.

Weight and Bullying

We welcome any comments and suggestions. Wherever possible, we want to incorporate your ideas and put them into our packets. 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

Healthy Families packets are made possible with the generous support of agencies, organizations, and individuals - like the wonderful 2011 sponsors listed on the right. Please help ERM continue our tradition of positive, practical health information by becoming one of our 2011 sponsors or with a supporting subscription of \$50 per year. To discuss sponsorship, please contact ERM Chair Kim Pullman at kpullman@mt.gov

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FIT KIDS=HAPPY KIDS: Healthy Futures for Montanans 2011



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MT Department of Public Health & Human Services

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Raising Funds for Montana Schools with Student Health in Mind

There is no doubt that fundraising is a fiscal fact of life in Montana schools. For years, parents, students, and teachers have raised funds for special projects, such as trips, uniforms, and equipment. Increasingly, school groups are raising funds for more essential items like computers and books. At the same time, there is also increasing recognition that some food fundraisers - buckets of cookie dough and gigantic candy bars, for example - may not be consistent with the creation of healthy school environments.

“Across Montana, groups are realizing that healthy fundraisers can be a win-win-win,” says Aubree Durfey, Program Manager for Gallatin Valley Farm to School (www.gvfarmtoschool.org). “Most importantly, healthy fundraisers are a win because they raise monies that schools need for both necessities and special projects. They also help to send consistent messages about healthful eating and active lifestyles to students and families. And, finally, they can keep dollars in the local community rather than paying distant companies.”

Moving away from empty calorie fundraising is a focus in many prominent national programs and federal guidelines for schools. Requirements for healthy fundraising is part of USDA’s HealthierUS School Challenge awards (won by eight Montana schools) and the wellness policy mandates of the national 2010 Healthy Hunger-Free Kids Act, which reauthorized funding for school meal programs.

“Successful, healthy school fundraisers can take several different forms,” explains Molly Stenberg, RD (registered dietitian), co-chair of Montana Action for Healthy Kids. “A first step for some groups is to go from selling candy to selling non-food sales, like wrapping paper, flower plants, or items with a school logo. A more significant shift is to sell healthful food products, especially locally-grown and produced items that support local agriculture at the same time. Several Montana groups have also been very successful with activity-based fundraisers, such as walk-a-thons, jog-a-thons, and dance-a-thons, as well as celebrating Walk-to-School Week. Read-a-thons are another, more sedentary version on this theme.”

Stenberg believes that any school or community can successfully raise needed funds with kids’ health in mind. Here’s how some Montanans are creatively raising money and promoting health at the same time:

- **Montana Harvest Fundraiser:** 2011 marks the third year of this program in the Gallatin Valley, expanding into middle school and 4-H groups. Guide, templates, and other materials are available from Montana Team Nutrition online at <http://opi.mt.gov/Farm2SchoolFundRaising>.
- **Emily Dickinson School (Bozeman):** A 2010 PAC Fun Run raised over \$19,000 for computer equipment. Students got pledges for laps they ran/walked and the school devoted a day to active fun, class-by-class.
- **Locally-grown potato sales:** In Amsterdam, farmers donated potatoes and the school raised over \$700; in Whitefish, potatoes were grown in a community garden and sold to add fruits and veggies to school meals.
- **Billings:** On 9/11/11, Billings Catholics Schools raised funds with their first annual Running on Faith jog-a-thon. Highland School’s Walk-to-School-a-thon, sponsored by the PTSA, has raised thousands of dollars.

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

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MyPlate on the Dinner Table

The USDA **MyPlate** healthy eating icon is the perfect tool for starting a healthy makeover of your family's evening meals. Eating the **MyPlate** way is delicious, convenient, and easy on your food budget. ChooseMyPlate.gov has pages of helpful tips, details about the food groups, and ways to plan personalized menus.

PLAN

Want to save money on your food bills and make sure your family is getting the nutrition they need to feel great and stay healthy? The keys to dinnertime success are planning, planning, and planning. Seriously, planning ahead makes all the difference.

Write down a week of menus: Set aside a little weekend time to plan for the week ahead. You don't need a fancy menu - plain paper or a computer calendar will do just fine. Consider each day's schedule and how much time you will have to focus on dinner. Get family input - let everyone have a night or two for their favorite foods.

Keep the kitchen stocked with staples: Having plenty of healthy staples on hand makes it easy to follow your planned menus and to be creative when things don't work out like you thought they should. Staples include canned beans and dry pasta in the cupboard, milk and cheese in the fridge, and frozen veggies in the freezer.

EAT

Put produce on half your plate: MyPlate's key message is that we all need to eat more fruits and veggies. Fresh produce is fabulous, when it's in season and the price is right. Remember, frozen vegetables are often less expensive and just as nutrient-rich! Canned produce works too, just rinse under cold water to reduce sodium or syrup.

Divide half into whole grains and lean proteins: MyPlate suggests filling the other half of your plate with lean proteins and grains (whole when possible). Make a tasty combo with black beans in a whole-wheat tortilla; grilled fish and brown rice; baked chicken and pasta; or a bowl of beef chili with homemade cornbread.

Serve ice-cold milk with meals: Most of us are not getting calcium, vitamin D, and potassium. That's why MyPlate recommends low-fat dairy with every meal. A refreshing 8 oz. glass of fat-free or 1% milk with every meal will help you fill those nutrient gaps - so that you can build and maintain strong bones for life.

ENJOY

The best part of a healthy dinner is enjoying it with family or friends. MyPlate also suggests we learn to savor our meals - eating more mindfully and slowly.



Fish Tacos

Ingredients:

- 16 oz. fresh talapia
- 2 cups raw cabbage, chopped coarsely
- ½ cup fresh or prepared salsa
- ¼ cup fat-free sour cream
- 4 large whole-wheat flour tortillas
- 1 can (15 oz.) black beans, drained

Instructions:

- 1). Cook fish on the grill or on the stovetop with a little olive oil until it flakes easily with a fork and is white in the center.
- 2). Meanwhile, heat the beans in a bowl in the microwave or on the stove until hot. Heat tortillas in the microwave under a damp paper towel.
- 3). Spoon fish, cabbage, salsa and beans into tortilla. Fold or wrap - and eat.

YIELD: 4 servings

- Serve with sliced fresh fruit and low-fat milk for a perfect MyPlate meal.
- Substitute corn tortillas for flour and any other beans that you like.
- Include optional ingredients for additional flavor, such as chopped cilantro, sliced avocado, or grated cheese.

Getting kids cooking:

- If they are old enough to use a knife safely, they can chop the cabbage.
- Kids can help arrange all the taco ingredients and assemble them when the fish is ready.

Nutrition Analysis

Serving: 1/4 recipe	Total Carb: 47.1 g
Calories: 534	Dietary Fiber: 10.7 g
Total Fat: 4.8 g	Iron: 5.1 mg
Calories from Fat: 7.7%	Protein: 43.9 g
Saturated Fat: 1.2 g	Calcium: 147.2 mg

Source:

Adapted from Kim Pullman, RD, LN
State of Montana Healthy Employee
Lifestyle Program



Walking and Biking to School

Walking and biking to school is a win-win-win for kids and communities. First, there are real health benefits. Kids, and the adults with them, get the activity they need for optimal health and well-being. Secondly, there are academic “wins” because children who are fit and healthy are ready to learn. And, finally, there are environmental benefits. When more kids get to school under their own power, it reduces traffic and vehicle emissions, especially in and around school zones.

PLAN

Explore the safest routes: Teach kids how to walk with and without sidewalks and how to cross busy streets, as well as how and where to ride a bicycle properly.

Check all equipment for safety: Make sure that shoes fit well and are properly laced. Make sure that bike helmets fit properly and that bike parts are in good repair.

Create a walking school bus: Many communities have specific routes where adults are available to help many students walk together (www.walkingschoolbus.org).

PLAY

Walking and biking to school can easily become part of your family’s active lifestyle. Here are ten ways to put some fun into the transportation time to and from school:

- 1. Tell a story:** Walking and talking is a great time for make-believe and tall tales.
- 2. Play a word game:** Use creative ways to practice language skills for school.
- 3. Do what “Simon Says”:** Take turns telling people to hop, jump, skip, or twirl.
- 4. Go geochaching:** School routes are perfect for GPS hiding and seeking.
- 5. Have a scavenger hunt:** Choose a theme, like things that start with A or Z.
- 6. Sing a song:** Music - and easy lyrics - can lift the spirits along any path.
- 7. Practice dance steps:** Talk about fun! Pretend you’re in your favorite musical!
- 8. Take a few photos:** Digital cameras make it a snap to have lots of photo fun.
- 9. Walk the dog:** Furry folks need activity as much as their human families.
- 10. Share some special time:** Kids love to have time with adults who care.

ENJOY

Take a few extra minutes to get your children into the habit of walking and biking to school. Make it a win-win-win for their physical, mental, and emotional health!

Weight and Bullying

Bullying is increasingly a major concern of parents, teachers, and school administrators. Kids may be bullied for a variety of reasons - or for no real reason at all. Weight-related bullying is not a new phenomenon. With all the current media attention to childhood obesity, this type of bullying seems to be increasing among students of all ages.

What we know

Being overweight can increase the chances of a child being bullied: Several recent studies have confirmed that obese children were twice as likely to be bullied than other kids.

Bullying can take a toll on a child's physical and mental health: Medical experts say that being bullied can have serious effects on both physical and emotional well-being.

A student's academic performance may also be affected by bullying: A 2011 study found that bullying victims often show a long-lasting decrease in grade point averages.

What can parents do

1: Talk to your children about all types of bullying.

- Children are often afraid to talk about being bullied by their peers. They may be especially embarrassed if they already feel shamed or blamed about their weight.
- Watch for signs that your child may be dealing with bullies, like problems at school or with previous friends. Keep asking and talking whenever you are concerned.

2: Take a zero-tolerance policy on weight-related teasing at home.

- Teasing - or any negative comments - about a child's weight can have long-lasting effects on self-esteem. They may even be the first step toward an eating disorder.
- If you have concerns about a child's health status, discuss them privately with your health care provider first. Make appropriate lifestyle changes for the whole family.

3: Help your school understand weight-related bullying.

- If a child is bullied at school, find out who has responsibility for bullying issues in the district. Meet with them as soon as possible and keep a record of your meetings.
- Request that weight issues be included in your district's anti-bullying education. The Yale Rudd Center has useful materials at www.yaleruddcenter.org/what_we_do.aspx?id=197.

4: Help all children enjoy Health at Every Size®.

- Children of all shapes, sizes, and weights benefit from delicious nutrition and fun fitness. At home and school, encourage everyone to eat smarter and move more.
- For more about Health at Every Size® for children, download Everybody in Schools Curriculum Unit Resource Kit www.naafaonline.com/dev2/education/haesschool.html.