



Good Health is for



EveryBody

WKAR 



## Networking for Nutrition: Creating Partnerships for Good Health

By Wendy L. Sellers, RN, MA, CPC, Comprehensive School Health Coordinator,  
Eaton Intermediate School District

**Y**ou may have heard the old saying, "You are what you eat." Well, that bit of traditional wisdom has never been more true. With one in five children being overweight, twice as many kids are overweight now than three decades ago. As childhood overweight has increased, so has childhood diabetes. It is time we get serious about promoting healthy weight for children. By working together, families, schools, and community organizations can increase our effectiveness in keeping our children as healthy as possible.

### At home...

- Create a pleasant mealtime for your family to share.
- Limit snacking and sweetened drinks before meals so children come to meals hungry.
- Model healthy eating. Eat your fruits and vegetables!
- Offer the same meal to everyone. Don't be a short order cook.
- Have children help make dinner—they will be more likely to eat it.



### At school...

- Talk to your child's teacher about encouraging healthy snacks and treats for the classroom, instead of high sugar, high fat foods.
- Ask your principal if each class is taught the *Michigan Model for Health* so students learn about healthy eating. This health curriculum is available to every school in Michigan.
- Ask your principal for a copy of the school's Local Wellness Policy and offer to serve on the committee to evaluate its effectiveness. This policy is required by law.
- Visit your food service director and ask about the food service program. Encourage your school's participation in Team Nutrition.

### In your community...

- Purchase fresh fruits and vegetables at farmers' markets.
- Visit local farms and teach your child where food comes from.
- Encourage schools and grocery stores to purchase locally produced foods.
- Advocate with your local government for community gardens.
- Look for partners in the media and organizations who want to improve nutrition in the community and form a coalition.

We all want healthy children, healthy students, and healthy citizens. Together, we can provide children with the building blocks they need to grow into strong, healthy adults—building blocks they get from nutritious foods.

**Remember: you are what you eat!**

## WKAR Receives Childhood Nutrition & Fitness Grant

Recently, (CACS) Capital Area Head Start and WKAR received a childhood nutrition and education grant from KERA of Dallas, Texas, to help continue the **Good Health is for EveryBody!** outreach project. Called the *Little Bites, Big Steps Early Childhood Nutrition and Fitness Project*, this grant is designed to help provide nutrition and fitness education and training to parents and caregivers of young children 0-5 years of age, to implement healthy lifestyles. The Capital Area Head Start will teach the nutrition education agenda as part of their classroom instruction along with other proposed activities. WKAR will produce online video and other downloadable print materials on our website for general public viewing. "The grant offers the **Good Health!** project an additional \$10,000 in revenue," says WKAR outreach coordinator and project coordinator Cynthia Schneider. "Along with an additional \$10,000 in in-kind services from both Capital Area Head Start and WKAR, receiving the grant has given the project a much needed boost."

**Good Health is for EveryBody!** began in the fall of 2006 and is a three-year outreach initiative focusing on nutrition, exercise and health education, with the target audience being children ages 2-8 years, parents and families. Primary focus is given to the health needs and concerns of residents of mid-Michigan.

*"We'll continue to meet with our community partners and seek additional funding for the remainder of the project," says Schneider. "Good health is important and should be a high priority for all. We know people want to live a healthier lifestyle, and we want to help them get there."*

**When I go to the store I don't have time to read all of the labels. Are there key words I should look for in food products?**

Dietary guidelines for Americans recommend limiting fat in our diets to 30 percent\* of calories. Everyday foods like milk, juice and prepared snacks contain varying amounts of fat. It's fine for children over age two to drink 1% or 2% milk, which offer significant fat savings compared to whole milk. Look for 100% fruit "juice" products instead of fruit "drinks" that have a lot of sugar and little nutritional value. And don't forget the value of water. Children and adults often don't get enough of it, so make it a part of your daily intake.

*\*Recommended for those over age two.*

**What have you done to make your life a healthier one?**

*"My kids love to go on a 'listening tour' of the neighborhood a couple of nights a week. We stop and listen for the birds or the lawnmowers or the wind chimes. They like to guess what it is they are hearing and I like that we're getting out for some fresh air and a little exercise."*

—Tim, Lansing

**Give us your hint!**

Let us know what you have done to make **your** life a "healthier" one.

**E-mail your hints to:**  
goodhealth@wkar.org

**Or write to:**

WKAR - "Healthful Hints"  
283 Communication Arts  
& Sciences Building  
Michigan State University  
East Lansing, MI 48823-1212

**Community Partner Profile:**

**The Junior League (of Lansing)**

**Women building better communities.** That's the Junior League. More than 170,000 members nationwide reflect a wide range of backgrounds, interests and professional pursuits that work together to identify community needs and work for change. Time and time again, the Junior League is among the first organizations to step up to the plate and tackle a community's biggest challenges.

*The Junior League was founded in 1901 by Mary Harriman, a 19-year-old New York City debutante with a social conscience. Harriman mobilized a group of 80 other young women, hence the name "Junior" League, to work to improve child health, nutrition and literacy among immigrants living on the Lower East Side of Manhattan.*

The mission of the **The Association of Junior Leagues International Inc. (AJLI)** is to promote volunteerism, develop the potential of women and improve communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

In 2006, over 225 Junior Leagues participated in the launch of Junior Leagues' **Kids in the Kitchen**, an initiative to address the problems associated with childhood obesity and poor nutrition. The initiative was taken on long-term in 2007, with over 255 Junior Leagues participating across four countries.

**Food Education and Story Time (FEAST)**

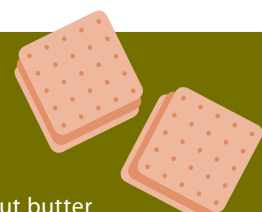
**By Betsy Svanda, Community Vice President, Junior League of Lansing**

The Junior League of Lansing has teamed up with the Greater Lansing Food Bank to provide second grade classes in the Lansing School District with an educational experience in healthy eating. Realizing that childhood obesity is a serious concern, which can lead to Type 2 diabetes, heart disease, and other weight-related illnesses seriously affecting the health of our children, a story time has been created to make learning about healthy eating fun and educational!

Twice a month Junior League of Lansing volunteers visit eight Lansing Public Schools with a book in hand to read and teach the children about healthy food choices. The classrooms are provided with a healthy snack by the Greater Lansing Food Bank. Each visit lasts about 30 to 40 minutes and at the end of the presentation the Junior League of Lansing gives each child a copy of that day's book to take home and share with their families. A "Passport" full of fun healthy facts, puzzles, writing space, and healthy recipes will also be part of the children's experience.

This is the second year the Junior League of Lansing has supported this project and we are committed to doing so for a third year. However, it is our hope that we can find funding and an organization to take over the FEAST program to continue this healthy story venture into the future for many more children in different school districts.

**Pudding-wiches**



**Ingredients:**

- ¾ milk
- ¼ cup peanut butter
- ½ box instant pudding mix, any flavor
- 12 graham cracker squares

**Directions:**

1. In a bowl, blend peanut butter into milk. Add pudding mix.
2. Beat slowly until well-blended (two minutes)
3. Spread the filling between graham crackers. Freeze until firm. Enjoy!

**Source:** *Snackin' Smart*. Ohio Department of Education. August 1997.

## “What’s for Lunch?”

Whether your child is buying their lunch or bringing it from home, it is an important meal. Kids need lunch every day at school for energy to learn and play for the rest of the day. If you are giving your child money to buy lunch, ask what they are eating. School lunches meet the nutrient needs of students and are the best value. Guide your child away from the a la carte line—it usually has less healthy choices and costs more than the school lunch.

If vending machines are an option in your school, unless they are stocked with healthy sandwiches, fruit or milk, it is hard to get a well balanced lunch. If your school has a MILK vending machine, encourage your child to use it. It is stocked with great flavors.

It is easy to run out of ideas for sack lunches. It helps to include your child in the planning and preparation of their lunches. Even young children can spread peanut butter on bread or wash fruits and vegetables.

### Healthy Lunch Ideas:

- Snack-size pudding or applesauce
- Unsweetened whole grain cereal
- Baked chips
- Raisins
- Trail mix with dried fruit
- Pretzels
- Whole-grain or graham crackers

### Food Safety Tips:

- Include an icepack.
- Stress to children the importance of washing their hands before eating. If soap and water are not available, include hand sanitizer gel or nap.

**Source:** *Healthy Kids, Healthy Weight.* Michigan Department of Education.

## WKAR “Good Health” Community Partners

**Allen Neighborhood Center**  
[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

**CACS Head Start**  
[www.cacsheadstart.org](http://www.cacsheadstart.org)

**East Lansing Public Schools**  
[www.elps.k12.mi.us](http://www.elps.k12.mi.us)

**Eaton Intermediate School District**  
[www.eaton.k12.mi.us](http://www.eaton.k12.mi.us)

**ICHD Office for Young Children**  
[www.ingham.org/hd/oyc](http://www.ingham.org/hd/oyc)

**ICHD Jump Start/ Early Head Start**  
[www.ingham.org](http://www.ingham.org)

**Junior League of Lansing**  
[www.jllansing.org](http://www.jllansing.org)

**Lansing School District**  
[www.lansingschools.net](http://www.lansingschools.net)

**MI Council for Maternal & Child Health**  
[www.mcmch.org](http://www.mcmch.org)

**Ingham County MSU Extension**  
[www.ingham.org/ce/home.htm](http://www.ingham.org/ce/home.htm)

**MSU College of Nursing**  
[www.nursing.msu.edu](http://www.nursing.msu.edu)

## Kids and Healthy Snacking—They Go Together!

*Prepared by Rita Grandgenett, MS, RD, RD Associates of Michigan LLC, and contracted by Family & Consumer Sciences, Michigan State University Extension*

This time of year, family schedules get more hectic! School is back in session. After-school activities are lined up. Homework needs attention. But the kids are hungry. Avoid some of this stress by planning for snack attacks.

Children need healthy snacks. They are growing and developing rapidly. They have small stomachs that empty quickly. Active kids need energy and nutrients to refuel their bodies several times a day. This translates to three regular daily meals plus two to three small snacks.

Most kids get approximately 25 percent of their daily calories from snacks. These mini-meals are great ways to fill in nutritional gaps and make up for foods and nutrients that were missed at mealtime. Snacking has become a way of life for busy people. We all know how easy it is easy to grab high-fat sweets, fried salty foods, candy and sugary drinks. But we end up with empty calories and little nourishment. Forget mindless munching and gulping. If these snacks are eaten frequently, our weight and our health are affected.

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**Snacks can bring kids of all ages a big boost in daily nutrition if the snacks are nutrient-dense. Smart snack strategies mean choosing foods from the five groups found on the Food Guide Pyramid:**

1. **nutrient-rich grains**
2. **crisp vegetables**
3. **colorful fruits**
4. **low-fat dairy products**
5. **lean meat, beans or nuts**

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**Healthy and satisfying snacks can be made by combining foods from at least two of the five food groups.**

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Stumped for ideas on how to fix nutritious snacks that kids will actually eat? Here are some tasty favorites for kids who can chew and swallow well: snack mixes made with whole grain cereal, dried fruit and popcorn; raw veggies with low-fat dip; celery sticks filled with peanut butter; fresh fruit cut into fun shapes; low-fat yogurt with fruit and granola topping; string cheese rolled in a slice of lean deli-meat and peanut butter on whole grain crackers.

Keep snack time fun by encouraging kids to help whenever possible. Little ones can scrub vegetables, pull stems from grapes, and mix dry ingredients together. School-age kids can measure and mix ingredients, pour cereal and spread toppings on crackers, bread and veggies.

Pre-portion individual snacks in small containers or plastic bags to save time—and calories. Assign “snack spots” in the refrigerator and cupboard for nutritious grab-and-go snacks.

Smart snacking promotes good health by supplying important nutrients without adding too many calories. By teaching your children to choose nutritious snacks, you are setting the stage for a lifetime of healthy eating habits.

*For more information on this topic and other issues on parenting, money management, food, nutrition or health issues, contact the Ingham County-MSU Extension Office at 517-887-4587 or Joyce McGarry, [mcgarryj@msu.edu](mailto:mcgarryj@msu.edu).*

*For more kid-friendly ideas, visit <http://www.mealsmatter.org/cookingforfamily/planning/> and select “Healthy Snacks for School-Age Kids.”*

# HOW DO YOU READ A FOOD LABEL?

Here are some basics when it comes to reading food labels:

## 1. Serving Size/Servings per Container

Note the serving size and how many servings you are actually consuming. Double serving—double calories!

## 2. Calories

Fat-free doesn't mean "calorie-free." Lower fat items may have as many calories as full-fat versions. Calorie intake needs vary depending upon age, activity level, and gender.

## 3. Total Fat

To reduce risk of heart disease, choose foods low in saturated fat, trans fat and cholesterol. Limit sodium to help reduce risk of high blood pressure.

## 4. Protein

Choose foods rich in protein like poultry, meat, dry beans, and milk products. Go lean and low-fat.

## 5. Vitamins & Minerals

Look for foods that are rich in Vitamin A, C, calcium and iron. Get the most nutrition for your calories for a much healthier food choice.

## Nutrition Facts

1	Serving Size 1 cup (228g)	
	Servings per Container 2	
<b>Amount Per Serving</b>		
2	<b>Calories 280</b>	<b>Calories from Fat 120</b>
		<b>% Daily Value*</b>
3	<b>Total Fat 13g</b>	20%
	Saturated Fat 5g	25%
	Trans Fat 2g	
	Cholesterol 2mg	10%
	Sodium 660mg	28%
	<b>Total Carbohydrate 31g</b>	10%
	Dietary Fiber 3g	6%
	Sugars 5g	
4	<b>Protein 5g</b>	
	Vitamin A 4%	Vitamin C 2%
5	Calcium 15%	Iron 4%
<small>*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>		
	<b>Calories:</b>	<b>2,000</b>
		<b>2,500</b>
	Total Fat	Less than 65g
	Sat Fat	Less than 20g
	Cholesterol	Less than 300mg
	Sodium	Less than 2,400mg
	Total Carbohydrate	300g
	Fiber	25g
		375g
		30g
<b>Calories per gram:</b>		
	Fat 9	Carbohydrate 4
		Protein 4

Source: <http://www.cfsan.fda.gov/label>

## Online Nutrition Resources

- **Healthy Weight in Children (English and Spanish)**  
[www.emc.cmich.edu/healthyweight/default.htm](http://www.emc.cmich.edu/healthyweight/default.htm)
- **Michigan Model for Health**  
[www.emc.cmich.edu/mm/framework/default.htm](http://www.emc.cmich.edu/mm/framework/default.htm)
- **Local Wellness Policies in schools**  
[www.fns.usda.gov/tn/Healthy/wellness\\_policy\\_requirements.html](http://www.fns.usda.gov/tn/Healthy/wellness_policy_requirements.html)
- **Michigan State Board of Education Model Local Wellness Policy**  
[www.michigan.gov/documents/Policy\\_on\\_Wellness\\_141434\\_7.pdf](http://www.michigan.gov/documents/Policy_on_Wellness_141434_7.pdf)
- **Team Nutrition**  
<http://teamnutrition.usda.gov/>
- **Michigan Health Tools**  
[www.mihealthtools.org/](http://www.mihealthtools.org/)
- **Maternal and Child Health Library, Knowledge Path, Child and Adolescent Nutrition**  
[www.mchlibrary.info/KnowledgePaths/kp\\_childnutr.html](http://www.mchlibrary.info/KnowledgePaths/kp_childnutr.html)
- **MyPyramid for Kids**  
[www.mypyramid.gov/kids/index.html](http://www.mypyramid.gov/kids/index.html)
- **Learn to Be Healthy**  
[www.learntobehealthy.org/kids](http://www.learntobehealthy.org/kids)
- **Eat Smart, Play Hard**  
[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

Address Service Requested

East Lansing, MI 48824-1212  
Michigan State University  
& Sciences Building  
283 Communication Arts

