



## Off the Team Nutrition Presses

### Nutrition Education for Grades 1-6

#### *Serving Up MyPlate: A Yummy Curriculum*

These new classroom materials help elementary school teachers integrate nutrition education into Math, Science, English, Art, and Health. The curriculum from Team Nutrition introduces the importance of eating from all five food groups using the MyPlate icon. Students also learn the importance of physical activity.

Inquiry-driven lessons are in 3 levels—1st/2nd, 3rd/4th, and 5th/6th and are aligned to Common Core Standards for English Language Arts and Math.

Schools participating in the Child Nutrition programs can order print copies of these materials. The Teacher's Guide comes with 35 copies of "MyPlate at Home" handouts for parents, a sample copy of the parent handout in Spanish, the large "Eat Smart Play Hard with MyPlate" poster, and a CD of the songs as well as the "Blast Off!" Game. To order go to <http://tn.ntis.gov/>. Order now so that you can look them over during the summer break and be ready to implement in the fall.

#### **10 Tips Nutrition Education Series**

New tip sheets for download and printing in either black and white or color are available now with more coming soon. New titles include:

- Healthy Eating for an Active Lifestyle
- Be Choosey in the Dining Hall
- Mini-Fridge Makeover
- Stay Fit on Campus
- Be an Active Family
- Be Active Adults

Check out 24 more including:

- MyPlate Snack Tips for Parents
- Eating Better on a Budget
- Make Celebrations Fun, Active and Healthy

Go to [www.choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html).



#### *Features:*

- *Off the Team Nutrition Presses*
- *Team Nutrition Resources for Preschoolers*
- *HealthierUS Schools Challenge*
- *Think Your Drink*
- *Cool Cooks in Schools Workshop*
- *Harvest of the Month / Youth Gardens Training*
- *It's Up to You Poster*



**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

- 1 celebrate the season**  
Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.
- 2 why pay full price?**  
Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).
- 3 stick to your list**  
Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food to eat the usual healthy way.
- 4 buy in bulk when items are on sale**  
For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.
- 5 store brands = savings**  
Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.
- 6 keep it simple**  
Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

## Team Nutrition Resources for Preschoolers

### **Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program**

The handbook was developed by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) to help child care providers create healthier environments for the children in their care. It addresses current wellness recommendations for children ages 2 through 5 years old.

The handbook contains a series of tip sheets, each of which focuses on a specific topic, such as "Build a Healthy Plate with Vegetables" or "Encourage Active Play". Each tip sheet includes ideas for hands-on activities and a practical application section. Providers can include best practices in their menus and daily schedules.

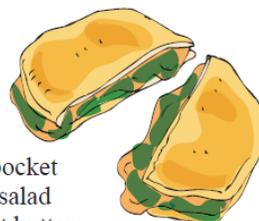
Download the handbook from the Team Nutrition Resource Library: <http://teamnutrition.usda.gov/Resources/nutritionandwellness.html>

### How can I help encourage kids to eat meat and meat alternates?

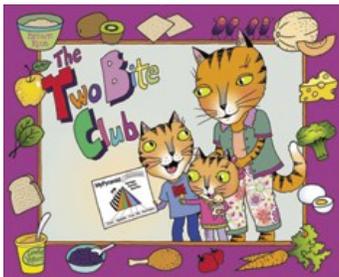
Here are some ways to get kids excited about meat and meat alternates:

#### Be Creative When Offering Meals and Snacks

- ▶ **Make food fun.** Serve "Shark Pockets" (stuff half a whole-wheat pita pocket with canned light tuna, spinach, shredded carrots, and a little low-fat salad dressing). Try "Peanut Butter Roll-Ups" (spread a thin layer of peanut butter on a small whole-grain tortilla, top with grated carrots, and roll it).
- ▶ **Give the food items creative names.** Make a lean "Mighty Monster Meatloaf" by using whole-grain bread or cracker crumbs and lean ground meat. Try "Crunchy Cereal Chicken or Fish," using rolled oats or a crushed, unsweetened whole-grain cereal as breading for baked chicken or fish.



SAMPLE FROM THE TIP SHEET ON MEAT AND MEAT ALTERNATIVES



The newly revised **Two Bite Club** book for young children is a great tool for teaching good nutrition. The educational storybook introduces MyPlate to preschoolers. Children are encouraged to try foods from each food group by eating just two bites, like the characters in the story. The book even includes a certificate for the Two Bite Club. Available now to download. [teamnutrition.usda.gov/Resources/2biteclub.html](http://teamnutrition.usda.gov/Resources/2biteclub.html). See recipes to try with the Two Bite Club.

### **Chili Bean Dip and Carrot Sticks**

- Ingredients**
- 1 cup kidney or pinto beans, cooked
  - 1 teaspoon vinegar or lemon juice
  - 1/4-1/2 teaspoon chili powder
  - 1/4-1/2 teaspoon cumin
  - 1 teaspoon onion, diced
  - 1 pound carrot sticks

**Directions**

1. Place beans in a bowl, and mash with a potato masher or fork.
2. Add lemon juice or vinegar and spices.
3. Serve 2 tablespoons of dip with 1/2 cup carrot sticks.

### **Delicious Cottage Cheese Dip**

- Ingredients**
- 8 ounces cottage cheese (low fat)
  - 3 tablespoons plain yogurt (low fat)
  - 2 tablespoons cheddar cheese
  - 1 tablespoon dill weed
  - 2 teaspoons Worcestershire sauce
  - 1 teaspoon salt
  - 1 teaspoon celery seed (optional)

**Directions**

1. Mix cottage cheese with yogurt and cheddar cheese.
2. Add spices and stir until well mixed.
3. Serve 1 ounce with grains/breads or vegetable.



Source: <http://www.squaremeals.org/Portals/8/files/publications/SnacksThatCount.pdf>



## HealthierUS Schools Challenge (HUSSC)

<http://www.fns.usda.gov/tn/HealthierUS/>

The HealthierUS Schools Challenge is a voluntary certificate started to recognize those schools that are part of the National School Lunch

Program that have created healthier school settings through promoting nutrition and physical activity.

Monetary awards are available for each level. Only 5900 schools in the nation have

been certified and eight school districts in SD are members of this special club. These include: Sioux Falls, Cheyenne Eagle Butte, Big Stone City, Hill City, BonHomme, Marion, Wilmot, and St. Joseph's Indian School.

Applying for the Challenge is a valuable learning process that helps schools focus on areas of school wellness that need improvement. Over the summer is a good time to get a group together to begin the process.

## Think Your Drink

- Americans now consume nearly a quarter of their daily calories from beverages.
- Researchers have found, over a 30+ year period, the number of calories adults get through beverages nearly doubled. The jump amounted to an additional 222 calories from all beverages daily!
- Soft drinks and other sugar-sweetened drinks are the number one source of added sugars in American's diets.
- The American Heart Association recommends no more than 6 teaspoons of sugar for women and 9 for men daily. That compares to the typical American intake of 22 teaspoons per day.
- Studies show that we don't eat less to adjust to liquid calories the same way we do to adjust to calories consumed from solid food. We tend to eat just as much with or without the extra calories we drink.

### Recommendations for Healthier Beverages

<b>PRESCHOOL CHILDREN</b> (Ages 2 to4)	<b>Water</b> with no added sweeteners or carbonation. <b>Milk</b> —only unflavored, low-fat or nonfat, no more than 8 ounce portions. <b>Juice</b> —0-4 ounce portions of 100% fruit or vegetable juice combined with water, no added sweeteners, and no more than 70 mg of sodium. All beverages should be caffeine, electrolytes, and artificial flavor free.	
<b>CHILDREN</b> (Ages 5 to 10)	<b>Water</b> with no added sweeteners, may include carbonation. <b>Milk</b> —only unflavored, low-fat or nonfat, no more than 8 ounce portions. <b>Juice</b> —0 to 6 ounce portions of 100% fruit or vegetable juice combined with water, no added sweeteners, and no more than 100 mg of sodium. All beverages should be caffeine, electrolytes, and artificial flavor free.	
<b>YOUTH</b> (Ages 11 to 13)	<b>Water</b> with no added sweeteners, may include carbonation. <b>Milk</b> —only unflavored, low-fat or nonfat in no more than 12 ounce portions. <b>Juice</b> —0 to 8 ounce portions of 100% fruit or vegetable juice combined with water, no added sweeteners, and no more than 140 mg of sodium. All beverages should be caffeine, electrolytes, and artificial flavor free.	
<b>ADOLESCENTS</b> (Ages 14 to 18)	<b>Water</b> with no added sweeteners, may include carbonation. <b>Milk</b> —only unflavored, low-fat or nonfat in no more than 12 ounce portions. <b>Juice</b> —0 to 8 ounce portions of 100% fruit or vegetable juice combined with water, no added sweeteners, and no more than 140 mg of sodium. Other beverages—Non-caffeinated, non-fortified beverages with no more than 40 calories per container.	

Flavored milk is not recommended, if offered it should be nonfat or low-fat, no more than 130 calories/8 oz.

## Mini-grant Exit Reports Students Taking Charge

Due May 1

### Healthy Choices— Vending/Concession

Due June 30

### Chefs Move to Schools

Due June 30

### Harvest of the Month

Due Aug. 15

### Summer Fun with Food and Fitness

Due August 30

### Cool Cooks in Schools

Due August 30

Submit receipts with  
Expenditure Report Cover  
Form. You may be requested  
to do an online exit report.



United States  
Department of  
Agriculture



south dakota  
DEPARTMENT OF EDUCATION  
Learning, Leadership, Service.

Child & Adult Nutrition  
Services



Karlys Wells, MEd, Editor  
Extension Associate NN/TN  
SDSU Extension  
605-688-4039  
karlys.wells@sdstate.edu

Mary Kirk  
Program Specialist  
Child & Adult Nutrition Services  
SD Department of Education  
605-773-3413

Website:  
[doe.sd.gov/cans/teamnutrition.aspx](http://doe.sd.gov/cans/teamnutrition.aspx)

The South Dakota Department of Education and South Dakota State University are Affirmative Action/Equal Opportunity Employers and offer all benefits, services, education and employment opportunities without regard for race, color, creed, religion, national origin, ancestry, citizenship, age, gender, sexual orientation, disability, or Vietnam Era Veteran status.

## REGISTRATION EXTENDED TO MAY 6 Cool Cooks in Schools Workshop

Summer training for food service professionals is offered for participants on the SDSU campus, May 28-30, and at the Terra Sancta Retreat Center, Rapid City, June 11-13. Topics will include Production Records, Menu Planning, Quantity Cooking, Mindless Marketing, Fruit and Veggie Bar Prep, Recipe Analysis and more. Rooms and most meals are provided. Mini-grants to cover the costs of the training and then complete a small follow-up project are offered. Applications are being increased to four people per school/agency. **Download at [doe.sd.gov/cansteamnutrition.aspx](http://doe.sd.gov/cansteamnutrition.aspx). Scroll down to Mini-grants.**

## Harvest of the Month/Youth Garden Training

To support teachers using the Department of Health's Harvest of the Month (HOM) materials, a one day training is scheduled for July 9 in Sioux Falls and July 23 in Rapid City. Travel stipends of \$150 will be available to eligible agencies that will implement HOM. Up to two individuals per agency will be able to apply for the stipend. View the HOM materials at <http://sdharvestofthemonth.org>.



SDSU Extension  
School & Youth  
Gardens  
Workshop

The complementary workshop is offered by Extension Community Development Specialists on July 10 in Sioux Falls and July 24 in Rapid City. Model gardens, age appropriate activities, growing organically, nutrition in fruits and vegetables, butterflies and pollinators and a culminating field trip to a youth garden are part of the training. Cost is only \$30 per person. This workshop follows Harvest of the Month training but either day may be accessed independently. Access the registration files at <http://doe.sd.gov/cans/documents/HOMwrkshp.pdf>. Deadlines July 2 and July 16.

## Colorful Poster and Lesson [http://teamnutrition.usda.gov/ Resources/power\\_of\\_choice.html](http://teamnutrition.usda.gov/Resources/power_of_choice.html)

Download the poster and lesson from the Power of Choice curriculum. Then coach preteens and teens to discover what is important to them and to apply that to everyday choices that become healthful living habits. Students can role play a snacking situation to practice decision-making using the poster.  
Source: *Power of Choice Activity 1.*

**It's Up to You**

Decide What YOU Will Eat

2 Cups a day\* 2½ Cups a day\* 3 Cups a day\* 5½ Ounces a day\* 6 Ounces a day\*

Use the label to choose foods HIGHER in vitamins & minerals & LOWER in calories

Choose foods for their nutrients  
5% Daily Value or Less is LOW  
20% Daily Value or more is HIGH

The first 3 items on INGREDIENT LISTS make up the largest parts of foods.

Eat Right Your Guide to Whole Grains

white wheat bran low bran  
Whole Grains wheat  
oats  
cornmeal  
potatoes

Eat Less Added Sugars & Solid Fats

sugar  
corned beef  
cheese  
butter  
shortening  
hydrogenated oils

\*For a 2,000 calorie diet, you need the amounts shown above from each food group. In the amounts that are listed you get the right amount.

USDA