



EDUCATOR NUTRITION NEWSLETTER

PRODUCE ITEMS OF THE MONTH ARE CRANBERRIES & SPINACH

OCTOBER
2016
EDITION

HEALTHY MINDS = HEALTHY BODIES = HEALTHY STUDENTS

At St. Vincent we believe in treating the mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three of these aspects. This newsletter strives to make a connection between the classroom, cafeteria, home and community to motivate and support students in making healthy decisions.

Peyton Manning Children's Hospital at St. Vincent is here to help you, your school and your students reach whatever health and wellness goals you have. Please don't hesitate to let us know how we can help. For information or resources, contact Karen Terrell, School Wellness Coordinator at klterrel@stvincent.org or 317.338.2336.

We hope you enjoy the newsletters and that you find them useful for your students and their families (and you, too!). Thank you for reading!

HEALTHY BODY FOCUS: Red Ribbon Week, October 23-31, 2016 The 2016 Red Ribbon Theme: YOLO. Be Drug Free.™

The National Family Partnership organized the first Nationwide Red Ribbon Campaign. Since its beginning in 1985, the Red Ribbon Campaign has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America.

In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week®, October 23 - October 31 each year.



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PRODUCE SELECTION

Cranberries:

- Choose fresh, plump cranberries, deep red in color, and quite firm to the touch.
- The best berries will have a deep red color.
- Fresh ripe cranberries can be stored in the refrigerator for up to 20 days. Before storing, discard any soft, discolored, pitted or shriveled fruits.
- Once frozen, cranberries may be kept for several years. To freeze, spread fresh cranberries out on a cookie sheet and place in the freezer. In a couple of hours, the fully frozen berries will be ready to transfer to a freezer bag.

Spinach:

- Your spinach should have green, crisp leaves. If possible, buy organic spinach because many regular spinach brands have high levels of pesticide residue.
- Toss any leaves with blemishes or signs of rot, or yellowed or browned leaves.
- When storing spinach, make sure it is totally dry before storing it. Excess moisture will cause the spinach to rot. It's best if you don't wash the spinach until you use it.

GETTING PHYSICAL

We all know that encouraging physical activity throughout the school day can lead to students who are more aware and therefore better able to learn what you're trying to teach them. However, introducing physical activity into the classroom can be a bit daunting to some teachers. So, this month we thought we'd help you out with some ideas to increase or introduce physical activity throughout the day to your students.

A while ago, I bought a Brain Break Bucket from a website called www.TeachersPayTeachers.com. The bucket's creator is a woman who calls herself "3rd Grade Thoughts." The activities that she includes in the bucket are excellent and I'd like to share a few of them with you throughout the year. These simple, easy activities can be a great way to "wake up" your students' brains.

X & O: Sitting on a chair, cross feet and arms and bring shoulders to knees, completely crunched up. Then spread out and stretch out all limbs, breathing deeply.

PHAROAH WALK: Walk around the room like the dance move "Egyptian" - you can even play the music in the background if you'd like.





Cranberries

Nutrition Facts

Serving Size 1 cup, whole 100g (100 g)

Amount Per Serving

Calories 46 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 5g 18%

Sugars 4g

Protein 0g

Vitamin A 1% • Vitamin C 22%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Spinach

Nutrition Facts

Serving Size 1 cup 30g (30 g)

Amount Per Serving

Calories 7 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 24mg 1%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 3%

Sugars 0g

Protein 1g

Vitamin A 56% • Vitamin C 14%

Calcium 3% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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EAT YOUR COLORS!

When eating fruits and vegetables, it's important to remember to encourage children to eat a rainbow of colors.

| | | |
|--------------------------------|--|---|
| RED | Help maintain a healthy heart, memory function and urinary tract health | Strawberries, red pears, red grapes, beets and tomatoes |
| ORANGE | Help maintain heart health, healthy vision and healthy immune system | Oranges, tangerines, grapefruit or apricots |
| YELLOW | | |
| TAN WHITE BROWN | Help maintain heart health and cholesterol levels that are already healthy | Squash, garlic, jicama, alfalfa sprouts |
| GREEN | Help maintain healthy vision and strong bones and teeth | Cabbage, Chinese and savoy cabbages, kale and broccoli |
| BLUE | Help maintain healthy aging, memory function and urinary tract health. | Blueberries, purple and red cabbages, eggplant, dried plums, figs |
| PURPLE | | |

HOW MUCH DO I NEED?

Recommended Daily Amounts Of Fruits & Vegetables*

| | |
|------------------|----------------------|
| Kids, Ages 5-12 | 2½ - 5 cups per day |
| Kids, Ages 13-18 | 3½ - 6½ cups per day |
| Adults, 19+ | 3½ - 6½ cups per day |

*If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov to learn more.



HISTORY

Spinach originated in Persia as a wild plant and has been cultivated in China and many of the other areas of Asia and the Middle East for at least 2,000 years. It was known that in 647 AD spinach was taken from Nepal to China and arrived there during the Tang dynasty (618 to 907 AD), along the great Silk Road.

In the 11th century, the Moors introduced spinach into Spain. One of the great Arab agronomists described spinach as the 'prince of leafy greens.' However, Moors called it 'hispanach' or Spanish plant.

The first notice of its being used as an edible substance in Europe occurs in 1351. It was then introduced to English garden in 1548.

The cranberry, along with the blueberry and Concord grape, is one of North America's three native fruits that are commercially grown. Cranberries were first used by Native Americans, who discovered the wild berry's versatility as a food, dye and healing agent.

The name "cranberry" derives from the Pilgrim name for the fruit, "craneberry," so called because the small, pink blossoms that appear in the spring resemble the head and bill of a Sandhill crane. European settlers adopted the Native American uses for the fruit and found the berry a valuable bartering tool.

American whalers and mariners carried cranberries on their voyages to prevent scurvy. In 1816, Captain Henry Hall became the first to successfully grow cranberries. By 1871, the first association of cranberry growers in the United States had formed, and now, U.S. farmers harvest approximately 40,000 acres of cranberries each year.

LITERATURE LINKS

Elementary: *Cranberry Halloween* (Cranberryport) by Wende Devlin

The citizens of Cranberryport need to raise money for a new dock after theirs is destroyed in a storm. Almost everyone volunteers to help, with Mr. Whiskers offering to keep the money that's raised in his grandfather's moneybox. Cranky Mr. Grape refuses to contribute and insists it's a mistake to trust Mr. Whiskers. Grandmother speaks up for him and Mr. Whiskers gets the job. Later, on the way to the town Halloween party Maggie and Mr. Whiskers are confronted by two men dressed as pirates who want to steal the town's money. What will they do?

Middle: *Spinach With Chocolate Sauce* by Francess Lantz

When Puck's mom and dad open, a restaurant called the Baby Bistro, Puck does not want to work there. However, when he heard that he would be paid he decided to work. Suddenly a movie star named Sissy Rae is kidnapped at the restaurant. Will Puck and his friend Jackson be able to save the restaurant and catch the kidnapper before time runs out? If you want to find out read the book!