



Welcome Back!

The nutrition task Force is back to help our school community be well nourished, physically active and environmentally aware. We are a group of volunteer parents and school personnel who have the health and well being of our children as our primary goal. We had some great accomplishments last year including, but not limited to:

- Provide an after school nutrition and exercise program for first and third graders funded by NEEF (Norfolk Elementary Education Foundation)
- Create and distribute an educational and recipe filled "Norfolk Nibbles" newsletter
- Provide a Community Nutrition presentation
- Develop an educational website at www.nutritiontaskforce.org
- Survey parents on habits, knowledge and school menus for information to be used for improvement
- Provide a nutrition and recycling program in conjunction with Whole Foods for 2nd graders
- Institute a water bottle recycling program at H. Olive Day
- Fundraise (stainless steel water bottles) for future Task Force programs
- Work with Norfolk Baseball Association to improve foods offered at opening and closing day festivities.

This was just a beginning. This year we hope to continue our efforts to improve school nutrition, increase physical activity opportunities and improve and implement

additional recycling programs at both H. Olive Day and Freeman Centennial Schools.

Our group is open to anyone who would like to be involved in the task force. Look for additional information on the Nutrition Task Force coming home via backpack.

Back-to-School Lunch Ideas

Any parent will agree that the world's toughest food critics are children. You want to give your child a balanced meal that provides energy and nutrition. But getting your child to actually eat a wholesome homemade lunch can be as difficult as getting him or her to log off and unplug.

To help ensure that lunch doesn't go straight into the trash (and your time and money with it) or get traded for something a whole lot less nutritious, parents need to approach this nagging problem with a strategy.

Get them involved

Before you plan the weekly lunch menu, ask your child to identify five favorite food items that he or she would like to see in the lunchbox. Then encourage them to participate in the planning, shopping, preparing, and packing. Including them in the decisions and preparation improves the chance that the lunch will actually get eaten.

Variety

It's important to provide at least 3 different food groups (from the food guide pyramid) to create a balanced meal such as red pepper sticks, a whole grain tortilla and leftover chicken breast. However, throwing in a food your young food critic claims to hate will backfire, as they are likely to throw it out before trying it. Introduce those new or controversial foods at dinnertime, when your kid is presumably hungry and under your watchful eye.

Peanut butter berry-wich

- 2 slices of whole wheat bread or banana bread
- 1 Tbsp natural peanut butter (or soy butter/Sunbutter)
- 1 Tbsp reduced-fat cream cheese
- 2 medium strawberries, hulled and sliced
- 1 teaspoon honey

Spread peanut butter on one slice of bread and cream cheese on the other. Arrange strawberry slices on peanut butter and drizzle with honey. Place slice of bread spread with cream cheese on top. **Taken from Epicurious July 2008*

Sandwich on a Stick

How do you turn a sandwich into a fun snack? Make it a stick-wich! Cut up cubes of bread, cheese, and lunch meat (order 1/2-inch-thick slices of ham and turkey at the deli counter).

Slide the cubes onto a skewer with other foods your child likes, such as a grape tomato, a piece of lettuce, a pickle, or an olive. (Break off the sharp end of the skewer for safety sake) Set out a side of low-fat mayo or mustard for dipping. **Taken from Family Fun magazine*

Pizza Roll-up

- 8-inch whole-wheat flour tortilla
- 2 tablespoons prepared pizza sauce
- 12 baby spinach leaves
- 3 tablespoons shredded part-skim mozzarella

Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top. Microwave on high until the cheese is just melted, about 45 seconds. Carefully roll the tortilla up. Let cool for 10 minutes before slicing into pieces, if desired.

**Taken from Eatingwell.com*

Snack Attack

Snacks should be an extension of a child's meals. School age children need a lot of calories for growth and snacks are the perfect opportunity to meet those calorie requirements through nourishing foods. 100 calorie snacks are not necessarily a healthy option. The usual 100 calorie cookies and chips are 100 calories because the portion is so small. They are not healthy and don't provide the good nutrition a child needs. Use the food guide pyramid as a guide. Go to www.eatright.org for more information.

Snacks should be nutritious and energizing. Carbohydrate is the nutrient that provides energy. High carbohydrate foods include: milk/yogurt, whole grains and fruit. Protein is also helpful in that it stays with a person longer so it keeps one satisfied for a longer period of time. Great snack ideas include:

- Yogurt (Greek yogurts are naturally lower in sugar and have almost twice the protein of typical yogurts)
- Hummus (comes in single serve packages) and low fat pita chips
- Soy crisps
- Soy nuts or other nuts (if no allergies in the class)
- Soy nut butter on graham crackers
- Fruit with cottage cheese
- Whole grain crackers like Ak Mak and low fat Laughing Cow cheese
- Cut up apples dipped in OJ or Lemon juice (to prevent browning) and low fat cheddar cheese
- Low fat or fat free pudding
- A healthy cereal (< 6 grams sugar per serving) with fat free milk

Massachusetts Harvest for Students Week

This will be our schools' second year celebrating Massachusetts Harvest for Students Week with Lanni Orchards. It will be the week of September 27th - October 1st. Stay tuned for details on events surrounding this week. To learn more visit http://www.mass.gov/agr/markets/Farm_to_school/



If you have any questions, comments or suggestions, please email Jane Sylvestre (janesylvest@yahoo.com) or Natalie Zodda (zodda@mac.com) of the Nutrition Task Force; or Linda King, Food Service Director at king@norfolk.k12.ma.us