

JAN -
MAR. 2011

LIVE BETTER



NEW MEXICO TEAM NUTRITION

STEP TO A HEALTHIER SCHOOLS YEAR 2011

Join the Team

Become a Team Nutrition School and we will help you focus attention on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community

WHAT NEW

New Culinary Specialist:

Theresa Jinky Romero



Hello everyone, I am your new Team Nutrition Culinary Specialist, working with Jasmin Hendrickson at the Student Nutrition Bureau. I come on board Dec. 8th, 2010. I recently retired as culinary art teacher from Los Alamos High School. My experience ranges from Cooperative Extension Service Home Economist to WIC and teaching, both elementary school and high school. I am excited to meet each and everyone of you and hope this will happen at our Food Service Directors Conference in late April. Watch our next newsletter for more information about this conference.

I am developing a quarterly newsletter for all School Food Service Directors to help keep you updated on important events and information as it relates to Team Nutrition. I think most of you have been introduced to Team Nutrition so this is just an update of What Team nutrition is and ask you to join our team.

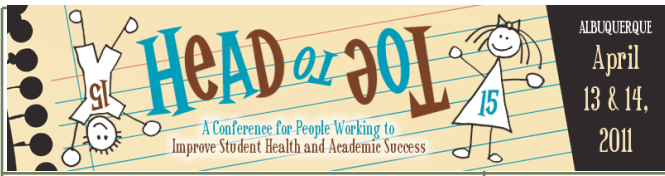
Improving Nutrition Standards in the National School Lunch and School Breakfast Programs

Improving the health of our children by providing nutritious meals in schools is a top priority for the Obama Administration. This week USDA announced a proposed rule, based on the latest science, to make critical improvements to the nutritional quality of school meals.

This proposed rule would increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals; and reduce the levels of sodium and saturated fat in meals. Implementation of this proposed rule would result in more nutritious school meals and help improve the nutrition and health of children across the country.

USDA is seeking input on the proposed rule from the public through April 13, 2011. Those interested in reviewing the proposal and offering comments are encouraged to do so at www.regulations.gov, a web-based portal to make it easy for citizens to participate in the Federal rule making process. All comments received will be considered carefully in finalizing the rule before it is implemented.





ALBUQUERQUE
April
13 & 14,
2011

Registration opens
January 26, 2011.

Nutrition will be one of dozens of topics addressed at the 2011 Head to Toe Conference scheduled for April 12 – 15, 2011 at the Albuquerque Convention Center

From its humble beginnings, 15 years ago, the Head to Toe Conference has become the premiere educational conference for nurses, counselors and social workers, teachers, school administrators, students, school-based health center staff, and community providers, attracting more than 600 attendees. They learn from experts about critical adolescent health issues, best practices that can be replicated in their schools and communities, and current science-based information. Attendees can learn from experts about critical adolescent health issues, best practices that can be replicated in their schools and communities, and current science-based information. The 2011 conference opens with an inspirational presentation by **Stephen R. Sroka** who reminds that with education, helping one another and believing in yourself, you can change schools, communities and lives.

During the Head to Toe Conference the New Mexico Team Nutrition Staff will be presenting the two initiatives from the United States Department of Agriculture (USDA); Team Nutrition and the Healthier United States School Challenge. Both initiatives are aimed at focusing attention on the important role of nutritious school meals, nutrition education and a health-promoting school environment. The focus which is to help students learn to enjoy healthy eating and physical activity. This session provides the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members.

Presenter: Jasmin Hendrickson and Theresa Romero Team Nutrition

Head to Toe cont'd

Make plans to attend the Head to Toe Conference April 13 & 14, 2011 at the Albuquerque Conference Center. For more detail go to <http://kessjones.com/events/H2T15/AtAGlance.html>

food for thought

January is

Fiber Focus month!



Did you know! Fiber helps us feel full without adding calories, so it may help people control the amount of food they eat to lose weight or or maintain healthy weight.

Help students choose fiber-rich fruits, whole grains, vegetables, and dry beans by gradually adding more of these foods to your menus.

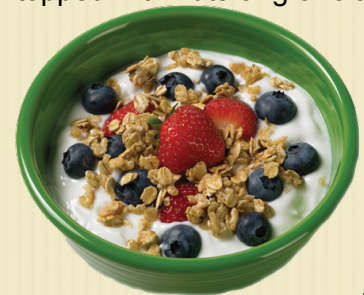
Serve fruits and vegetables with the peel for extra fiber.

Cutting the fruits and vegetables into smaller pieces will help younger students enjoy them.

Offer plenty of whole-grain breads, pasta, and brown rice.

Get unconventional with meatloaf or meat ball recipes...simply add oatmeal to increase fiber.

Make a colorful parfait layered with fruit and low-fat yogurt topped with nuts or granola



Try whole-grain pita bread with hummus or bean dip!

Start their day with a heart-healthy breakfast! Try hot or cold whole-grain cereals topped with fruit such as bananas, blueberries, strawberries, raisins, or dried cranberries.

HIGH-FIBER SUPER STARS

- 1 medium baked potato with skin 5 grams
- 1 pear 4 grams
- 1 cap lentil soup 14 grams
- 1/2 cap FIBER ONE® Cereal 13 grams
- 1 cap strawberries 4 grams
- 1 medium orange 3 grams
- 3 caps popcorn 4 grams
- 1 serving Brown Rice & Vegetable Stuffed Squash (page 90) 11 grams
- 3/4 cap oatmeal 3 grams