Wellness Wakeup Call
Newsletter for K-5
Year 2, Month #1: Beverages

Wellness Wakeup: Nutrition Education Messages in Easy to Digest Sound Bites

**Schools:** Read one message over the loudspeaker each day during morning announcements or just before the first lunch period for maximum effect. Determine how many school days there are in the month and double up on some in order to read all messages. Send home a double sided copy of this document (black and white version available at our website) at the beginning of the month with the students and encourage the parents to review the messages with their students either at breakfast or night at dinner. You can also download this document from www.healthyschoolfood.org and place it or links to it on your website, in district newsletters, PTA/PTO newsletters, hang it on bulletin boards, or in other ways promote these messages. There are other ways that these messages may be used. If your school does not have a PA system the messages may be read by teachers in the classroom. Feel free to find other ways to creatively use these messages.

**Parents:** Your child will be listening to these messages in school each day. Please review them with your child at breakfast or dinner as a way to reinforce the message. You might even learn something, too! Then on the back of this page you will find an easy and healthy recipe. We encourage you to try it. Preparing healthy food with your child can be a fun way to spend time together and to reinforce healthy eating habits.

♥ Each day, start the message with: “Good morning, this is your Wellness Wakeup Call!”
♥ Then read the message for the day. End each message with: “Enjoy your day, the healthy way!”

1. Back in the 1950s when your grandma and grandpa were young, the usual serving size for a bottle of soda/pop was six and a half ounces. Now many people drink a bottle that is more than 3 of the bottles people used to drink. It has 20 ounces of soda in it.

2. Would you sit down and eat 16 spoons of sugar from a sugar bowl, one right after the other? If you drink a 20 ounce soda, you are eating 16 teaspoons of sugar. The ounces of soda are written on the label, but the spoons of sugar are not.

3. When you drink a 12 ounce can of soda/pop like Coke or Pepsi, you are drinking about 10 teaspoons of sugar. But sugar doesn’t give you the protein, vitamins, and minerals that your body needs to grow and to be strong.

4. If you drink two or three cans or bottles of lemonade, fruit punch, or soda/pop in a day, you won’t be so hungry for the healthy foods that your body needs, and you can end up tired, sad, or even grouchy.

5. Caffeine is found in coffee, tea, iced tea, soda/pop, and energy drinks. Caffeine can cause a person to be nervous, cross, to have trouble sleeping and to have their heart beat very fast. These drinks do not give a good kind of energy that comes from getting enough sleep and eating the right foods. In fact in the long run they can make you more tired since they can keep you awake when your body really needs sleep.

6. Companies that make unhealthy drinks and food use advertising to make us want to buy unhealthy beverages and foods by getting us to think we will enjoy them.

7. Your body needs water because your body is built of tiny little cells that are filled with water. Drinking water is very, very good for you!

8. You will need to drink more water when it is hot outside, or when you are doing exercise. You can take a water bottle with you, or stop at a drinking fountain. Even when it is cold and we don’t feel as thirsty, it is still important to drink water for our body so that our body can do its best for us.

9. You get water from foods such as soup or fruit because these contain a lot of water.

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10. If you want water to have a different flavor sometimes, here is a good way to have this without sugar. Put a few mint leaves into hot water and then add a teaspoonful of lemon juice.

11. Vegetable juices such as tomato juice or carrot juice are good for you. They give you water, vitamin A, and a mineral called potassium.

12. Sports drinks are expensive and they are made of water, sugar, two minerals, fake colors and fake flavors. You can get the best parts of this - the water and the minerals - plus a lot more protein, energy, and vitamins from a glass of water, plus a banana and a handful of salted nuts. (Just make sure you aren’t allergic to nuts first)

13. Sugar can be changed into fat in your body and stored on your body as fat. If you have a sweetened drink as well as the food you need every day, your body can weigh too much, just from the sugar.

14. To burn off the sugar calories in a soda/pop or sweet lemonade; you will need to run for about 45 minutes or 3 miles.

15. Vending machines usually sell beverages that are loaded with sugar and packaged in large sizes. A choice that is better for your body is water or 100 percent vegetable or fruit juice. If you are drinking fruit juice, be sure it doesn’t have added sugar and don’t drink more than 6 ounces.

16. A 16 ounce bottle of orange juice is equal to drinking the juice from 6 oranges. This is a lot of fruit, and of fruit sugar. It is better to just eat whole fruit and a glass of water, or to drink a smaller amount of fruit juice.

17. Drink packages have labels on them to tell you what is in them. It is good to avoid drinks in which sugar is listed first, or else the second after water. That means that there is a lot of sugar in it.

18. Sugar can have many names when it is listed on a label. These are some of the words that mean sugar: sucrose, fructose, dextrose, glucose, maltose, cane syrup, rice syrup, corn syrup, maple syrup, honey.

19. Some beverages have pictures of fruit on their labels, so you might think they contain a lot of real fruit yet they are made without any fruit at all. In order to see what that drink was actually made from, you have to read the label.

20. Beverages that are too high in sugar are fruit cocktails, fruit nectars, fruit drinks, fruit punches, slushes, and those made with flavoured drink crystals. The companies that make them want you to think that they are all fruit juice when they are mostly sugar. Fruit juice, but not too much, is better for you; it is made with real fruit.

21. If you drink one 12 ounce can of sweetened soda/pop every day for a year, over the whole year, you will be eating 76 cups of sugar just from that soda/pop.

22. You don’t have to say, “Yes,” when someone offers you soda/pop or sugary drinks that are not good for you. You can say “No thanks, but I’d like to have a glass of water.” Or “No thanks, but I’d like a small glass of real fruit juice.”
Recipe of the Month
Year 2, Month #1: Beverages

Lemon Mint Water

This delicious herbal tea can be enjoyed hot, warm, or cold. If you like, you can use less mint or lemon, or more mint or lemon, and make it exactly the way you like it best. A mint plant can be grown in a garden, or in a pot on a balcony or a window sill, so you can have fresh leaves all year long. This tea also can be made with 1 teaspoon of dried mint leaves or with peppermint leaves.

Serves one

2 or 3 mint leaves
1 cup boiling water
1 teaspoon lemon juice

Put mint leaves into a cup. Add boiling water. Allow this to sit or steep for at least 3 minutes. Add lemon juice. Taste it and see if you would like a little more lemon juice.

Quick Chocolate Shake

This shake is an excellent source of calcium, vitamins B12, and D, as well as instant energy. It’s cholesterol free, too! It’s good for breakfast, after school, and for a bedtime snack. (Recipe from “The New Becoming Vegetarian” by V. Melina and B. Davis, 2003.)

Serves one

1 banana, fresh or frozen, peeled and broken into chunks
2 tsp cocoa powder
3/4 cup fortified soymilk or rice milk (make sure to use a plain or vanilla flavor that has less than 12 grams of sugar per 8 ounce serving.)

In a blender, place banana, cocoa and milk. Process until smooth.

Chef’s Tip: Use frozen bananas for thick, cold shakes and fruit smoothies. If you select ripe bananas (with brown spots) for freezing, these are much sweeter and have less starchy aftertaste. To prepare bananas for freezing, peel them and then either leave them whole or break them into chunks; place them in plastic bags or containers, and freeze. A squeeze of fresh lemon juice sprinkled on the bananas will keep them from turning brown. Frozen bananas last several weeks, depending on their ripeness and on the freezer temperature.
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1. Some people can’t eat foods that everyone else can eat. This is because their body has an unusual reaction such as a runny nose or itchy skin if they eat that food and this reaction is called an allergy. So a food can be a part of a healthy diet for one person but it can make another person sick.

2. Food allergies can cause rashes or hives on our skin, make it hard for us to breathe, give us an upset stomach, or cause a headache.

3. Most allergies are caused by only 8 foods. What do you think these foods are? They are cow’s milk, peanuts, eggs, fish, shellfish such as shrimp, wheat, soy, and tree nuts (which are the nuts that grow on trees, such as almonds and walnuts).

4. Although this is not exactly the same as a food allergy, many children and adults get an upset stomach if they drink cow’s milk. This is called lactose intolerance.

5. Lactose intolerance is when you get a stomach ache from drinking cow’s milk. If you can not drink cows milk you can drink soy milk, rice milk, or other types of non-dairy milks.

6. Some children have very fast and strong reactions to foods. This reaction could make it hard for them to breathe or for their heart to beat. These children carry a special little medicine kit so if they accidentally eat the wrong food, they can quickly get a shot to keep them safe and healthy.

7. It is good to know if someone in your class might have a strong allergic reaction, so you can quickly get help from an adult. The foods that are most likely to cause strong reactions are peanuts, tree nuts, shellfish, and fish.

8. How can you help keep someone who has food allergies safe? Ask what your friend is allergic to and help them to avoid it. Be careful not to share or trade food with a friend who has a food allergy.

9. Peanuts are known to cause severe allergic reactions for some children. We will help children in our classroom and school when we follow our school’s rules about peanuts and peanut butter.

10. Very small amounts of foods can cause allergic reactions for some children. For example, if a knife or cutting board with a bit of peanut butter on it is used to make a different kind of sandwich for someone with a peanut allergy, that child could have an allergic reaction to the bit of peanut butter that stuck to their sandwich.

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11. Although food made with wheat, like some cereals, bread, and pasta are eaten by many families at breakfast, lunch and supper, some people get upset stomachs or breathing problems or skin problems when they eat wheat. Luckily these people can safely eat some other grains instead, such as rice, millet, quinoa, corn, wild rice, teff, and buckwheat (which is not a form of wheat even though the name makes it sound that way.). Have you ever tried any of these? **Pronunciation guide: quinoa is pronounced keen-wa.**

12. Some people have a disease called Celiac disease. This means that they can not eat anything that has wheat, barley, or rye in it. Those grains might seem easy to avoid, but they are in almost all breads, cereals, and desserts, and they are in many other foods or ingredients such as sauces, and they are in most foods that come in boxes, packages, cans, or frozen. **Pronunciation guide: Celiac is pronounced seel-e-ak.**

13. Gluten is the protein part of wheat, barley, and rye. Gluten can cause a problem for some people with Celiac disease. It can make them have a bad stomach ache after eating. Foods that contain no gluten at all are: vegetables, fruits, beans, lentils, and gluten-free grains such as rice, millet, quinoa. As long as people with Celiac disease don’t eat gluten, then they are healthy. **Pronunciation guide: Gluten is pronounced glue-tin.**

14. For people who have food allergies, sharing food with friends can cause problems. A dip or a cookie may look good, but if someone eats and it contains something they are allergic to, it could make them sick.

15. Just because a food looks safe doesn't mean it is for someone with an allergy. At a school event, a party, a friend’s house, or a restaurant, it is a good idea to ask questions about ingredients before you eat anything if you have an allergy. It is better to be safe than sorry.

16. Even if you are allergic to a food, there are many other tasty foods that you can eat instead. You can learn how to avoid the food that causes problems. You can learn to read the labels on foods, and your parents and teachers and friends can do that too.

17. When foods are listed on labels, there can be different words that all mean one kind of food. For example, casein, yogurt, lactose, dairy, cheese, cream, and whey are some of the words that mean cow’s milk is present. **Pronunciation guide: casein is pronounced case-een.**

18. Many children get rashes or upset stomachs if they have some cow’s milk. But there are easy ways to get minerals and vitamins from other foods. For example, the labels on some soymilks and fruit juices say “fortified with calcium and vitamin D” and they will help you build bones. Plus these drinks are good for you if they don’t have too much sugar added.

19. If you are choosing a brand of soymilk or rice milk, make sure that the label says fortified or enriched. That means it contains plenty of calcium along with vitamin D, which helps you to absorb calcium. Soymilk contains a lot more protein per cup than rice milk does.

20. Many people are allergic to eggs so they have to take care not to eat scrambled eggs, omelettes, and eggnogs, as well as baked goods that were made.
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Continued…

using egg. But healthy and delicious pancakes and baked goods such as muffins can be made without any eggs at all. Some people use ground flaxseed to replace an egg. Other ingredients that can be used instead of eggs for baking are applesauce, mashed banana, or an egg replacer made from potato starch that comes in a box.

21. About 1 out of every 25 children has a food allergy. This means that every classroom is likely to have 1 child with allergies, or maybe 2. It is important for everyone to help keep a child who has food allergies safe.

22. For people who have allergic reactions to foods, the best way to avoid having a reaction is to never eat that food.
Recipe of the Month
Year 2, Month #2: Allergies

Tri-color Quinoa Corn Salad
Makes 6 cups

This tasty salad has a good balance of protein, healthful fats, and carbohydrate, plus the minerals iron, zinc, and magnesium. For even more protein and to make this into a full meal, add a cup or two of cooked or canned beans (such as garbanzo, white, great northern, lima, or black beans). If your local store doesn’t stock quinoa, you can ask them to order it or get some from a grocery health food section or a natural food store. Some quinoa is pre-rinsed; if not it is important to rinse the quinoa well in a fine strainer to remove a slightly bitter resin that coats the grain.

2 cups water
1 cup quinoa, rinsed well and drained
1/2 teaspoon salt
2 cups cooked corn kernels (fresh, frozen, or drained canned)
1 red bell pepper, cut into small dice
1/2 cup thinly sliced scallions (green onions)
3 to 4 tablespoons olive oil
3 tablespoons lemon juice
2 teaspoons Dijon mustard
Salt and pepper

Place the water in a heavy pot and bring to a boil over high heat. Stir in the quinoa and salt, cover, and reduce the heat to low. Cook for 15 minutes. Remove from the heat and let rest, covered, for 5 minutes. Fluff with a fork and transfer to a large bowl. Stir in the corn, bell pepper, and scallions. In a small bowl, whisk together the oil, lemon juice, and mustard; pour over the quinoa and vegetables and toss gently. Season with salt and pepper to taste. Serve warm or thoroughly chilled.

This recipe is from the "Food Allergy Survival Guide" by Vesanto Melina, Jo Stepaniak and Dina Aronson, Healthy Living Publications, 2004.

For listings of terms on labels that indicate the presence of allergenic ingredients, visit allergy association websites or see the: "Food Allergy Survival Guide" by Vesanto Melina, Jo Stepaniak and Dina Aronson, Healthy Living Publications, 2004.

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1. You can pay attention and do better at school when you’ve eaten breakfast. There are many easy and fast ways to get breakfast. A glass of fortified soy or rice milk or orange juice and hot cereal is one example. Another good breakfast is a fruit smoothie made with soy or rice milk, a banana, and berries.

2. Which is healthier: two frozen waffles with syrup, or oatmeal with fortified soy milk and a banana? The oatmeal, soymilk, and banana give you about twice as much protein to make your body strong, compared to the waffles and syrup. Plus, the oatmeal will make you feel full for longer.

3. If you sometimes need a breakfast that you can take with you when you go, you can take a protein sandwich such as a peanut butter, almond butter, or other nut butter sandwich, plus a piece of fruit. If you like, put sliced banana into your sandwich, too. Don’t forget to use whole grain bread. Or you can bring trail mix plus a box or bottle of calcium-fortified 100% fruit juice or soy or rice milk with added calcium.

4. Keep healthy by eating at least 5 servings of fruits and veggies in a day. As you get older you should eat even more fruits and veggies. Start by eating a serving or two of fruit with breakfast every day. There are many choices: a serving is half a grapefruit, a small apple, a small banana, or ½ cup of melon. You can put berries on your cereal. Or try some more unusual fruits like persimmon, kiwi, or Asian pears.

5. Cold cereals are not the best choice. Just because they say “Whole Grain” on the front of the box does not mean they have a lot of fiber – in fact most have hardly any. Most have too much sugar and sometimes lots of other ingredients like artificial colors and flavors that DO NOT help us become healthier. Hot cereals like oatmeal, brown rice cereal, or cream of wheat are much more nutritious, and they help us stay full for longer. You can cook them with apples and cinnamon, and just a tiny spoonful of maple syrup makes it taste like apple pie!

6. A packed lunch and packed snacks can help you to stay healthy and strong. Help pack your own lunch the night before and you’ll get more

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choice about what you eat. For making lunches, ask to have fresh fruits, trail mixes, and spreads like hummus or refried beans put on your family’s shopping list. You can also make hummus and refried beans at home. Instead of white bread, use whole wheat bread, a tortilla, whole grain rolls, whole grain pita bread, or multigrain bagels. If you can’t eat wheat or gluten, rice cakes or baked corn tortillas are a good option.

7. Try to include something from each food group in your lunch bag, or in the lunch you buy. Here is an example: carrot sticks or broccoli flowers from the Vegetable group, blueberries or kiwis from the Fruit group, fortified soymilk or rice milk from the Milk group, and a bean burrito that represents two groups, Grains and Proteins.

8. For protein power at lunch or supper time, choose these healthy choices: marinated or barbecued tofu, a homemade veggie burger, hummus, black beans with rice, lentil soup, bean soup, and split pea soup. A wide mouth thermos for school lunches can keep your food hot.

9. Beans give you lots of protein. They come in many colors: black, brown, white, and red. There are many other kinds of beans too like pinto beans, cranberry beans, and chickpeas. You can find beans on salad bars, in soups, in chili, and in Mexican foods such as bean burritos, and Middle Eastern food such as falafels, which are patties made from chickpeas. Pinto beans, kidney beans, or black beans can be mashed to make taco and tortilla fillings, called refried beans. These taste great when you add chopped lettuce, tomato, sliced avocado, and salsa, and place everything in a taco shell or tortilla.

10. Tofu picks up the flavor of any seasonings or sauces that are used with it, such as barbecue sauce, or sweet and sour sauce. You can find tofu at the grocery store already flavored. Often it is in a cooler near the vegetables.

11. Ask the people in your family who make the meals if you can be the cook’s helper. It is fun to grate carrots for a salad, mash beans to make burritos or help put fruits and fortified soy or rice milk into a blender to make a smoothie.

12. Birthday parties can include healthy food that is fun. Some people celebrate by sticking their birthday candles into a half watermelon. Fruit kabobs are a great birthday treat and fun activity for you and your friends. Some slice whole grain pita bread into triangles that can be dipped into bean dip. Others freeze 100% fruit juice in popsicle moulds or ice cube trays for healthy popsicles.

13. Even if you take time to eat three meals a day, you may still feel hungry at times. What’s the answer? Healthy snacks. These will give you the energy you need and help you to concentrate. The best snacks are fruits and vegetables to make you feel good.

14. If you have a sports event or an activity after school, pack a snack or extra lunch to give you energy. Bring "trail" mix, an almond butter sandwich, whole-grain crackers or a bagful of baby carrots and hummus or other bean dip.

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Wellness Wakeup Call
Newsletter for K-5
Year 2, Month #3: Healthy Easy Foods

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15. Make your own trail mix with any of these dried fruits: raisins, dates, figs, and dried apricots, or apple chips. Add almonds, cashews, sunflower seeds, walnuts, or peanuts for protein power. When you eat dried fruit, remember to brush your teeth afterwards, because dried fruit is very sticky.

16. For after school snacks and parties, put out tray of beautiful colored raw vegetables and a hummus dip for everyone to munch on. Include broccoli florets, carrot sticks, red or green pepper, and celery strips. Hummus is available in yummy flavors.

17. Cut up a variety of fruits for snack time; quartered bananas, apples, pears, or slices of melon. Also try ants on a log. Don’t worry, we’re not talking about real ants! To make these, you spread peanut butter or another nut butter such as almond butter on celery sticks and top this with a little row of raisins. The raisins are the ants on the celery log!

18. Keep healthy snacks with you. Put some fruit, whole-grain crackers, or baby carrots in your backpack so you always have some healthy food nearby. Don’t forget a reusable bottle of water!

19. If you don’t eat breakfast, or skip breakfast and lunch, you will probably get so hungry that you’ll want to eat junky food that is too high in fat and sugar, like potato chips and cookies. These foods do not have good nutrition. They can also put you in a bad mood. Right now, think of a breakfast that you like and that is good for you. A healthy breakfast can make your day feel much better.

20. Make sure to eat a healthy dinner. If you have two kinds of vegetables on your plate, that helps you to meet your goals for enough fruits and vegetables. Keep on trying new foods. Even if there is one you don’t like, you will discover many that you do, and sometimes if you don’t like something one time, you might like it the next time you try it.

21. Evenings can be a tempting time to eat sugary, fatty snacks that are not good for your body. Instead, snack on fresh fruit, sunflower seeds, whole-wheat fig bars, rice cakes, or air-popped popcorn.

22. Do not drink too much juice. The best thing to drink when you are thirsty is water. In some places in the world, children cannot get clean water to drink. We are lucky to have clean water! Your whole body is glad when you have a drink of clean water and eat healthy food.
Protein-Rich Stir Fry
Makes 3-1/2 cups

The marinade that is used here for chickpeas, tofu, tempeh, or seitan adds a sweet and gingery taste. If your family likes plenty of ginger, use the higher amount. Some prefer almost no ginger; so adjust the amount of ginger and tamari in the marinade to suit your family's taste. Tempeh is an Indonesian food developed thousands of years ago and is made from soybeans. Seitan is a product developed from wheat protein (gluten) by Chinese Buddhist monks 500 years ago; it has a meat-like texture.

1 1/2 cups cooked or canned chickpeas, or cubed firm tofu, tempeh, or seitan*
1 tablespoon olive or sesame oil
1 medium white, yellow, or red onion, thinly sliced
2 medium carrots, sliced diagonally
3 cups broccoli, florets and peeled and sliced stems

Marinade:
2 1/2 tablespoons tamari* or natural soy sauce
1/2 to 1 tablespoon peeled, finely minced ginger (or to taste)
1 tablespoon rice syrup or other sweetener

In a jar with lid, or a bowl, combine marinade ingredients: tamari, ginger, and sweetener. Add chickpeas, cubed tofu, tempeh, or seitan. Shake jar or stir bowl contents so pieces are covered with marinade. Allow mixture to marinate for at least 1/2 hour, shaking or stirring occasionally. Heat wok or cast iron skillet to medium-high temperature. Add oil and sauté onion until golden brown (about 2 minutes). Add carrots and cook until just beginning to soften (about 2 minutes). Add marinated mixture and broccoli and cook until broccoli is just tender and everything is warmed through (about 2 minutes more). Serve over brown rice, whole grain noodles, or millet.

PER CUP: calories: 221, protein: 10 g, carbohydrate: 35 g, fat: 6 g, dietary fiber: 9 g, sodium: 762 mg

* Tamari is a natural soy sauce without additives. While most contains wheat, it is also available in wheat-free (gluten-free) varieties as well.
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1. What do you think “power eating” means? One way to answer that question is eating to make sure that your body is powerful – healthy, strong, and the best it can be.
2. Power eating means choosing the best foods in the right amounts and not eating foods or ingredients that aren’t good for us.
3. Sometimes we eat and eat, yet we feel like we can’t satisfy our hunger. The reason might be because we aren’t giving our body what it needs - plenty of vegetables, fruits, whole grains, and beans, along with a smaller amount of healthy nuts and seeds.
4. When we fill up on healthy foods, we are giving our bodies what they need and our bodies aren’t as likely to crave other foods that aren’t so good for us.
5. Power foods give us the things like vitamins, minerals, and phyto-nutrients that we need. They keep us strong and power our running and jumping and everything else we do. Most of the food we eat needs to be healthy just to make sure we get all the important things that we need.
6. Once we’ve eaten all the healthy food we need, we can eat some other foods. But we should eat only small amounts of those foods, and only after we have eaten the healthier foods we need first.
7. It’s important to look for healthy snacks – snacks like fruits and vegetables, a handful of nuts, or air-popped popcorn.
8. When we eat a variety of healthy whole plant foods, like vegetables, fruits, beans, whole grains, nuts and seeds, we will naturally get what our body needs. That’s power eating!
9. Have you ever wondered what it means when a package of food says, “0 Grams Trans-fat”? Trans-fats are unhealthy fats that are found in lots of foods like crackers, fried foods, cookies, and margarine. Many companies are not using transfats any more, but that does not mean their foods are healthy. They may be unhealthy for many other reasons.

(Continued on page 2)
10. Want to know if one of your favorite foods has trans-fats? Look on the ingredient list for the words “partially hydrogenated” [hydrogenated]. If the ingredients include the words “partially hydrogenated”, then the food contains trans-fats and you should choose another food.

11. Even if the label on a food says it has zero trans-fats, it could still contain trans-fats if the words “partially hydrogenated” are in the ingredient list. The food companies can say zero even if there is a small amount of trans-fats in the food. But even small amounts of transfats are not healthy.

12. Want to be sure to avoid trans-fats? Eat fruits, vegetables, beans, whole grains, and nuts. These unprocessed foods do not contain trans-fats. Make sure the ingredients list of any food that comes in packages does not say “partially hydrogenated” on it.

13. Some foods have many ingredients and it’s hard to tell why some of those ingredients are included. For instance, a package of blueberry waffles contained sugar, soybean oil, artificial flavor, red coloring, and blue coloring in place of blueberries! They use sugar to make it sweet, artificial flavors made from chemicals made in a factory to give it blueberry flavor, and chemical colors made in a factory to make the fake blueberries look blue. If you want to know why an ingredient is in one of your favorite foods, ask your parent to contact the company and ask – you can do it too if you are old enough.

14. Have you ever wondered what makes some foods like fruity drinks, candy, cereals and some fruit roll ups so brightly colored? Artificial colors made from chemicals which are made in factories are added to some foods. While foods from nature like fresh fruits and vegetables are naturally brightly colored, food manufacturers often use artificial colors to make their products look colorful.

15. Choose foods that are colorful naturally like fresh fruits and vegetables instead of foods that have chemical colors in them.

16. Would you ever put a teaspoon full of salt into a serving of food? That’s a lot of salt but that’s how much salt there is in a cup of many types of soup that come from a can or a box.

17. People get used to the taste of salty foods. Try not eating salty foods or adding salt to your food for a couple of weeks. If you try foods like canned soup after that, it will taste too salty because your taste buds have gotten used to less salt.

18. Canned soup is one kind of food that is often high in salt. So is pasta sauce, lunch meats, cheese, fast food, snack foods like chips and pretzels, pizza, and frozen dinners.

19. Eating a lot of salt all the time can lead to high blood pressure and that can make us sick.
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20. Salt is often added to foods when they are processed to keep them from spoiling so quickly and to make them taste better to people who are used to a lot of salt.
21. To reduce the amount of salt that you eat, choose mostly unprocessed foods such as fruits, vegetables, beans, whole grains, nuts and seeds, and look for labels that say “low salt” or “reduced sodium”.

22. If you think that a food company is using ingredients that are not healthy like trans-fats, artificial colors, and too much salt, let the company know. You can write a letter or send an email to politely tell them what you’d like to see changed and why. The best foods to eat are those made in nature like fruits, vegetables, beans, nuts and seeds, without added artificial chemical ingredients.

Food for Thought

Most diet-related diseases are preventable. Even if we have the genetic tendency toward a disease it does not mean we will get it. Genes must be “turned on” or “expressed” in order to cause the disease. How we live our lives can make a big difference in whether or not the genes are expressed. So eating healthy, exercising, getting enough sleep, and finding ways to relax can mean the difference between having heart disease, high blood pressure, strokes, type 2 diabetes, and certain kinds of cancer. Our culture does not currently make healthy eating the easy choice or the less expensive choice. The food industry purposely confuses us to make us think their foods are healthy, for example a potato chip bag that says “made from all natural ingredients” and shows a farmer holding a bunch of potatoes, or turkey deli slices that say no fillers and no artificial flavors, yet it contains sodium nitrite, a cancer causing agent. The Standard American Diet (SAD) has resulted in the following:

♥ 67% of adults in the US are overweight (33%) or obese (34%) ~ Center for Disease Control
♥ 34% of children in NY state are overweight or obese ~ NYS Health Commissioner Richard Daines, MD
♥ 50% of children between the ages of 2—15 have fatty streaks in their arteries, literally the beginning stages of heart disease ~ Bogalusa Heart Study
♥ 33% of all US children, and 40—53% of African American and Latino children born in 2000 will get type 2 diabetes at some point in their lives, resulting in alarming rates of blindness, amputations, kidney failure, poor quality of life, and early death ~ Center for Disease Control
♥ 35% of all cancer deaths are caused by diet (and 33% by tobacco). We already have the solution to 68% of cancer deaths—and it is called prevention ~ Doll and Peto, Journal of the National Cancer Institute.
♥ 1 hotdog or 2 slices of bologna a week are enough to increase colorectal cancer risk by 30—50% in adult women, and children are more susceptible to carcinogens than adults ~ American Cancer Society
Easy Bean Roll-ups
Serves one

This is an easy snack to make after school and it has plenty of protein power. Use your label-reading skills to find a whole-grain tortilla without “partially hydrogenated” and other artificial ingredients on the label. Even if the label says “whole-grain” or “whole-wheat”, it is not necessarily healthy. Look for a label with a very short ingredient list. Look for refried beans that are low-fat and low-salt. You can also make your own bean spread by draining a 15-ounce can of kidney beans, rinsing the beans well in a strainer to wash off some of the salt (you might also be able to buy a can of beans with no salt added), and mashing about half the beans with a fork (refrigerate the rest of the beans or make another roll-up to share with a friend). Mix a little salsa into the beans to moisten them and follow the recipe below. If you like, you can also add one or two slices of avocado to the filling before rolling it up.

1 whole-wheat flour tortilla, warmed
½ cup refried beans (or bean spread – see above; hummus can also be used), heated
¼ cup chopped tomatoes
¼ cup shredded romaine lettuce
Salsa to taste

Spread the beans on the tortilla to cover one side of the tortilla. Sprinkle with tomatoes and lettuce, gently pressing the vegetable into the beans. Top with salsa to taste. Gently roll the tortilla up into a tube. Have an adult use a sharp knife to slice the rolled up tortilla into spirals, or just cut in half and eat. Dip into salsa if you’d like.
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1. Fast food restaurants often decide to put their restaurants near schools so that children and their parents will go there to eat after school.

2. Fast food meals are almost never healthy. They usually have too much salt, fat, and sugar, which can make you feel tired and cranky.

3. Fast food costs very little money so it is easy for many people to eat at fast food restaurants. But just because it doesn’t cost very much, does this mean it is a good thing?

4. Fast food restaurants often have playgrounds and toys so that children will want to go there. Then the restaurants can sell more of their unhealthy food. Does being able to play on a playground or get a toy make you want to go to a fast food restaurant? If your answer is yes, you are making the fast food restaurant very happy, that is just what they want.

5. Fast food restaurants have very fancy and expensive websites. These websites sometimes trick kids into thinking the food is good for them and make the kids want more of their food.

6. Many fast food restaurants have salads. Salads can be really healthy, but most of the time, salads from fast food restaurants are not very healthy.

7. Fast food restaurants act like they want to make healthier food. Sometimes they make very small changes, but these changes don’t really help people become healthy. Mostly, they just want to make as much money as they can.

8. Whenever a city or state wants to make a law that would help people understand how unhealthy food can be in fast food restaurants, the restaurants fight against having those laws.

9. Fast foods usually have chemicals added to them in order to make them last longer, so the company can make more money. Do you really want to put chemicals like that into your body?

10. Even when a fast food restaurant has things on the menu that are healthier, most of the time when people go there (Continued on page 2)
to eat, they do not order the healthy choices. Instead they smell the other foods, or see them, and decide to have them instead.

11. Some fast food restaurants have put new choices on the menu that they say are a snack. Yet these snacks are sometimes bigger than what you should have for a whole lunch. The best snacks are things like fruits and vegetables.

12. There is a great book called “Chew on This,” which explains all about fast food restaurants and how they try to trick you. It is written by Charles Wilson and Eric Schlosser. It is for kids 9 – 14 years old, but if you are younger, you can ask your parents to read it to you.

13. Many schools serve fast food from fast food restaurants. Do you think this is healthy?

14. One out of three toys that kids get come from fast food restaurants. Do you have any toys in your house that came from a restaurant?

15. Your parents and you can find out exactly what is in fast food by asking at the restaurant for a nutrition information brochure or by looking at the company’s website.

16. Fast food restaurants have commercials that try to get kids to have good feelings when they see a picture from that company so that they will want to eat more of the food.

17. Fast food restaurants give out toys in order to try to sell more food. And it works. But how long do those toys stay interesting? Do they break easily?

18. Drinking soda can lead to health problems and tooth decay and keep you from getting the good foods you need to be healthy.

19. A regular size can of soda has 10 - 12 teaspoons of sugar in it. Can you imagine eating 12 teaspoons of sugar at once? Now many people drink 20 ounce plastic bottles of soda – and they can have as much as 20 teaspoons of sugar in them!

20. Fast food restaurants often have playgrounds as a way to get kids to visit, so then they can sell even more unhealthy food. You don’t have to actually eat their food to play at their playgrounds, but most people will eat there if they go to the playground, and that’s what they are hoping for.

21. Most fast food meals are very high in fat, salt and sugar, all of which are bad for your health if too much is eaten.

22. Did you know that in some other countries, fast food and junk food TV commercials for kids are not allowed? This is because many children believe what they see on commercials. The real reason for commercials is to sell whatever the company wants to sell.
Recipe of the Month

Year 2, Month #5: Fast Food

Fast Food at Home

In a hurry? Try fast food at home. Burgers, Fries, and Shakes can be healthy! And they are great when you are in a hurry.

Burgers:
For burgers, use the Happy Burger recipe from Wellness Wakeup Year 1, Month 9 (free at www.healthyschoolfood.org/wellnesswakeup.htm), and freeze them so you have them in a hurry. Or, purchase veggie burgers. Watch out for those that are mostly highly processed soy. Our favorite is Amy’s brand California burgers. Serve with lettuce, tomato, mustard, natural ketchup (avoid those with high-fructose corn syrup), pickle relish, and avocado slices on a 100% whole grain bun.

Fries:
Take a sweet potato or white potato. Wash and dry. Cut into thin circles or wedges. Place in a mixing bowl and toss with 1 teaspoon of olive oil. Bake at 425-450 degrees F. until done—white potatoes will brown. Serves 1. Use more potatoes and oil for additional servings. See note above about natural ketchup.

Chocolate or Strawberry Shake:
1 cup unsweetened soy or rice milk, calcium fortified
2 bananas, peeled and frozen in a reusable container
Few drops vanilla extract
Your choice: 1—2 teaspoons of unsweetened cocoa powder OR 10 frozen strawberries
Place in blender and blend. Makes one large shake.

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1. When we eat plant foods, we eat different parts of plants: the leaves, stems, flowers, roots, fruits, and seeds. What are some examples of leaves that we eat? Spinach, lettuce, collard greens, kale, and dandelion greens.

2. Which two foods are plant stems? Celery and asparagus are stems of a plant. Which foods are flowers? Broccoli and cauliflower are flowers of a plant.

3. Which two foods are roots? Beets and carrots. Tubers are fat underground stems. Which foods are tubers that grow underground? Potatoes and sweet potatoes.

4. A fruit is the part of a plant that has seeds in it and that can start a plant growing. Some fruits that we eat are apples, grapes, oranges, peaches, pears. Some people say a tomato is a vegetable. Others call it a fruit. Who's right? A tomato is a fruit that is filled with seeds.

5. We think of some foods as vegetables because they are less sweet than most fruits, yet they are really fruits because they contain seeds. Examples are avocados, cucumbers, eggplants, peppers, squash, tomatoes, and zucchini.

6. Spices and herbs make our foods tasty and give them wonderful smells. Spices and herbs come from plants. Cinnamon is made from the bark of tree. Pepper is from a dried berry. Basil and oregano are small leaves.

7. Think about a peanut butter and banana sandwich. From which plants did this sandwich come? The bread usually comes from a grass plant known as wheat. The peanut butter came from a plant with peanuts that grow in shells on stems called pegs underground. The bananas come from a banana plant – which is actually not a tree, but the largest type of flowering herb!

8. Think of the strawberry jam that you spread

(Continued on page 2)
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Continued...

on toast. From which plants did this jam come? Strawberries grow close to the ground on small plants. The sugar in jam comes from tall sugar cane plants, or sweet beets called sugar beets, or from highly processed corn called corn syrup, but the vitamins and minerals are lost when these sugars are made. It is possible to buy jam that is sweetened with fruit juice instead of sugar, and this is a better choice.

9. You can grow your own peanut plant by planting a raw peanut. The peanut can be planted in the shell or you can remove the shell. In order for it to grow, you must start with a raw peanut, which can sometimes be found in grocery stores. Peanuts that have been roasted will not grow.

10. Peanut plants grow to about 2 feet tall. The peanuts are attached to underground stems. To get the peanuts, you must dig up the plant and then hang it up, (for example in a garage), to let it dry for about a week. Then you can remove the peanuts from the stems, take them out of their shells, and eat them.

11. Peanuts are a good source of protein. You will get the same amount of protein from one third of a cup of peanuts as you would from a regular hamburger. Peanuts are actually not nuts, they are legumes which is the family of plants that includes beans and lentils, so they are more like beans than nuts.

12. Onions grow from seeds. After about a month the green shoots will be 10 to 12 inches long and they are called green onions, spring onions, or scallions. If they are left to grow, a bulb forms and swells below the ground and we can harvest these as onions in two or three months. Next a long hard stalk forms that has seeds at the top. From these seeds we can grow new onions.

13. Sweet peppers or bell peppers grow best in sunny places, in a container on a balcony or in a garden. We can plant bell pepper seeds in late spring when the soil is warm. In 2 months the peppers will be big and green. If you let them keep growing, in about 3 months the peppers will be red and sweeter.

14. Peas grow in pods. There is a rhyme "Pease porridge hot, Pease porridge cold, Pease porridge in the pot, Nine days old." that rhyme is about pea soup. This rhyme came from England hundreds of years ago. Back then, they called thick soup porridge.

15. Peas can be eaten at many stages of their growth. When peas first start to grow they are called sprouts and they are 3 or 4 inches tall. These sprouts can be snipped off with scissors and eaten in a salad. Sprouts grow into a small bush with white blossoms. These blossoms are pretty in a salad. Peas in the pod are sweet, crunchy, and delicious. Peas also may be taken out of the pod and eaten raw or cooked. Fresh picked sugar snap peas are delicious to eat right in the field or at home – they are the perfect sweet and crunchy treat!

16. After they are grown, peas in the pod may (Continued on page 3)
be left on the vine to dry. They can be collected, saved, and used for seed the next year. These dried peas can split in half, making split peas that are used to make split pea soup. There are green split peas and yellow split peas.

17. The oils that your family use in cooking foods comes from seeds and from oily vegetables such as olives. To learn the differences between oils, pour several types of oils such as olive oil, sesame oil, or peanut oil into small bowls. Dip small pieces of whole grain bread into these oils to taste and smell the differences between oils.

18. Broccoli, kale, and Brussels sprouts come from plants that are cousins to each other, and have similar flavors. In the kale plant we eat the big leaves. In the Brussels sprouts plants, buds called Brussels sprouts grow along the stem, and we eat these buds. They look like miniature cabbages! In the broccoli plant, the flower grows particularly big and that is what we eat as broccoli.

19. Plants are eaten at different stages of their lives. Some plants are eaten when the seed has just sprouted, such as sunflower seed sprouts. Some plants are eaten as young leaves, such as lettuce. Some plants are eaten as flowers, such as cauliflower. Some plants, such as apples, are eaten as fruit that contains seeds to grow new plants.

20. Ten plants that are easy to grow are: sunflowers (for sunflower seeds), lettuce, radishes, snow peas, cherry tomatoes, bush beans, carrots, potatoes, pumpkin, and nasturtiums which are flowers that can be put into salads.

21. Kale is a plant that grows in summer, fall and colder weather. It is a very healthful food because it gives us plenty of minerals, especially calcium. Many green leafy vegetables are good sources of calcium, such as collard greens, Romaine lettuce, and Napa cabbage or Chinese cabbage.

22. A carrot can be eaten in many different ways. You can just pull it up by its green carrot top, wash it, and eat it. You can cut it into strips and serve with a dip. You can slice it and cook it. Some people put carrots through juicers and drink carrot juice, but it takes a pound of carrots to make one glass of juice, however this is not so good because the carrot pulp and fiber are wasted. It is much better to eat the whole carrot so you get the fiber. Carrots come in many different colors, including orange, yellow, red, purple, and black!

Food for Thought
Try making a salad that uses at least one of each different plant part: roots, stems, leaves, fruits, and seeds.
Red Bean Hummus
Makes about 1 1/2 cups

This hummus of a different color can be as spicy or mild as you and your family like. It is simple but tantalizing. Best of all, it takes mere minutes to prepare. From *Raising Vegetarian Children* by Jo Stepaniak and Vesanto Melina, McGraw-Hill

2 cups cooked pinto beans, drained (15-ounce can) *(Legumes are seeds in a pod)*
2 tablespoons tahini *(Tahini is made from ground sesame seeds, available in a can or jar)*
2 tablespoons balsamic vinegar *(Balsamic vinegar is made from grapes)*
1/4 to 1/2 teaspoon bottled hot sauce (optional) *(Hot sauce is made from peppers, a fruit)*
1/4 teaspoon ground cumin *(Cumin is made from seeds)*
Salt
2 to 4 tablespoons sliced scallions or green onions *(Onions are a root and scallions are a root and a stalk)*

Combine beans, tahini, vinegar, hot sauce, cumin, and salt to taste in food processor. Blend into a smooth paste. Pulse in scallions until finely chopped and evenly distributed.

Per 2 Tablespoons: calories: 56, protein: 3 g, carbohydrate: 8 g, fat: 1 g, dietary fiber: 3 g

**Raw Veggies**
For an after school snack or a party, serve these colorful vegetables with a dip such as Red Bean Hummus:
Asparagus tips
Broccoli florets
Carrot sticks
Cauliflower florets
Celery sticks
Cherry tomatoes
Cucumber slices
Green onions
Green pea pods
Jicama strips
Parsnips
Radishes
Red, orange, and yellow bell peppers
Snow pea pods
Zucchini slices or sticks

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1. Although your family may buy vegetables and fruit at a grocery store, farmer’s market, or Community Supported Agriculture farm, it is fun to grow foods yourself. You can grow colorful and tasty vegetables on a balcony or porch or in a garden plot as long as you have sunlight, water, and soil. On a balcony you can use a planter box, a large pot, or a half barrel that is filled with soil. There must be a hole in the bottom so extra water can drain out and the roots of the plants do not stay too wet.

2. We need soil, air, sun, and water in order to grow food. Minerals and water come from the soil. The energy that food gives us comes from the sun.

3. You can grow a garden and then make a salad or place vegetables on a platter along with a dip. Some plant foods that are fun to grow are cherry tomatoes, green onions, radishes, carrots, peas in the pod, and lettuce leaves.

4. It is amazing to think that a small seed, such as a sunflower seed, can become a plant that grows higher than your head and provide you, or birds - with many tasty sunflower seeds.

5. To watch how a seed sprouts and starts to grow into a plant, line a clear cup or glass with black construction paper that is wet. Slip six different types of seeds down between the construction paper and the sides of the cup or glass, with the seeds about 1/2 inch apart. Keep the paper moist, and after about a week, the seeds will sprout. As sprouts grow, they will show up against the black background.

6. Herbs are plants that we enjoy because of their smell and taste. Basil, thyme, rosemary, parsley, and chives grow well in small pots on a sunny window sill. Rub these between your fingers to release their aroma. Use these herbs to season a soup or other foods. Chives can be chopped and sprinkled on baked potatoes.

(Continued on page 2)
7. Mint is an herb that is used to make tea or flavored water. Herb teas are made with plant leaves that smell and taste very good when they are added to hot or boiling water. You can put fresh mint into a container of cold water by rubbing the mint between your fingers to release the flavors, and then putting it in the water. Put as much as you want. Then let it sit in the water for a while, and drink the water. It will be a delicious treat! You could squeeze some fresh lemon juice into it too. Refrigerate what you don’t drink. This is a GREAT idea to grow and enjoy in the classroom!

8. In a small garden you can grow tomatoes, green beans, potatoes, zucchini, onions or leeks, and herbs. Then cook up a delicious soup! These can even be grown on a porch or balcony in pots. (A recipe for Garden Soup comes with this month’s Wellness Wakeup Call Program.)

9. To plant carrot seeds, you put the seeds into the soil in holes or a row that is as deep as your thumbnail, then cover the seeds with soil. In about ten days, plants that look like tiny ferns will peek through the soil. Carrots can be ready to eat in about 2 or three months. If you pull them up early they will be tiny. If you leave them longer they will be bigger. Carrots come in all different colors – including orange, yellow, red, purple and black.

10. Have you seen how a plant drinks water? You can see how this works if you put one or more flowers with white petals, such as carnations or daisies, into a glass or clear glass vase. Partly fill the glass or vase with water that is colored with a few drops of food coloring. The water will be drawn up the stem and the petals will begin to turn the color of the food coloring. This is a good experiment. But it is better not to eat or drink foods with food coloring. Some plants are used for making natural food coloring, a much healthier choice. For example, beet juice makes a beautiful red.

11. Many cities have urban gardens where people can grow the plants they want in a small plot. People grow vegetables and flowers. These are called community gardens. Is there a community garden in your neighborhood?

12. In France, children are taught to enjoy the flavors and aromas of foods. Babies learn to like carrots that have been cooked with the herb called dill, and green beans that have been cooked with the herb called thyme. (Pronunciation: “thyme” is pronounced “time”.)

13. In some schools, children learn how seeds sprout and how plants grow big and then produce more seeds. They learn how some plants grow best in plenty of sunlight and some prefer shade. Some plants grow best if they are very wet, others like to be drier. Many schools now have gardens.

14. There are four basic flavors in food. What do you think these are? They are salty, sweet, sour, and bitter. We sense each of these tastes with different parts of our tongue. Celery is a
salty vegetable, but it doesn't taste as salty as potato chips. Strawberries are a sweet food. Lemons are a sour food, and dandelion greens are a bitter food.

15. Just as some people may hear or see better than other people, we also differ in how foods taste to us. For example, some people love cilantro, a herb that is used in salsas and in other Mexican foods. Other people do not like the taste of cilantro.

16. Although you might think of a tomato as being red, tomatoes also can be green, yellow, orange, purple, and brown. Their taste can vary depending on how ripe they are and the amount of sunlight they received while growing. How many different ways have you eaten tomatoes? You may have had them sliced, in salads, in sandwiches, in soup, stuffed, grilled, on pizza, on pasta, and in salsa. Can you think of other ways that tomatoes are used?

17. Which citrus fruits have you eaten? Oranges, tangerines, and grapefruit? Eat one of these slowly and notice its perfume from the skin and from the pulp. If you have been near someone who was peeling an orange, did you notice the delicious fragrance that came from the orange? The oils from the left over skins of oranges when they make orange juice are used to make a natural air freshener.

18. When you eat a piece of orange, if you pinch your nose closed and eat it fast, you will not get the same sense of taste and aroma as when you eat it slowly. Try it both ways and notice the difference.

19. Choose one or read both:

- **Urban** - To grow herbs you can plant seeds in pots filled with potting soil. Just push the seeds about an inch under the soil. Water it when you plant it and don't forget to continue keeping the soil moist. There are many kinds of herbs you can grow indoors in pots on a bright windowsill. Some favorites are mint and parsley. Remember that mint makes great tea or flavored water. There are many kinds of mint – and while you might have heard of peppermint or spearmint, some other interesting types are chocolate mint, pineapple mint, ginger mint, and apple mint.

- **Suburban or Rural** - To grow a pumpkin or squash, you can plant a seed about one inch under the soil in a garden or a container that is at least 18 inches deep and 18 inches across and placed in a sunny area. Don’t forget to water it. A vine will grow and become long. On this vine, blossoms will form that have small bulbs at the base. These bulbs will swell, grow, and become a pumpkin or squash. With the pumpkin, you can make pumpkin soup, pumpkin curry, pumpkin bread, or even pumpkin pie. You can make all those things with a winter squash as well.

20. When vegetables are being prepared for a meal, some plant parts are discarded, such as onion skins or potato or carrot peelings. These can be kept in a bucket with a lid and then de-

(Continued on page 4)
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19. Compost, made from fruit and vegetable scraps, will rot or break down more quickly when the plant scraps are in small pieces. Worms and bugs help us make compost in the garden by breaking down plant pieces and making good soil. The minerals, protein and vitamins from the food scraps will be used to grow more plants.

20. Worms are an important part of gardens because at one end they consume food scraps such as bits of lettuce, cabbage and celery; potato, carrot, banana, or apple peels; orange and grapefruit rinds, cornmeal, oatmeal, and tea bags and at the other end they produce garden fertilizer. In one acre of land, there can be more than a million earthworms. Having worms in your garden is a sign that you have healthy soil.

Food for Thought
Children love to grow food. Teaching a child how to grow food is an unforgettable lesson, and it can be used as a way to teach science, math, reading, writing, and history. Some schools are even incorporating food grown in the garden into the cafeteria. While the garden might only supply enough for a few meals, it is thrilling for the kids to eat what they grew.

Here are some websites to learn more about school gardening:
www.kidsgardening.org - from the National Gardening Association
www.edibleschoolyard.org/garden - a very successful garden that has gotten a lot of press
www.woollyschoolgarden.org - a system of gardening on a wall or fence using pockets made from recycled plastic bottles, and they will help you raise the money to be able to fund it
www.schoolgardenweekly.com - a how to create a school garden from a master gardener

References:
Gardening with Children online at http://www.eartheasy.com/grow_gardening_children.htm
Earthworms online at http://urbanext.illinois.edu/worms/live/index.html
Recipe of the Month
Year 2, Month #7: Growing Food

Alphabet Minestrone
Makes 9 cups

This soup uses many foods from our gardens. If you like, you can use different beans, herbs, vegetables, and other shapes of pasta. It is best to cook vegetables and pasta until just tender crisp, and add fresh basil near the end of the cooking time. Canned tomatoes and stock may contain salt, so check flavor before adding salt. Stock may be home-made, purchased, or prepared using cubes or powder. This nourishing soup keeps, refrigerated, for 4 or 5 days. You can freeze the soup for later use, too. From Raising Vegetarian Children by Jo Stepaniak and Vesanto Melina, McGraw-Hill

1 onion, diced
1 tbsp olive oil
1 cup carrot coins
1 cup chopped celery
2 cloves garlic, minced
4 cups vegetable stock or broth
2 cups chopped fresh or canned tomatoes
Pinch or 10 grinds pepper
1 cup sliced zucchini
1 cup green beans, cut diagonally
1 cup cooked or canned beans (white, kidney, pinto, or garbanzo)
1-1/2 cup cooked alphabet macaroni (3/4 cup dry)
1/4 cup fresh basil
1/4 cup chopped parsley
salt to taste

In large saucepan, sauté onions in oil over medium heat for 5 minutes or until beginning to brown. Add carrot, celery, and garlic and sauté for another 5 minutes. Stir in stock, tomatoes, pepper and bring to a boil. Cover, reduce heat and simmer for 15 minutes. Add zucchini and beans. Cook another 5 to 7 minutes or until vegetables are tender-crisp. Add macaroni, basil, and salt and warm through. Garnish with parsley.

PER CUP: calories: 104, protein: 4 g, carbohydrate: 18 g, fat: 2 g, dietary fiber: 5 g, sodium: 144 mg

Variations:
♥ Substitute or add chopped cabbage, okra, red or white potatoes, added at the same time as tomatoes
♥ Add chopped bell peppers added along with the beans.

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Wellness Wakeup Call: Nutrition Education Messages in Easy to Digest Sound Bites

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**Parents:** Your child will be listening to these messages in school each day. Please help to reinforce these messages at home. You might even learn something, too! Then on the last page you will find an easy and healthy recipe. We encourage you to try it. Preparing healthy food with your child can be a fun way to spend time together and to reinforce healthy eating habits.

♥ Each day, start the message with: “Good morning, this is your Wellness Wakeup Call!”
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1. Protein is found in the foods we eat. Our bodies use protein for healthy muscles, bones, and teeth, and to repair injuries.
2. Some foods have protein in them, and some foods do not. Vegetables, beans, nuts, and seeds have protein. Candy, fruit juice, and soda do not.
3. Protein is found in both animal foods and plant foods. The healthiest protein for your body comes from plant foods like beans, nuts, seeds, and vegetables. These should be eaten most often.
4. Vegetables that have the most protein are leafy greens like spinach. Starchy vegetables like sweet potatoes have less, but they are still healthy.
5. Beans and lentils are the plant foods that have the most protein in them. They also have other healthy things like fiber, vitamins, and phyto-nutrients (pronounced fight-o) to make us feel great every day.
6. Soy beans are a popular plant protein. From soybeans we get edamame (ed-uh-MAH-may), tofu, and tempeh (tem-pay).
7. Beans and lentils are too hard to eat when they’re raw, so they have to be cooked on the stove with water. But you can also buy beans already cooked in a can.
8. Next time you go grocery shopping with a grownup, look for dried beans in bags that have to be cooked, and beans in cans that are already cooked and just need to be heated. There are so many colors and sizes of beans!
9. Beans cost very little money, but give us so much protein and other good things for our bodies, like fiber and vitamins.

(Continued on page 2)
Some types of beans include pinto, black, kidney, chick-pea, black-eyed, and even cow beans! Some types of lentils include French, red, green, and yellow.

10. It’s fun to get protein from beans and lentils. You can have them in soup, salads, dips, and in rice. You can make lentil or bean loaves and veggie burgers with beans, too, and they are really yummy!

11. Have you tried bean chili? Some people like it spicy, but it doesn’t have to be. Bean chili has lots of protein and you can eat it with crunchy tortilla chips or cornbread.

12. One easy way to make beans is to put them in your favorite sauce. Try beans with barbecue sauce, tomato sauce, or teriyaki sauce!

13. Nuts and seeds are packed with protein, are so good for you, and give you energy! You’ve probably seen them in trail mixes and granola bars. There are so many ways to enjoy nuts and seeds every day.

14. If you are allergic to peanuts, find out what nuts and seeds you are not allergic to. Then you can use those in place of peanuts and peanut butter for making sandwiches and snacks, and for baking things like cookies and muffins.

15. Did you know that peanut butter is made from peanuts? Many grocery stores have peanut butter machines where you can watch the peanuts go in, and the peanut butter come out! This kind of peanut butter is healthy. Many peanut butters have added oils, salt, and sugar and they are not as healthy.

16. Have you tried a peanut butter apple snack? Have a grownup take the core out of an apple, and fill it up with peanut butter, and eat it at home or as part of a healthy lunch at school.

17. Peanut butter comes from peanuts. Almond butter comes from almonds. Can you guess where cashew butter comes from? [pause] Right, cashews! Most nuts can be ground up to make a nut butter.

18. The next time you have waffles for breakfast, try spreading almond butter or cashew butter on them, instead of syrup. It will give you protein and fill you up, and tastes great – and you won’t have all the sugar from the syrup!

19. Just like nuts can be ground up to make nut butter, seeds can be ground up to make seed butter. Seeds are high in protein just like nuts are. Sesame seed butter – called tahini - and sunflower seed butter are delicious.

(Continued on page 3)
20. Have you heard of hummus? It is a delicious dip that you can have with carrots, celery, or crackers. Hummus has some protein in it because it has chickpeas and sesame seeds.

21. Next time you make lunch for home or to take to school, try a Crunchy Protein Wrap, made with a whole grain tortilla, peanut or other nut or seed butter, sesame seeds, and your favorite fruit chopped up. Wrap it up and cut in half.

22. The healthiest drinks with protein are soy milk and almond milk. When they come with vanilla or chocolate added they should be saved for special occasions.

The Power of Plant Proteins

We all know that we need more fresh fruits and vegetables, and more whole grains. We often don’t hear much about how we can improve the main dish. Plant proteins are a great way to improve our diet. Plant proteins contain no cholesterol, are low in total and saturated fat, and are high in fiber and phyto-nutrients. Just what the doctor ordered!
Lentil and Rice Soup

Yield: about 8 cups

Simple ingredients blend to make a hearty lentil soup that is out of this world. It’s high in protein, healthful complex carbohydrates, fiber, iron, zinc, and B vitamins; the combination will give you staying power.

8 cups water or vegetable stock
1 cup dried lentils, rinsed and drained
1/2 cup brown rice, rinsed and drained
1 large onion, chopped
1/4 cup extra-virgin olive oil
Salt and pepper

Combine the water, lentils, and rice in a large soup pot and bring to a boil. Reduce the heat, cover, and simmer 1 1/2 to 2 hours, stirring occasionally, until the lentils are very tender and the soup is thick. Add a little extra water during cooking, if necessary.

Meanwhile, sauté the onion in the olive oil for 30 to 60 minutes or until very tender and brown, adjusting the heat as necessary so the onion doesn’t burn. Add the onion and oil to the soup, season with salt and pepper, and simmer 10 to 15 minutes longer.

Per 2 cups: calories: 388, protein: 16 g, fat: 15 g, carbohydrate: 49 g, dietary fiber: 16 g, calcium: 46 mg, iron: 4.8 mg, magnesium: 93 mg, sodium: 60 mg, zinc: 2.4 mg, folate: 217 mcg, riboflavin: 0.2 mg, vitamin C: 5 mg, vitamin E: 2.1 mg, omega-3 fatty acids: 0.2 g.

% Calories from: Protein 16%, Fat 35%, Carbohydrate 49%

Optional: Add 1 or 2 cups of chopped sweet potatoes, carrots, and/or chunks of winter squash for added color, nutrients, and variety.

This recipe is from Food Allergy Survival Guide by Vesanto Melina, Jo Stepaniak and Dina Aronson, Healthy Living Publications, 2004.

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1. Happy New Year. Do you know what a “resolution” is? A resolution is when you decide to do make a positive change in your life and then you do it. Many people make resolutions at the beginning of the year to do something better than they did last year. They do it because a new year is a good time to start over, to try again. When people do that, it is called a “New Years Resolution”. Did you make a New Years Resolution? If you didn’t, you can now.

2. A New Years Resolution is a way for people to make a promise to themselves. These promises are about how they can live their life in a better way – that will make them healthier, happier, or just to do the right things. People make resolutions about many different kinds of things like eating better, exercising more, getting enough sleep, learning how to be more relaxed, being less grumpy, not smoking, being kinder to other people, helping others, and helping themselves. One good resolution for students is to do their best in school, and to ask for help if they need it so that they can do their best.

3. It is easy to make New Years Resolutions. But it is harder to keep them. One way to keep your New Years Resolution is to make a sign and hang it up in your bedroom or bathroom so you see it every day. The sign can be with words or pictures. Another way is to remind yourself each morning about your resolution and tell yourself you will do your best job today to keep it. At night before you go to bed you can think about if you kept your resolution. If you did keep it you can be proud of yourself, and if you did not keep it you can promise yourself that you will try harder to keep it the next day.

4. Each day we have a choice to be the best we can be. Even if we have a hard time keeping our resolutions one day, we can always start over again the next day, or even right now. Each day is a new day, so whatever happened before, we can choose to do our best each new
day. How are you doing with your resolutions?

5. Most resolutions that people make actually make them feel better if they actually do them. If you eat healthier, exercise, get more sleep, find a way to deal with stress, or help other people, you will feel better. Sometimes you might not feel better right away, but after keeping your promise to yourself and making your resolutions into habits, you can feel much better.

6. One very common resolution that people make is to eat healthier. It is not hard to eat healthier. Just eat more vegetables, more fruits, more whole grains, and more legumes, which include beans, lentils, and split peas. And also eat some nuts and seeds that don’t have added oil, salt, and sugar. Small amounts of them are very healthy.

7. Here are four examples of easy ways to eat healthier: 1. Eat a piece of fruit with your breakfast. 2. Ask your parents to make you a baked sweet potato as part of your dinner. Baked sweet potatoes are so easy to make. Just wash them, poke a hole in them, wrap them in foil, and then bake in the oven until very soft. They are so sweet and delicious all by themselves. 3. Eat whole grain bread instead of white bread, or brown rice instead of white rice. 4. Have a healthy veggie burger for dinner instead of a hamburger. The best kinds of veggie burgers are the kinds you make yourself from beans or lentils and other healthy ingredients.

8. If our resolution is to eat healthier, that doesn’t mean every single thing we eat has to be totally healthy. Special treat foods are okay sometimes. The problem is that most people eat special treat foods every day, and sometimes many times every day. For example, if you drink soda every day, that is too much, but if you drink it once a week, that is better. Some people have a soda, chips, cookies, and a candy bar every day. This is way too much unhealthy food. Our bodies and brains can not work their best when we eat too much of this kind of food. So have a special treat, but not every single day.

9. Sometimes we want to eat a special treat. Some special treats are unhealthy, but the good news is there are also special treats that ARE healthy. Fruit smoothies are a great special treat. You can make one with a cup of unsweetened soy or almond milk, a frozen banana, and some frozen strawberries or blueberries. Yum! If you feel like candy, you could eat some of nature’s candy – a date. Dates are very sweet, but they are also good for you if you don’t eat too many. Another special treat is freeze dried fruits. Some companies are now making them and they are really great. They are crunchy and sweet, but just made from dried fruit.

10. When we keep a resolution to eat healthier, the cells in our bodies would...
thank us if they could! Just like a race car needs the right kind of fuel to make it around the track really fast without breaking down, our bodies need the right kind of fuel so we can do what we want to do. Healthy food helps us concentrate in school, have lots of energy for playing, and it actually helps us to be in a good mood.

11. Another resolution that many people make is to get more exercise. When people exercise every day, they realize that they feel healthier, their body feels stronger, and they actually feel happier. That’s because exercise creates healthy chemicals in our bodies called endorphins (en-door-fins). Endorphins make us feel happy.

12. There are many ways to exercise. You could walk or run, take hike, ride a bike, go swimming, play a sport, dance, or play the kind of video game where you exercise to play it. Those are all types of exercise, and there are many other kinds as well.

13. Exercise can help our hearts be stronger, and that is called cardiovascular, or cardio exercise. Walking fast, running, or dancing are good examples. Exercise can help our muscles and bones become stronger. That is called strength training. Lifting weights, doing push ups or pull ups are good examples. Exercise can also help our muscles be flexible and limber. This kind of exercise is called stretching. Touching your toes or reaching your hands above your head to reach the ceiling or the sky are examples of stretching. Some types of exercise can help us strengthen our hearts, have stronger muscles and bones, and be more flexible. Yoga is one good example of this.

14. People have different opinions about how much to exercise. One thing is for sure. Some exercise is better than no exercise. And it is really good if you can exercise for about an hour every day.

15. Another New Years Resolution is to get enough sleep. Most people do not get enough sleep. Do you? Children in elementary school need at least 9 hours and as much as 12 hours of sleep each night. If we do not get enough sleep, it can change our world and make everything more difficult. If we have to use an alarm clock or have our parents wake us up every morning, we are probably not getting enough sleep.

16. When we don’t get enough sleep, it causes a lot of problems. One problem is that it makes us feel more grouchy. It also makes it harder for us to concentrate, and makes us more forgetful. This is not a good thing for school! Another problem with not getting enough sleep is that it makes us want to eat more food than we should. It also makes it harder for us to want to exercise. Finally, not getting enough sleep means that we are more likely to get sick. So not getting enough sleep causes a lot of problems for us that can affect our health.

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17. Do you ever feel stressed out? Some New Years resolutions can help us feel more relaxed. Eating right, exercising, and getting enough sleep are three ways to feel less stress. When we eat right, exercise, and get enough sleep, our bodies are getting what they need and that makes it easier to deal with stressful situations.

18. Eating right, exercising, and getting enough sleep make us better able to deal with stressful situations. But there are other things we can do to deal with stress. Promising ourselves that we will deal with difficult situations in more helpful ways is a good New Years Resolution. Some helpful ways to deal with stress include taking deep breaths, writing or drawing our feelings in a journal, sitting quietly and focusing on our breathing, or talking about our problem with a friend or adult that we trust. Have you ever used any of these ways to deal with stress?

19. One of the best ways to have less stress in your life is to have good friends. You can make good friends by being a good friend. Listening to others and treating them as you would want someone to treat you is a good way to make friends. Another good way to make friends is to invite someone to join your group of friends on the playground or at lunch. When you make other people feel cared about, you will find it is easy to make friends.

20. There are times when we have problems that are difficult and can not be helped by taking a deep breath or writing in a journal, eating healthy or exercising. Then it is important to talk to a trusted adult like your parent or guardian, a teacher, school counselor, school nurse, principal, or adult in your after school program at school. If you have a problem that is causing you a lot of stress, and the problem is not going away, then talking to a trusted adult can help. Your teacher, school counselor, school nurse, principal or adult in your after school programs are safe people to tell your problems to at school, and they have special training to be able to help you. Maybe your New Years Resolution this year will be to talk to a trusted adult about your problems.

21. New Years Resolutions are good ways to keep healthy, help others, and help ourselves. If we stick to our resolutions and do the good things we decided we would do, we will usually feel pretty good about it. If we realize that we have not kept our New Years Resolutions, we can decide right now to make that promise again and do our best keep it.

22. Why do we feel better when we keep our resolutions? Our resolution is a promise to ourselves. And if we keep it then we are telling ourselves that we are important and that we can be in charge of ourselves. The other reason we feel better when we keep our resolutions is because many of our resolutions are things that let our bodies work the way they are supposed to, so we can feel our best, or because we know that we helped someone else.
Thai Corn Soup

Warm, perfectly flavored, and with an indulgent feel, this soup is perfect for clearing up the winter blues. By puréeing half of the soup, you'll achieve a rich, thick base with pops of whole corn kernels. Serves 4

**What You Need:**
- 1 tablespoon olive or canola oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 teaspoon Thai curry paste
- 4 cups corn kernels
- 6 cups vegetable stock
- 1 tablespoon fresh ginger, minced
- 2/3 cup coconut milk
- 2 tablespoons fresh lime juice
- Salt and pepper to taste

**What You Do:**
1. In a large pot, heat oil. Add onion and garlic and sauté for 5 minutes. Add curry paste and sauté an additional 30 seconds. Add corn kernels and stock, and stir. Cover and simmer for 15 minutes.
2. Remove fresh ginger. Purée half the soup in a blender until smooth. Transfer back to pot. Add coconut milk and simmer 3 more minutes. Add fresh lime juice and salt and pepper to taste. Serve with Jasmine rice or a cool Thai Salad. Enjoy!

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