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

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**Parents:** Your student 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 back of this page you will find an easy and healthy recipe. We encourage you to try it. Preparing healthy food with your student 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!”

1. Have you ever had a 20 ounce soda/pop? That’s what many teens are drinking today. Fifty years ago, when soda/pop first became popular, soda/pop was served in 6.5 ounce bottles! Ever since then, the size of sodas/pops, and of people, have continued to grow larger.

2. Would you sit down and eat 16 teaspoons of sugar from a sugar bowl, one right after the other? When you have a 20 ounce soda/pop you consume 16 teaspoons of sugar. That’s one third of a cup of sugar! The soda industry wants to trick you. That’s why they claim that a 20 ounce bottle is 2 and one half servings. But do you really share that bottle with other people, or drink it all yourself?

3. Beverages don’t fill your stomach in the same way that solid food does. As a result, you can drink many calories without noticing. As a result, it’s easy to gain weight from drinking beverages other than water. Drinking one 20 ounce bottle of soda/pop per day in addition to the food you need to be healthy would make you gain 26 pounds in a year.

4. A 12 ounce can of Coke or Pepsi contains about 10 teaspoons of sugar and about 150 calories. 12 ounces of lemonade or fruit punch contains about the same number of calories, and are as loaded with sugar as soda/pop. It’s better for us to get our calories from foods that keep us healthy and deliver the nutrients we need: protein, complex carbohydrates, healthy fats, vitamins, and minerals.

5. A 20 ounce serving of lemonade, fruit punch, or soda/pop pop contains 200 to 300 calories, all from sugar. With just one of these drinks, we get 10 or 15 percent of our calories for the day.

6. If you drink two or three cans or bottles of soda/pop in a day, you could take in between 250 and 900 calories. Just one 12 ounce can per day will provide 76 cups of sugar per year.

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Wellness Wakeup Call
Newsletter for 6-12
Year 2, Month #1: Beverages

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♥ Then read the message for the day. End each message with: “Enjoy your day, the healthy way!”

Continued…

7. Too much caffeine can cause a person to be nervous, irritable, and to have difficulty sleeping and a rapid heart beat. Caffeine is found in coffee, tea, iced tea, colas and so-called energy drinks.

8. Scientific research has shown that those young people who drank the largest amounts of sweetened drinks got less of the important nutrients that they need: protein, vitamin A, calcium, magnesium, and phosphorus. These young people also gained excess weight, because they consumed so many calories in these sweet beverages.

9. The cells throughout our body need water; these cells are filled with water and they are surrounded by water. Make plain water your favourite beverage. Sweetened waters, including those with artificial colors, flavors, or artificial sweeteners, are not good choices due to the sugar, artificial sweeteners, and other artificial ingredients.

10. You will need more water when the weather is very hot, or when you are doing strenuous exercise. Take a reusable water bottle with you. You may need a little less water when you eat foods that are high in water, such as soup or high water content fruits and vegetables. When it is cold, we may not feel as thirsty, but we still need to be sure to drink plenty of water.

11. For variety and flavor, drink caffeine-free herbal teas. There are so many different flavors that you can find one that you like. You can use herbal tea bags to make the tea, or add boiling water to a few mint leaves and then add a spoonful of lemon juice.

12. Sports drinks and sports drink fruit punches can be expensive and they are basically made up of water, sugar, artificial colors, and two minerals, and usually have about as much sugar as soda/pop. As far as nutrition goes, you can do much better with water, plus a banana and a handful of salted nuts, which provides protein, energy, and B vitamins along with the minerals. This way, you’ll have a healthy snack instead of a drink that really does not help your health.

13. For added nutrition with very few calories, drink a vegetable juice such as tomato juice. This can be very refreshing and contribute to your good health.

14. Scientists have observed that when people are told that they will enjoy something, they are more likely to enjoy it and give it a high rating than when they are not told anything. Advertisers know this and it is a foundation of advertising. The soda/pop industry spends many advertising dollars in an effort to target you to buy their unhealthy beverages.

15. Fancy coffees and designer coffees are made with a lot of dissolved sugar. Even a skim milk frozen coffee can contain 12 teaspoons of sugar. That sugar can be converted into fat and stored on your body as fat. If you have this as an extra every day for 3 months; you
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16. Fancy coffees can have a lot of calories, mostly from sugar and fat. For example, in 24 ounces, a Cafe Vanilla Frappucino Venti from Starbucks has 560 calories. This has more calories than a Big Mac with 540 calories!

17. To burn off the 380 calories in a 16 ounce coffee such as a Caramel Frappucino Grande, a person will need to walk for about 2 hours at 3 miles per hour, or to run about 5 miles. This will of course vary depending on your weight, age, gender, and how fast you walk or run.

18. Artificial sweeteners have names like Splenda, Sucralose, Nutrasweet, aspartame, Sweet’n Low, Sugar Twin, Acesulfame Potassium, Ace-K, Cyclamate, Sugar Twin, Sucaryl, maltitol, sorbitol, xylitol, polydextrose, hydrogenated starch hydrolysates, and isomalt. These are made in factories and are not natural foods, and the effect they have on our health is not fully known. The soft drink industry would like us to believe that a drink that has no calories or is called “diet” is good for you. Why take a chance? The best calorie free beverage for your body is water!

19. Vending machines typically sell beverages that are loaded with sugar and packaged in large sizes. Many beverages with pictures of fruit on their labels contain no fruit at all. In order to see what that beverage was actually made from, you have to read the label. A choice that is better for your body is water or a small container of 100 percent vegetable or fruit juice.

20. A 16 ounce bottle of orange juice is equivalent to drinking the juice from 6 oranges. It is better to drink smaller portions. Even if a juice is 100% juice, drinking too much of it puts too much natural sugar into our bodies. That sugar is intended to be consumed along with the fiber that is present in fruit. When you do drink 100% juice, drink it in small quantities, for example, 8 ounces or less.

21. Read labels. The ingredient present in largest amount is listed first. Avoid drinks in which sugar is the first ingredient, or one of the first few ingredients after water. On some labels both the second and third ingredients are sugars, and many processed foods and beverages have between 2 and 6 different types of sugar so that sugar is not listed as the first or second ingredient. This use of different types of sugar so sugar does not have to be listed first is a good example of how labels can lie.

22. When listed on a label’s ingredient list, sugar can have many names, such as certain words that end in “ose”: sucrose, fructose, dextrose, and maltose; syrups such as cane syrup, rice syrup, corn syrup, maple syrup; and honey. Even those that are considered more natural such as rice syrup, maple syrup, and honey can cause you to gain weight.
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 to 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.
Wellness Wakeup Call
Newsletter for 6 - 12
Year 2, Month #2: Allergies

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

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**Parents:** Your student will be listening to these messages in school each day. Please review them so you can discuss with your child. You might learn something new, too! We encourage you to try the enclosed recipe. Preparing healthy food with your daughter or son 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. Some people have allergies to common foods. Therefore a food can be a part of a healthy diet for one person and yet cause significant health problems for another.

2. There are 305 million Americans. Twelve million of them have food allergies. Over 3 million of these people are under the age of 18. This means that about 1 out of every 25 young people have food allergies.

3. Eight foods cause 90 percent of the allergic reactions in the United States. What do you think these foods are? They are cow’s milk, peanuts, eggs, fish, shellfish, wheat, soy, and tree nuts (which are the nuts that grow on trees, such as almonds and walnuts).

4. Recent studies have shown that 3.3 million Americans are allergic to peanuts or tree nuts, and 6.9 million are allergic to seafood. If you regularly don’t feel well after eating, it is possible that you have a food allergy. But other reasons that you might not feel well after eating is because you ate something that is not healthy, you eat too much or too fast, or possibly even as a result of food poisoning.

5. Food allergy symptoms show up in different ways for different people. Symptoms can show up on our skin, in our respiratory tract (which means throat and lungs), in our digestive system, and in our nervous system (for example as headaches).

6. Some people have food allergies, an actual immune system reaction which can be detected by laboratory tests. There is another type of reaction called food intolerance; an example is the very common digestive problems that occur when many people drink cow’s milk, and it is called lactose intolerance. Food intolerances also can affect our digestion or skin or breathing but they are not detected by food allergy lab tests.

7. Some people have anaphylactic reactions to foods. This means that their reaction can be very fast and could affect their ability to breathe or their heart to continue beating. It is very serious and can sometimes result in death. People who might have an anaphylactic reaction carry an EpiPen or Twinject, so if they accidentally eat the wrong food, they can quickly have an injection of epinephrine to prevent serious consequences. **Pronunciation guide:** anaphylactic is pronounced a-na-fill-ac-tic.

8. It is good to know if someone in your class

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might have an allergic reaction, so you can quickly get help from an adult. The food culprits that most commonly cause anaphylactic reactions are peanuts, tree nuts, shellfish, and fish.

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

10. Peanuts are the food that is most likely to lead to severe allergic reactions. We will help anyone in our classroom and school who is sensitive to peanuts when we follow the rules about peanuts in our school. [you may mention what those rules are here]. Sometimes peanuts might be used in sauces, cookies, candy, muffins, cake or other foods.

11. Very small amounts of foods can cause allergic reactions for some people. For example if a knife or cutting board that had a bit of peanut butter on it was used to make a different kind of sandwich for someone who had a peanut allergy, they could have a reaction to the tiny bit of peanut butter that stuck to their sandwich.

12. For people who have food allergies, sharing food with friends can be risky. A friend's sandwich may look good, but if it has something you are allergic to, it could make you feel very sick. The ingredients that went into that sandwich may not be obvious. The best policy is: don't trade food if you have allergies! Just because a food looks safe doesn't mean it is. At a school event, a party, a restaurant, or a friend’s house, it is a good idea to ask questions about ingredients before you eat anything if you have allergies or intolerances.

13. If you find out that you are allergic to a food, there is no need to panic. There are many other tasty foods that you can eat instead and you can learn how to avoid the food that causes problems. Here is an important tip to help keep you safe. Learn how to carefully read the labels on foods. You might find an especially good allergy website. You can also learn more from the book that the recipe for the Wellness Wakeup this month comes from.

14. Although wheat is our most commonly eaten grain, it can cause digestive, breathing, and skin problems, and celiac disease, for some people. Wheat is found in bread, pasta, and many breakfast cereals. There are many other grains that safely can be eaten instead: rice, millet, quinoa, corn, wild rice, teff, and buckwheat (which surprisingly is not a form of wheat, even though the name makes it sound like it is). Pronunciation guide: Celiac is pronounced seel-e-ak; quinoa is pronounced keen-wa.

15. Some people have a condition called Celiac disease. People with Celiac Disease cannot eat gluten, the protein part of wheat, barley, and rye. Foods that contain no gluten at all are: vegetables, fruits, beans, lentils, and gluten-free grains such as rice, millet, and quinoa. As long as people with Celiac don’t eat gluten, then they are healthy. Pronunciation guide: Gluten is pronounced glue-tin.

16. People with Celiac disease should never eat anything that has gluten, which is found in wheat, barley, or rye. 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. There are companies that make gluten-free breads, cereals, pastas, and other foods to replace the foods that typically contain gluten.

17. When foods are listed on labels, there can be different words that mean an ingredient comes from a particular food. For example, casein, yogurt, lactose, dairy, cheese, cream, and whey are some of the words that mean milk is present. For people who have allergic reactions to foods, the best way to prevent a reaction is to completely and strictly avoid that food in any form. When you are eating packaged foods, it is important to read the ingredients list. Pronunciation guide: casein is pronounced case-een.

18. A great many people are allergic or intolerant to cow’s milk and get rashes or upset stomachs if they have some. However there are easy ways to get minerals and vitamins from other foods. For example, fortified soymilks and fruit juices can be a great way to get the calcium and vitamin D that helps you build bones. These beverages have no cholesterol and little or no saturated fat, and they are good for people, whether they drink cow’s milk or not.

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 and must avoid scrambled eggs and eggnogs, as well as baked goods or egg noodles where it may not obvious that an egg was used. Delicious pancakes and baked goods such as muffins, cakes, cookies, and breads can be made without any egg at all. Some people use one tablespoon of ground flaxseed to replace an egg. Other egg replaces are bananas, applesauce, pureed tofu, or a packaged egg replacer made out of potato and tapioca flours. Many people enjoy scrambled tofu in place of scrambled eggs, and there are even eggless soy “eggnogs”.

21. Each year in the United States anaphylactic reactions to food causes over 30 thousand visits to a hospital emergency room. The people who are most likely to have a serious reaction are those who have a food allergy and also asthma. Fortunately the newer labels on foods are helping us because now people with allergies can know if any of the most common allergens are in the food by looking at the label’s allergen listing.

22. One way to tell if you are intolerant to a particular food is to leave out every form of that food from your diet for two weeks and see if the symptoms go away. Then if you like, as a test, you can eat plenty of that food for a day and see if the symptoms come back. However a person should consult with their health care professional before doing this, and never do the test if they are allergic or might have an anaphylactic reaction to the food.

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.
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.*
Wellness Wakeup Call Newsletter for 6-12
Year 2, Month #3: Healthy Easy Foods

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

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♥ Then read the message for the day. End each message with: “**Enjoy your day, the healthy way!**”

1. Scientists show that students can pay attention and do better at school when they’ve eaten breakfast. There are many simple and easy ways to get a healthy breakfast. A glass of calcium fortified soymilk or orange juice plus hot cereal is one example, or try natural peanut butter or almond butter on whole grain toast. A fruit smoothie made with calcium fortified soy or rice milk, a banana, and berries is another.

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 300 calories and 11 grams of protein, whereas the waffles and syrup give you 350 calories and only half as much protein. Plus, the oatmeal will make you feel fuller longer. While many people get too much protein, it is important to have some, especially to start your day.

3. If you sometimes need a Grab-and–Go breakfast, you can take a protein sandwich such as a peanut, almond, or other nut butter sandwich, plus a piece of fruit. For a change, put sliced banana into your sandwich. Or you can bring trail mix plus a box or bottle of calcium-fortified 100% fruit juice, soy, or rice milk.

4. Most people your age need 9 to 13 servings of fruits and veggies in a day, so start with your first meal of the day. Eat a serving or two of fruit with breakfast every day. There are so many choices, that you won’t get bored. Try half a grapefruit, an apple, a banana, or some melon, or put a handful of berries on your cereal. Or try some more unusual fruits like persimmon, kiwi, or Asian pears. A fruit smoothie containing one banana and ½ cup of berries is 3 servings of fruit!

5. A healthy packed lunch and packed snacks can help you to eat what you want, and keep your body healthy. You’ll get more control and variety in what you eat, plus you’ll save money.

6. For making lunches, keep a variety of super-fast and wholesome foods handy. Stock up on fresh fruits, trail mixes, and spreads like hummus or refried beans. Hummus and refried beans are also easy to make at home. Instead of white bread, choose whole wheat bread, a corn tortilla, whole grain rolls, whole grain pita bread, or multigrain bagels. If you can’t have wheat, rice cakes or corn tortillas are a good option.

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Beware that many breads that appear to be whole grain contain almost half white flour, and breads that are labeled multi-grain do not mean they are whole grain.

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 kiwi 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, these are healthy choices: marinated or barbecue tofu, a veggie burger, hummus, black beans with rice, lentil soup, bean soup, and split pea soup. The healthiest proteins, beans, lentils, and split peas, also contain fiber and phyto-nutrients, neither of which is not found in meat or cheese.

9. Beans are an instant source of protein. Try black, white, pinto, kidney beans or chickpeas. For speed, simply open a can, drain well and add them to a home “salad bar.” You can add your favorite healthy salad dressing to one, two or three kinds of beans and have an instant marinated bean salad.

10. Mash pinto, kidney, or black beans to make taco and tortilla fillings. Add chopped lettuce, tomato, sliced avocado, and salsa, and place everything in a taco shell or tortilla. Other healthy protein-rich meals from a can are baked beans, and vegetarian bean chilli. Of course you can soak and then cook beans, too, if you have more time.

11. Tofu picks up the flavor of any seasonings or sauces that are used with it, so try it with favorites like barbecue sauce or sweet and sour sauce. Look for healthy versions of these sauces. Tofu is one of the most versatile foods imaginable; it’s good on kebobs, mashed and seasoned in sandwiches, and baked flavored tofu is great just by itself as a high protein snack. (You can buy it already flavored.) You also can use tofu to make creamy salad dressings, smoothies, and even puddings.

12. Stir-fry meals can be made with almonds, cashews, tofu, tempeh (pronounced tem-pay), seitan (pronounced say-tan), or firm beans such as garbanzos in place of meat. Tempeh is a traditional Indonesian food made from fermented soybeans. Seitan is a product developed from wheat protein (gluten) by Chinese Buddhist monks 500 years ago; it has a meat-like texture.

13. To get more veggies into meals, add them to other foods you like. For example, chop up veggies (peppers, carrots, celery) and toss them into your favorite chili recipe. If you don’t like vegetables much, sneak them into foods you do enjoy; for example grate carrots into a tomato sauce.

14. Even if you take time to eat three meals a day, you may still feel hungry at times. What’s the answer? Healthy snacks. Snacking on nutritious food can keep your energy level high and your mind alert and your mood happy. “Snack” does not automatically mean “junk food”. Snacks often contribute one third or more of our calories; so they should also contribute one third of the nutrients we need. The best snacks for feeling good are fruits and vegetables.

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15. If you have a big game or activity after school, pack a snack or extra lunch that combines protein with unrefined carbohydrates to give you lasting energy and keep you going through the afternoon. You could bring "trail" mix, a peanut butter sandwich on wheat, whole-grain crackers, or a bagful of baby carrots and hummus or other bean dip. Unrefined carbohydrates means they are not processed – for example bread that is 100% whole grain or brown rice instead of white.

16. Make your own trail mix from calcium-rich figs and almonds, zinc-rich cashews and sunflower seeds, walnuts that provide omega 3 fatty acids, plus peanuts for protein power. To sweeten it up, add your favorite dried fruit, such as raisins, cranberries, apricots, or apple chips. When you eat dried fruit, remember to avoid the types with sulfur and added sugar, and to brush your teeth afterwards. Some people are sensitive to sulfur, and it can cause you to get a stuffy nose or headache.

17. For get-togethers, put out tray of raw vegetables hummus dip, and salsa for everyone to munch on. Include broccoli florets, carrot sticks, red pepper, and celery strips. Hummus is available in yummy flavors like garlic or spicy red pepper. Even people who aren’t so fond of cooked vegetables seem to be quite happy to polish off a platter of raw veggies and a healthy dip. Raw vegetables usually have more vitamins than cooked, so raw veggies give you RAW-SOME energy!

18. Cut up a variety of fruits for snack time; quartered bananas, apples, pears, or slices of melon. Also try ants on a log. To make these, you spread peanut, almond, cashew, or other nut butter on celery sticks and top this with raisins.

19. Keep healthy snacks with you. Make it a habit to stash some fruit, whole-grain crackers, baby carrots, or nuts and seeds in your backpack or workout bag so you always have some healthy food nearby. Baby carrots are really large carrots put through a machine to make them more bite-sized. If you ever have a chance to taste true baby carrots, you’ll be in for a special treat!

20. Skipping breakfast and lunch is likely to lead to bouts of hunger that are too often filled with potato chips and cookies. These foods are filled with unhealthy fats such as trans fats and they deliver very little good nutrients that we need to feel good. Right now, think of a breakfast and a lunch that you like and that is good for you.

21. Eating French fries and/or a burger after class may give you a temporary boost, but a snack so high in fat and calories will slow you down in the long run. Instead, treat yourself to a healthy snack. If you have a hectic schedule, it's even more important to eat foods that give you the fuel you need to keep going. Just like cars need the right kind of fuel to run the way they are supposed to, so do we. The most important fuels for good human health are vegetables, fruits, legumes – which means beans and lentils; nuts and seeds, and whole grains.

22. Evenings can be a tempting time to indulge in sugary, fatty snacks. Make sure to eat a healthy dinner. If you're really feeling hungry, don't ignore it. Instead, pick the right snacks to fill the hunger gap. Fresh fruit, whole-wheat fig bars, rice cakes, and air-popped popcorn can do the trick.
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.
Wellness Wakeup Call: Nutrition Education Messages in Easy to Digest Sound Bites

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♥ 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. What do you think “power eating” means? One way to look at power eating is that it’s eating to make sure that your body is powerful – healthy, strong, and in good shape. Power eating means choosing the best foods in the right amounts and avoiding foods or ingredients that aren’t good for us.
2. 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. When we fill up on these healthy foods, we are meeting our needs for good nutrition and our bodies aren’t as likely to crave other foods that just give us calories.
3. Power foods give us the vitamins, minerals, phytonutrients, and other important things that we need.
4. Discretionary calories are calories that don’t have to contribute to our bodies’ needs. Once you’ve added up all the foods you need to eat every day and subtracted that from the calories your body needs, you will have some calories left over. These calories are called “discretionary” calories.
5. “Discretionary” calories are calories that you can use at your discretion. In other words, once you’ve eaten a good amount of healthy foods, you are free to decide how to “spend” your discretionary calories. You could eat more healthy food or you could have a small serving of a food that doesn’t really qualify as a healthy food because it is high in sugar or fat.
6. Each day, most of us only have 100 to 300 discretionary calories to use. That’s why it’s important to look for snacks that will provide essential calories – snacks like

(Continued on page 2)
fruits and vegetables, air-popped popcorn, and a handful of nuts.
7. If we are eating more than 300 discretionary calories a day, unless we are very active, it is likely that we are or could become overweight, and that we are not meeting our needs for healthy nutrients.
8. If we eat mostly foods that our bodies actually need, focusing mostly on vegetables, fruits, beans, whole grains, nuts and seeds, then we really don’t need to worry about or think about calories. When we eat a variety of healthy whole plant foods we will naturally get what our body needs, and such a diet is full of protein, unrefined carbohydrates, and healthy fats. That’s power eating! And it makes us feel good!
9. Have you ever wondered what it means when a package of food says, “Trans-fat free” or “0 grams of trans-fats”? Trans-fats are unhealthy fats that are found in lots of foods like crackers, fried foods, cookies, and margarine. Trans-fats increase the shelf life of a food, but they shorten our lives. Now more food companies are getting rid of trans-fats, but many of these foods are still not healthy foods.
10. Trans-fats are a harmful kind of fat that can increase your risk of having heart disease when you get older. That’s why some cities and states are banning trans-fats in restaurants.
11. Want to know if one of your favorite foods has trans-fats? Look on the ingredient listing for the words “partially hydrogenated” [hy-DROJ-en-ate-ed]. If the ingredients include partially hydrogenated oils, then the food contains trans-fats and you should choose another food.
12. 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. Food companies convinced the government to allow them to say there are 0 grams of trans-fats even if there is up to ½ gram per serving. Many foods that contain trans-fats are foods that people tend to eat multiple servings of. For example, one type of popular snack food that has trans-fats - but says 0 on the label - comes in a bag with 9 servings. Many people eat half or the whole bag, even though it is supposed to be shared among nine people. The amount of trans-fats might be small enough to not be counted for the label, but it’s best to avoid trans-fats completely.
13. Want to be sure to avoid trans-fats? Eat fruits, vegetables, beans, whole grains, and nuts. All of these unprocessed foods do not contain trans-fats.
14. Some foods have many ingredients and it’s hard to tell why some of those ingredients are included. For instance, a package of (Continued on page 3)
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, contact the company and ask.

15. Have you ever wondered what makes some foods like fruity drinks, candy, cereals, and fruit roll ups so brightly colored? As you might guess, artificial colors are added to some foods. While fresh fruits and vegetables are naturally brightly colored, food manufacturers often use artificial colors to make their products look attractive.

16. It has now been proven that eating or drinking some types of food colorings can lead to hyperactivity in children. Choose foods that are colorful naturally like fresh fruits and vegetables instead of relying on a food company to artificially color your food.

17. 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 soups that come from a can or box. People get used to the taste of salty foods. Try not eating salty foods or adding a lot of 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 food that is often high in salt. So are 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 which is a health problem.

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, whole grains, beans, 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. But the best foods to eat are those that are natural fruits, vegetables, beans, nuts and seeds the way nature made them, without added artificial 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.
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 open restaurants near schools to get business from students. This makes it easy for students to eat there and hard for them to avoid since it is so convenient.

2. Some fast food meals contain more calories, fat, and sodium than you are supposed to eat in a whole day.

3. Fast food restaurants appeal to all kinds of people, especially people who are on a budget. Their dollar menus make it hard to resist. Healthy foods sometimes cost more than fast foods.

4. Fast food restaurants attract children by providing playgrounds and toys. As a result, many children see these places as happy and safe places, even though the food may be damaging their health.

5. Fast food restaurants work very hard to attract kids; they spend billions of dollars on clever marketing, good commercials, and expensive websites.

6. Many fast food restaurants have salads, which could be good, but you have to be careful because some of their salads have more calories, fat, and sodium than the most popular burger!

7. Fast food restaurants often claim they want to help the obesity situation. However, they can be doing a lot more. Do you think that fast food restaurants are helping people to get healthy?

8. Fast food restaurants have consistently fought against laws that would force them to post nutrition information to customers, even though they say they want to help people make healthier choices. Some cities have passed laws that require the restaurants to do this.

9. Fast foods usually have chemicals added to them in order to make them last longer, so they can make more money. Your lettuce from the farm or supermarket might only last a week, but lettuce from a fast food restaurant might last several weeks. Do you really want to put chemicals like that into your body?

10. Even when a fast food restaurant offers a choice that is basically healthy, that is not what most people will eat when they go. They might choose the healthy item but also some un-
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Healthy items. They know when you get there that the smell and sight of the other food will provide the temptation to get you to forget about your healthy eating plan.

11. Some fast food restaurants sell foods that they call snacks. But some of these snacks have more calories and fat then you should have for a whole meal!

12. Fast Food Nation, by Eric Schlosser, is a classic book about the secrets and tricks of the fast food business. Now there is a book written just for kids and teens, called “Chew on This,” by Charles Wilson and Eric Schlosser. It is for ages 9 – 14. If you are older you could just read Fast Food Nation.

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

14. To understand how huge the fast food industry is, consider that a single fast food hamburger usually contains meat from hundreds or even thousands of cows!

15. You can find out exactly what ingredients are in your restaurant food by asking for a nutrition brochure or by going on their website. You might be surprised to find out some of the ingredients. For example, French fries may contain beef flavor, wheat, milk, and sugar.

16. Do you know how powerful advertising is? Research has shown that some children can recognize a brand logo before they can recognize their own name. This helps get kids hooked on a brand from the very beginning. Do a computer image search on “logo alphabet”. Looking at the pictures, see how many brands you can recognize just from seeing one letter!

17. Fast food chains annually spend about 3 billion dollars a year on TV advertising and operate thousands of playgrounds. On the other hand, only a tiny fraction of that amount is spent on teaching kids how to eat healthfully.

18. Having a successful toy giveaway can increase fast food sales many times. Fast food restaurants take advantage of this by featuring toys of characters from popular movies, television shows, and kids’ characters.

19. A large number of teenagers are now drinking five or more cans of soda every day, with each 12 ounce can containing about 10 teaspoons of sugar. Teens also frequently drink the 20 ounce plastic bottles of soda, which can have up to 20 teaspoons of sugar per bottle! This can lead to several pounds of unwanted weight gain in a year.

20. Drinking too much soda can lead to big problems like more broken bones, rotten teeth, and problems getting enough of the right nutrients.

21. How many commercials do you think you see in a year? The average American kid watches about 20,000 commercials a year advertising unhealthy food, such as soda, sugary cereal, candy and fast food. That’s not counting commercials for everything else!

22. Many other countries ban advertising to children. Until about the age of 7 or 8, many children believe what they hear in advertisements as fact.
Healthy 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, 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.

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. We eat many fruits such as 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 use certain plant foods as vegetables in our kitchens because they are less sweet than most fruits, yet to a botanist, they are fruits because they contain seeds which are involved in reproduction. Examples are avocados, cucumbers, eggplants, peppers, squash, tomatoes, and zucchini.

6. Spices and herbs make our foods tasty. They 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 that grows peanuts in their shells attached to the stems (called pegs) of a peanut plant. The bananas come from a banana tree – which is actually not a tree, but the largest type of flowering herb!

8. Think of the strawberry jam that you spread on toast. From which plants did this jam come? Strawberries grow on small plants close to the

(Continued on page 2)
ground. Sugar comes from tall sugar cane plants or from sweet beets known as sugar beets or from corn however vitamins and minerals from these plants are lost when the sugars are made. It is possible to buy jam that is made without any type of sugar and is sweetened with fruit, and this is a better choice.

9. You can grow your own peanut plant by planting a raw peanut. You can plant the peanut 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. A peanut that has been roasted will not grow.

10. Peanuts can be harvested by digging up the mature plant, which has peanuts attached to underground stems. Next you hang the plant up (for example in a garage) to let it dry out or "cure" 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 very good source of protein. In peanuts, 17 percent of the calories come from protein; about the same percent of the calories from protein as you'll get in a hamburger. You get the same amount of protein, 13 grams, from one third of a cup of peanuts as you'd get 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. About a month after the green shoots have poked their tips through the soil, the green shoots will be 10 to 12 inches long. These shoots 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, central, seed stalk forms with seeds at the top, to grow new onions.

13. Sweet peppers, also called bell peppers can be grown in sunny locations, in containers on a balcony or in gardens. Plant seeds in late spring when the soil is warm. Green and red peppers can come from the same plant. The peppers can be harvested in about 2 months when they are immature and green or in about 3 months when they are 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. It came from England hundreds of years ago, although back then, they called thick soup porridge.

15. We can eat peas at many stages of their growth, and they have a different taste and texture at each stage. When peas have sprouted and the shoots are 3 or 4 inches tall, the shoots can be clipped off and eaten in a salad. White pea blossoms are pretty in a salad. Peas in the pod are sweet, crunchy, and delicious. Mature peas may be removed from the pod and eaten raw or cooked. Fresh picked sugar snap peas are delicious to eat right in the field.
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or at home – they are the perfect sweet and crunchy treat!

16. Mature peas in the pod may be left on the vine and allowed to dry. They can be collected and saved (in or out of the pod) to be used for seed the next year. These small dried peas can split in half, making split peas that are used in soups. Two common types are green split peas and yellow split peas.

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

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

19. Plants are harvested for food at different stages of their lives. Some plants are eaten as seedlings, such as sunflower seed sprouts. Some plants are eaten as young leaves, such as lettuce. Some plants are eaten in a later stage of life, as flowers such as cauliflower. Some plants, such as apples, are eaten as fruit, which contains seeds for new life.

20. Ten plants that are easy to grow, have short growing seasons and are fun to harvest are: sunflowers (for sunflower seeds), lettuce, radishes, snow peas, cherry tomatoes, nasturtiums – (an edible flower used in salads), bush beans, carrots, potatoes, and pumpkin.

21. Kale is a plant that grows in summer, fall and even in colder winter months. It is one of the most healthful foods on the planet and is popular because it provides us with a lot of minerals, especially calcium. Many green leafy vegetables are good sources of calcium, such as collard greens, and Napa and Chinese cabbage. Romaine lettuce is a calcium source when we eat enough of it, say, a big salad.

22. Carrots can be prepared in many ways. You can simply pull them up by their green carrot tops, wash them, and immediately eat them. You can cut them into strips and serve with a good dip, or you can slice them any number of ways and cook them. Some people put carrots through juicers and drink carrot juice, but it takes a pound of carrots to make one glass of juice. It is much better to eat the whole carrot so you get the fiber with it, because with any kind of juice, you lose the fiber. Carrots come in many different colors, including orange, yellow, red, purple, and black!

References:
Peanut Plants at http://www.enchantedlearning.com/subjects/plants/pages/peanutplant.shtml
Gardening with Children online at http://www.eartheasy.com/grow_gardening_children.htm
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 usually buy vegetables and fruit at a grocery store or market, it is fun to grow foods yourself. A garden can be a large plot of soil; yet as long as you have adequate sun and water, you can grow colorful and tasty vegetables on a balcony or porch. 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 excess water can drain out.

2. Soil, air, sun, and water are essential aspects of growing our food. The nitrogen for protein comes from the Soil and air. Minerals and water come from the Soil. The energy that food gives us comes from the sun. Solar energy combines with water to form carbohydrate.

3. Through their roots, plants absorb water and minerals from the soil. In their leaves, the process of “photosynthesis” is the “synthesis,” or building of carbohydrates from carbon dioxide (in the air), water and minerals (from the roots and soil), using sunlight as the source of energy. (Photo comes from a German word for light.) The green chlorophyll in leaves helps with this process.

4. 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.

5. It is amazing to think that a tiny dry seed, such as a sunflower seed, contains the beginnings, or germ of life and can become a plant that grows higher than your head and provide us with food.

6. To watch how a seed germinates, line a clear cup or glass with black construction paper that has been thoroughly soaked in water. Slip a half dozen different types of seeds down between the construction paper and the sides of the cup or glass, spacing the seeds about 1/2 inch apart. Keep the paper moist, and after about a week, the seeds will sprout. As seedlings grow, they will show up against the black background.

7. Herbs are pleasant and aromatic plants. 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.

8. Mint is an herb that is used to make tea. Because plant leaves are used to make herb teas, these teas contain small amounts of minerals that come from the leaves. You can even put fresh mint into a container of water by rubbing the mint between your fingers to release the flavors. Then let it sit in the water for a while, and drink the water. It will be a delicious treat! Refrigerate what you don’t drink.

9. In a small garden you can grow tomatoes, green (Continued on page 2)
Wellness Wakeup Call
Newsletter for 6-12
Year 2, Month #7: Growing Food

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Continued...

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. (optional: A recipe for Garden Soup comes with this month’s Wellness Wakeup Call Program.)

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 individuals and families can grow the plants they want in a small plot. These are called community gardens. Is there a community garden in your neighborhood?

12. In the France, from an early age, children are taught to enjoy the flavors and aromas of foods. Babies enjoy carrots that are carefully seasoned with the herb dill, and green beans with thyme. We develop food preferences based on the foods we were served as young children.

13. In the French National School System, students learn how seeds sprout, how seedlings emerge, and how plants grow bigger and then produce more seeds. They learn how certain plants that we use for food grow better in one geographical region than in another, depending on light, climate, rainfall and soil. Now many students in the United States are learning about growing food as many schools are growing school 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 hear or see better than others, or see differently (for example they may be color blind), we also differ in how different foods taste to us. For example, some people love cilantro, a herb that is used in salsas and in other Mexican foods. Other people can not stand the taste of cilantro.

16. Tomatoes come in different sizes, shapes, colors such as red, orange, yellow, purple, green, and even brownish/black. Their taste can vary depending on how ripe they are and the amount of sunlight they received while growing. In how many ways can tomatoes be eaten? Sliced, in salads, in sandwiches, in soup, stuffed, grilled, on pizza, on pasta, and in salsa. Can you think of other ways?

17. Which citrus fruit have you eaten? Oranges and grapefruit? Eat one of these slowly and notice it’s perfume from the skin and from the pulp. Have you ever noticed the delicious fragrance of an orange just from being near someone peeling one? Try different types, such as a naval orange, a blood orange, a mandarin orange, a pink grapefruit, a white grapefruit, or a tangerine. The oils from the left over skins of oranges when they make orange juice are even 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 and savor it. Try it both ways and notice the difference.

19. Pumpkins and many types of winter squash have hard shells that allow you to store these foods in a cool dry place so they can be eaten throughout the winter. To grow these, you can plant a seed or a seedling about one inch under the soil in a container that is at least 18 inches deep and 18 inches across and placed in a sunny area. The vines will wander out of the pot and may be as long as 15 feet. Blossoms will form with small squash bulbs at the base, that will swell and grow. With

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Wellness Wakeup Call
Newsletter for 6 -12 Year 2, Month #7: Growing Food

♥ Each day, start the message with: “Good morning, this is your Wellness Wakeup Call!”
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Continued...

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 deposited in a bin where they will gradually decompose and form dark, rich soil. This soil is called compost, and collecting the scraps and putting them in a bin is called composting.

21. Compost, made from fruit and vegetable scraps, will decompose more quickly when the plant scraps are in small pieces, less than an inch long. Worms, bugs, and microorganisms can break down these scraps, producing good soil. The minerals, protein and vitamins from the food scraps will be used to grow more plants.

22. 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 good sign that you have a healthy soil.

Food for Thought

Teens love to grow food. Teaching a teen 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 students to eat what they grew, and they feel a huge sense of accomplishment.

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
Gardening with Children online at http://www.eartheasy.com/grow_gardening_children.htm
**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 cups 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.
Wellness Wakeup Call: 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 messages in order to get through all messages in the month. You can download this document from [www.healthyschoolfood.org](http://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 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.

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1. Protein is important for many body functions. We need protein for healthy blood, bones, muscles, and teeth, and to repair our injuries.
2. Most kids need about point four grams of protein per pound of body weight. So multiply your weight by point four to see about how much protein you need every day.
3. When you think of high protein foods, which foods come to mind? Did you know that vegetables, beans, nuts, and seeds are all great sources of protein? On the other hand, candy, fruit juice, and soda have no protein whatsoever.
4. 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 protein sources are the ones that we should be eating most often.
5. Vegetables that have the most protein are leafy greens like spinach. Starchy vegetables like sweet potatoes have less, but they are still healthy.
6. Beans and lentils have a lot of protein in them. They also have other healthy nutrients like fiber, vitamins, and phytonutrients (pronounced “fight-o”) to help us focus, perform better at sports, and avoid getting sick.
7. Soy beans are a popular plant protein. From soybeans we get edamame (ed-uh-MAH-may) tofu, and tempeh (TEM-pay). <Edamame is soybeans in the pod, served boiled and salted. Tofu originated in China and is made by coagulating soymilk and forming it into blocks. It can be used to make main dishes, soups, dressings, even pudding! Tempeh originated in Indonesia and is made from soybeans that are cultured> (Continued on page 2)
and fermented and formed into a thin block. Both tofu and tempeh can take
the place of meat in many recipes. (read this additional information if you
have time.}

8. Beans and lentils are too hard to eat
when they’re raw, so they have to be
cooked on the stove with water. They
are easy to cook but take some time.
You can cook them much more quickly
in a special kind of pot called a pressure
cooker. You can also get beans already
cooked in a can.

9. Next time you’re at the grocery store,
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. You’ll find black beans, white
beans, chick peas, pinto beans, pink
beans, fava beans, and more.

10. Beans give us more protein per dollar
than any other food at the store. Plus
you’re getting fiber, vitamins, minerals,
phyto-nutrients, and antioxidants to
keep our bodies in tip-top shape.

11. It’s easy to get protein from beans and
lentils. You can have them in soup, sal-
ads, dips, and in rice. You can make
lentil or bean loaves and veggie burgers
with beans. You can find thousands of
bean recipes online.

12. 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 tortilla chips, taco shells,
soft tortillas, or cornbread.

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

14. Nuts and seeds are packed with protein,
and are so good for you and give you
energy! You’ve seen them in trail mixes
and granola bars, but there are so many
other ways to enjoy nuts and seeds
every day. They also have very healthy
fat – the kind our bodies need. But be
careful not to eat too many.

15. If you are allergic to peanuts, you can
probably enjoy many other nuts and
seeds. Ask your doctor which ones you
can have. You can use these as substi-
tutes for peanut butter when you make
sandwiches and snacks, and for baking
things like cookies and muffins.

16. You probably already knew that peanut
butter is made from peanuts, but not all
brands are the same. Some peanut but-
ters have added sugar, oil, or salt. The
best peanut butter is from a do-it-
yourself peanut butter machine at the
store, or jarred ones that have peanuts
as the only ingredient.

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17. Peanut butter isn’t the only nut butter – try almond butter and cashew butter too. They’re also high in protein and can be used the same way you use peanut butter.

18. A great breakfast or snack for quick energy and a protein boost is an apple with nut butter. Either fill a cored apple with nut butter, or slice an apple and dip in the nut butter.

19. 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!

20. 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 and sunflower seed butter are two common examples.

21. Have you tried hummus? It is a tasty dip that you can have with carrots, celery, or crackers. Hummus has some protein in it because it has chickpeas and sesame seeds.

22. 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.

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. Did you make any New Year’s Resolutions? If not, it’s not too late! Many people look at the past year and think about what they can do better this year. Then they make a commitment to themselves. This month our Wellness Wakeup Call program will be all about New Year’s Resolutions. Even though many people make New Year’s Resolutions, you can make resolutions any time, any day. Mondays are also a good day to start new resolutions.

2. New Year’s resolutions are about making promises to yourself. How can I live my life in a better way – that will make me healthier, happier, or just to do the right things? People make resolutions about many different kinds of things like eating better, exercising more, losing weight (or gaining weight if they need to), getting enough sleep, learning how to be more relaxed, spending less money, not smoking, being kinder to other people, helping others, and helping themselves. Students in school can also make resolutions about studying more, doing their best in school, and reaching out for help when they need it.

3. It is easy to make New Year’s Resolutions. But it is harder to keep them. One way to keep your New Year’s Resolution is to make a sign and hang it up in your bedroom or bathroom so you see it every day. 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. Did you make New Year’s Resolutions? If so, how are you doing with them? If you have not kept your resolution it is okay – because you can start again now. You don’t have to wait for another New Year, another Monday, or another new day. You can always start right now. It is your life, your choice. You can

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do it. Good luck!

5. Most resolutions that people make actually make them FEEL better if they actually do them. If you eat better, 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. Here are four examples of easy ways to eat healthier: 1. Eat a piece of fruit with your breakfast. 2. Eat 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 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 kind are homemade from beans or lentils and other healthy ingredients.

7. If our resolution is to eat healthier, that doesn’t mean every single thing we eat has to be totally healthy. If we think we can never have a special treat, then we are setting ourselves up to fail. 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. If you drink soda every day, even cutting back to every other day is a good start. 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.

8. 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 eating a piece of 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

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Wellness Wakeup Call
Newsletter for 6-12
Year 2, Month #9: New Year’s Resolutions

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9. 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 helps us to be in a better mood. Good nutrition also helps us to have nicer skin and hair, and strong nails.

10. 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.

11. There are many ways to exercise. You could walk or run, take hike, swim, ride a bike, play a sport, dance, or play the kind of video game where you exercise to play it. Yoga is a wonderful exercise that can make you more flexible and stronger.

12. 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 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.

13. 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. If you can not fit an hour in all at once, you could break your exercise up into smaller time periods. Some people feel that they don’t have time to exercise. Taking the stairs, walking or riding a bike instead of driving or taking public transportation, dancing to your favorite music, or doing exercises while you are watching TV are all ways to fit exercise in. Getting involved with a school sport is also a great and fun way to exercise.

14. Most people do not get enough sleep. Do you? Students in grades 6-12 need anywhere from 8 ½ to 11 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.

15. When we don’t get enough sleep, it causes a lot of problems. One problem is that it makes us feel more grouchy. It

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also makes it harder for us to concentrate, and makes us more forgetful. Another problem with not getting enough sleep is that it makes us more hungry, and it turns off the messages in our bodies that tell us when we are full – so this is a double whammy – we will want to eat more and not feel full. This leads to extra weight gain. It also makes it harder for us to want to exercise, and makes our skin look not as healthy. Finally, not getting enough sleep means that we are more likely to get sick. Not getting enough sleep causes a lot of problems for us that can affect our health, and makes us not feel well.

16. Do you ever feel stressed out? Some New Year’s resolutions can help us feel more relaxed. Eating right, exercising, and getting enough sleep are three ways to be better able to handle 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.

17. Eating right, exercising, and getting enough sleep are the basic ways to do the best under stressful situations. But there are other things we can do to deal with stress. Promising ourselves that we will deal with difficult situations in new ways is a good New Year’s Resolution.

18. Some new 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 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 at lunch or after school. 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. Those could be problems at home, at school, or anywhere else. Then it is important to talk to a trusted adult like your parent or guardian, teacher, school counselor, school nurse, principal, or other trusted adult. 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 psychologist, school nurse, principal or other adults you trust are safe people to tell your problems to at school, and they have special training to be able to help you. (Optional: If you are not at school there are also Crisis hotlines that you can call for help. The number for the crisis hotline in <name of your town> is <crisis line phone number>.

Note: If
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there is no local crisis number, 800-273-TALK can be used, but please be aware that the greeting message is “suicide hotline,” however, they will assist with other types of problems.

21. New Year’s 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 Year’s Resolutions, we can decide right now to make that promise again and do our best to 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.

Be the change you want to see in the world.

~ Mahatma Gandhi
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!

Recipe compliments of VegNews Recipe Club. To sign up to receive delicious recipes in your email box, go to www.vegnews.com and you can sign up where it says “Newsletters” on the right side of the home page. Enter your email address and check “Recipe Club”.

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