



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to <http://nutrition.wsu.edu/take5/index.html>.

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This Month's Focus: *Fuel Up: Eat Better Washington*



Photo courtesy of United States Dept. of Agriculture

here in Washington, and we mention resources for nutrition educators to help people get off to a healthy start in the morning.

As children and teens head back to school and into the classrooms, September is prime time to remind them and their parents of the importance of breakfast and its link to academic performance. Breakfast is considered the most important meal of the day: people think more clearly and perform better if they start off well-nourished and without a rumbling tummy. In this issue of *Energize Newsletter for Nutrition Educators*, we take a look at an impressive state-wide coalition promoting breakfast

Washington's Healthy Communities Breakfast Initiative – Banding together a diverse group of agencies, organizations, and businesses in Washington State, a Breakfast Action Team is working together to identify key strategies, evaluation measures, and to provide consistent messages about the importance of breakfast. The goals of Healthy Communities Breakfast Initiative are to promote healthy eating, increase academic achievement, and fight obesity in Washington by making healthy breakfast the easy choice in schools, workplaces, and communities.

Under the "Fuel Up: Eat Better Washington" banner, the Initiative's partners will work to remove barriers to healthy breakfast across the public and private sectors, use and promote consistent communication messages for target audiences, and develop additional resources, such as tool kits. A useful handout with communications messages that can be used to promote healthful breakfasts is available from Margaret Hansen at the Washington State Department of Health. Hansen says that soon, new editions will include breakfast foods from other cultures, and a website will be launched later this month that will include materials to promote healthful breakfasts.

With leadership from the Department of Health's Healthy Communities program, the Breakfast Initiative includes a very long list of partners which reads like the "who's who" in nutrition: Office of the Superintendent of Public Instruction, Children's Alliance, Washington State Dairy Council, Childhood Obesity Prevention Coalition, Washington State University Extension, Comprehensive Health Education Foundation, University of Washington, Governor's Interagency Council on Health Disparities, Washington Action for Healthy Kids, YMCA, and more. (Contact for information about this Initiative and for a useful handout with communications messages that can be used to promote healthful breakfasts: Margaret Hansen, Program Manager, Washington State Department of Health, Office of Healthy Communities, Community Based Prevention Program, Margaret.Hansen@doh.wa.gov, 360-236-3757.)

Financial Awards for Improving School Breakfast - In an effort to improve school breakfast participation in Washington State, Fuel Up First with Breakfast is offering financial incentives to reward school districts that make a big difference. Superintendent Randy Dorn (OSPI) challenges all of Washington's schools to increase breakfast participation by 50%. Fuel Up First with Breakfast is a partnership with OSPI, Share Our Strength, Children's Alliance, and the Washington State Dairy Council. For information about the awards, go here: www.fuelupfirstwithbreakfast.org/. The site also includes school breakfast success stories, tool kits, and webinars.

Breakfast Grants - Washington State Dairy Council offers grants to schools that increase participation in their breakfast programs. For examples of grant proposals and funding amounts, go to www.eatsmart.org/schools/cafeteria/breakfast-grants/. (Contact: Cara (Stayton) Nichols, School Program Manager, Washington State Dairy Council, 425-744-1616, cara@eatsmart.org.)

Expanding School Breakfast Program in Your School - Whether your local school currently offers breakfast or not, the United States Department of Agriculture (USDA) offers a valuable tool kit to expand what's there or help get one started. Materials include a step-wise assessment of an individual school's breakfast potential, followed by strategies to expand the program. Materials such as PowerPoint presentations and marketing materials are designed to be individualized to meet local needs. Refer to "Expanding your School Breakfast Program" at www.fns.usda.gov/cnd/Breakfast/expansion/default.htm.



Photo courtesy of United States Dept. of Agriculture

Tools from the Trenches and Out in the Community - When asked for recommendations for resources to teach about breakfast, Elaine Schick, Nutrition Educator with WSU Clark County Extension, responded with these tools used with Expanded Food and Nutrition Education Program (EFNEP) and *Food \$ense*:

- **Start Smart Eating and Reading** curriculum by Oregon State University includes lessons on food groups at breakfast and the importance of breakfast to personal well-being as well as academic success. The curriculum is used with second grade students in schools that have some of the highest free- and reduced-lunch rates. It focuses on reading, includes a musical component, and offers parent handouts in English and Spanish. <http://extension.oregonstate.edu/catalog/html/4h/4h6830/startsmart1.html>.
- **Show Me Nutrition - Choosing Foods for Me** by University of Missouri Extension is the program the Southwest Washington *Food \$ense* team is adopting for use with fourth-graders. One segment of this learner-centered curriculum focuses on the science that supports the importance of breakfast for the brain and body.

(Contact for information about using these and many other breakfast resources: Elaine Schick, WSU Clark County Extension, 360-397-6060 x 5717, Elaine.Schick@Clark.Wa.Gov.)

Breakfast Activity for Middle School Students - Sandra Brown with WSU Clark County Extension shares an activity used by one of her educators with middle school youth, called "Healthy Breakfast Plate." Students use paper food cards to create a healthy breakfast between 600-800 calories that include three of the MyPlate food groups: Grains, Fruits or Vegetables, and Dairy or Protein. A helpful graphic shows the timing when energy is released from various food groups. For a full description of the activity, contact Sandy Brown, Food Safety and Nutrition, WSU Clark County Extension, 360-397-6060 ext 5700 or browns@wsu.edu.

Skip Rope, Not Breakfast - Lets Fuel Up - Maggie Grate and others with WSU King County Extension are piloting a program, "Skip Rope, Not Breakfast-Let's Fuel Up" in several school districts this academic year: Auburn, Kent, and Highline. At back-to-school nights or open houses for parents, there will be jump ropes for kids, samples of healthy breakfast items (such as skillet granola) along with recipes, and quick breakfast ideas for parents. Schools have the option to put the parent flyer on their websites. The program has activities for K-2 and 3-6, as well as a fun breakfast chant. (Contact for parent handouts in English and Spanish, chant lyrics, and further information: Maggie Grate, Extension Coordinator, WSU Extension SNAP-Ed *Food \$ense* Program, 206-205-6224, maggie.grate@wsu.edu.)

Breakfast Quiz - Kellogg's offers an informative "true-false" handout for adults to assess their knowledge about the value of breakfast. Although the tips include brand-name products, the information is sound and includes references to literature supporting the handout's statements. The free downloadable handout can be accessed at: www.kelloggsnutrition.com/files/U_KN_BREAKFAST-FINAL.pdf.

Blogging About Breakfast - To stay on top of USDA's activities with breakfast in the classroom, you can follow its blog at <http://blogs.usda.gov/tag/breakfast-in-the-classroom/>.

IN THE MEDIA

Changes in School Meals Have Started - School districts throughout Washington State and the rest of the country have been busily preparing to implement the new USDA requirements for lunch, an important step in improving the school nutrition environment and addressing childhood obesity. With the first major changes in school meals in more than 30 years, schools participating in the National School Lunch and School Breakfast Program will now offer: a greater variety of fresh fruits and vegetables every day; more whole grain foods; low-fat or fat-free milk, water, and 100% fruit and vegetable juices; and foods that are lower in sodium (salt). Students will now need to take a half cup of fruit or vegetable for a complete meal. In addition, portion sizes are changing to meet calorie needs based on grade level. In King County, chefs have partnered with school nutrition staff to develop and kid-test delicious new menu items, such as butternut squash, curry and chicken with couscous. (Source: www.kingcounty.gov/healthservices/health/news/2012/12082901.aspx.)

It's National Childhood Obesity Month - September is when the US Department of Health and Human Services (DHHS) encourages nutrition educators and the public to help children develop health nutrition and physical activity habits. During its initiative, National Childhood Obesity Awareness Month, DHHS offers a program through the National Institutes of Health called "We Can!" (Ways to Enhance Children's Activity and Nutrition) at www.nih.gov/wecan. Other resources are available at www.cdc.gov/obesity/childhood.

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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Organic Foods May Not Be More Nutritious - A study published by researchers in Stanford recently created quite a buzz in the media because the authors claim that organic foods are likely no more nutritious than conventionally produced food. Since organic fruits, vegetables, meats, and dairy are generally more expensive, this is good information for people with limited food budgets. The researchers pored over 17 studies of people, and another 223 studies of nutrient and contaminant levels in foods. What they concluded was that the published literature lacks strong evidence that organic foods are significantly more nutritious than conventional foods. However, they did find that organic produce had lower levels of pesticide residues, but the amount in conventional produce was low anyway. Bacterial contamination of chicken and pork was common, but wasn't related to the way the animals were raised. Antibiotic resistant bacteria were higher in conventionally raised chicken and pork. Consumers may have other reasons for wanting to choose organic, but nutrient content, based on published studies so far, appears not to be a valid reason. (Source: C Smith-Spangler et al, "Are organic foods safer or healthier than conventional alternatives? A systematic review." *Annals of Internal Medicine*, 157(5):348-366, September 4, 2012.)

LOCAL EVENTS AND PROGRAMS

Washington Food Coalition Conference - The event that brings together everyone fighting hunger in Washington State will take place October 3-5 in Chelan. The keynote speaker is the notable Jim Weill, President of the Food Research and Action Center (FRAC) in Washington, DC, since 1998. This annual conference is a terrific opportunity to hear about innovative and effective programs to alleviate hunger. Early-bird registration ends September 15. For information and to register, go to www.WaFoodCoalition.org/conference-2012. (Contact: Julie Washburn, Executive Director, Washington Food Coalition, 206-729-0501 or 877-729-0501, julie@wafoodcoalition.org.)

TOOLS OF THE TRADE

Resources for Improving School Nutrition - For a fun video about changes in school meals for the 2012-2013 school year and pages of resources, go to Public Health Seattle and King County's Board of Health School Obesity Prevention Committee's useful website that helps support school wellness policies at www.kingcounty.gov/healthservices/health/nutrition/schools.aspx. (Contact: Donna Oberg, CPPW Schools Coordinator, Communities Putting Prevention to Work, Healthy Eating & Active Living, Seattle and King County Public Health, 206-263-8376, Donna.Oberg@kingcounty.gov.)

New Handout About School Meals - The USDA has just released a colorful handout in its "Ten Tips" series that lists the new changes in school meals: www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet21SchoolDayJustGotHealthier.pdf.

WASHINGTON GROWN



Photo courtesy of Washington State University

Fresh This Month – What sunny weather we have had this summer! The reputation of soggy Seattle doesn't hold water: at SeaTac airport, there was no rain for the entire month of August. Washington farmers and backyard gardeners are delighted that the sunshine has ripened flavorful tomatoes of many varieties. Local summer squash is being harvested already, including yellow and green patty pan, zucchini, yellow crookneck, and zucchetta (a smaller Italian variety). For a client handout with summer squash nutrition information and recipes developed by Washington's WIC Nutrition and Senior Farmers Market program, see http://extension.wsu.edu/farmersmarket/food/Documents/Summer_Squash.pdf. For descriptions of varieties of summer squash, preparation methods, and recipes, the University of Illinois Extension has a helpful site: <http://urbanext.illinois.edu/veggies/ssquash.cfm>.)

EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.



Family Dinner Means Better Solo Breakfasts - When kids eat dinner with their parents, they also make better choices for breakfast, even when mom or dad is not around. They are less likely to skip breakfast, as well. These are not short-term benefits: teens who ate family dinners were more likely to eat breakfast five years later. (Contact: Martha Marino, writer, Energize Newsletter for Nutrition Educators, 206-817-1466, martha_marino@yahoo.com.)

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