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EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

September 2006

Dear Colleagues:

Welcome to the eighth issue of Eat Right Montana's 2006 Healthy Families Campaign. We continue this month with our annual theme of "Play Local, Eat Local, Live Healthy" and look to the start of the school year and hunting season as the topics on which to focus.

This month's press release provides information about the new School Wellness Policy that schools, nationwide, have been required to adopt by the start of this school year. The *Eat Local* handout provides nutrition tips for parents of school age children and information regarding Farm to School programs.

In the *Play Local* handout, we explore hunting as a means of being physically active in your local communities. Included in this handout are tips for increasing your fitness level in order to be ready for hunting season.

As always, Eat Right Montana thanks the generous donors listed at the left. Through their support, the production of these monthly Healthy Families packets is possible. Eat Right Montana is a non-profit organization dedicated to the promotion of healthful eating and active lifestyles. New members to this organization are always welcome and may contact one of the individuals listed below for membership information.

Your feedback is important to us; please let us know what you think. For a complete archive of past Healthy Families packets, go to:

www.montanadieticassociation.org/promo.html

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Physical Activity



Get Ready... It's Hunting Season!

Everybody knows the passionate hunter... beginning in mid-August he/she begins to appear restless and distracted. Conversation keeps returning to one major topic...the upcoming season. Hunting can be an exciting way to explore your local wildlands and be physically active at the same time. Getting in good physical condition prior to hunting season can help your entire experience be more enjoyable. It can help you to:

- Cover more ground comfortably.
- Get your game out of the woods more easily.
- Avoid exhaustion, which not only can make you clumsy but can really take away from the overall enjoyment of the hunting experience.
- Be a better shot. Taking a shot while out of breath reduces accuracy.

Tips for Getting Started with Hunting Season Fitness

- Aim for 30 minutes of moderate intensity physical activity, such as brisk walking, five or more times a week.
- Select an activity that brings you enjoyment. If you don't like running – don't do it! Try walking or biking instead. You are much more likely to stick with an activity you enjoy.
- Find an activity partner. It is much easier to stay active each day if you are accountable to a partner.
- Start slowly and build upon your fitness level.
- Find ways to be active in everyday activities...park your car a greater distance from the office, take a walk instead of a coffee break and always use the stairs.
- Prior to starting a new fitness program, see your doctor. This is especially important for a people with a history of medical problems, or those over 40 and not regularly active.
- Walk while carrying gear – put on a backpack and hike in the hills. You can use this as a scouting opportunity and enhance your hunting fitness at the same time.
- Keep a log of your daily activity. You can find an activity log along with other helpful motivating materials for embarking on a fitness program at the Shape Up Montana website:
<http://www.bigskygames.org/shapeup/index.html>

More Healthy Hunting Tips

- Take a hunter education course – you'll find all sorts of new information related to safe hunting practices. For more information on hunter safety in Montana go to:
<http://fwp.mt.gov/education/huntereducation/default.html>
- Eat a healthy diet. Nothing will slow you down faster than a poor diet. Be sure to get at least five fruits and vegetables each day, drink lots of water and avoid too much added sugar and fat.
- Avoid tobacco. You can find help through the following resources:
 - American Cancer Society 1-800-227-2345
 - Montana Quitline: 1-866-485-QUITLINE

Increase your fitness level starting today, and make your hunting season the best one yet!

Healthy Eating

Back to School with Healthy Eating

As the school year begins again, it is a great time to revisit the important role of healthy eating in assuring a child's success in school. Here are some basic tips for parents:

- Start the day with breakfast. Children who eat breakfast do better in school. Think "3" when it comes to breakfast – the breakfast should have foods from three different food groups. Suggestions:
**cold cereal, fruit and low-fat milk **whole-wheat toast , peanut butter and orange juice **yogurt with fruit and whole-grain waffles
- Send "smart snacks" to school with your child. Children need to eat frequently, and snacks are an important part of a child's daily nutrition. Think "2" when planning for healthy snacks (foods from 2 different food groups). Suggestions:
**celery and peanut butter **an apple and a string cheese
**yogurt and blueberries.
- Variety is key! Exposure to a wide variety of different foods helps to balance nutrient intake and develops acceptance of different flavors – goodbye picky eater!
- Make water your family's number one drink. Staying properly hydrated keeps the brain functioning well. Encourage your child to carry a water bottle to school each day.
- Include more whole grains, fruits and vegetables and low-fat dairy products in your family menu. They provide carbohydrates for energy, plus vitamins, minerals and fiber.
- Lead by example – put away the chips, and choose that piece of fresh fruit for an afternoon snack!

For more information on healthy eating for the school-age child, please visit the following website: Team Nutrition Resources for Parents
<http://teamnnutrition.usda.gov/parents.html>

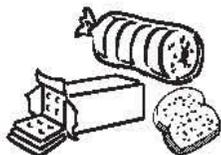
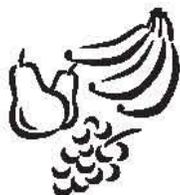
Fresh, Healthy, Local Food at School: A Look at Farm to School Programs

What is Farm to School?

Around the country, more and more schools are establishing relationships with local farmers in order to bring fresh, local foods into their school foodservice programs. Farm To School Programs can help to:

- Promote healthy eating habits in children.
- Increase access to local, fresh foods.
- Enhance children's understanding and knowledge about nutrition, food and agriculture.
- Increase participation in the school lunch program – it's fresh and tastes good!
- Help local area farmers by opening up new markets and decreasing the need for them to incur costs associated with transporting food over large distances.

For more information on Farm to School, go to the National Farm to School Program website at: <http://www.farmtoschool.org>





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EAT LOCAL, PLAY LOCAL, LIVE HEALTHY
Celebrating Healthy Families 2006

Schools Begin the Year with Wellness Policies in Place

The quiet hallways of summertime have been transformed into bustling avenues as the new school year has begun. Many students and teachers alike are noticing some significant changes in the school environment at the start of school this year – changes related to nutrition and opportunity for physical activity at school. The start of the 2006-2007 school year marks the beginning of the School Wellness Policy implementation for school districts across the nation.

“A recent change in federal legislation has made it a requirement that all school districts participating in the National School Meals Program have a School Wellness Policy in place by the beginning of this (2006-2007) school year,” said Christine Emerson, State Director of Montana School Nutrition Programs.

“Many children in this country are facing a health crisis related to overweight and poor nutrition,” continued Emerson. “Schools can play an important role in finding solutions. So setting up the school environment to support healthy eating and physical activity makes sense.”

The minimum requirements of the School Wellness Policy legislation requires that 1) schools establish clear goals for nutrition education and physical activity, 2) put in place nutrition guidelines for all foods available at schools, 3) assure that guidelines for school meals follow the regulations established by the US Department of Agriculture (at a minimum), 4) measure how well the wellness policy is being implemented and 5) involve parents, students and school staff in development and implementation of this policy.

Some districts have found this legislation to be exactly the push they needed to make some healthy changes in their school environment. Monforton School (Bozeman, MT) Principal Lynn Scalia eagerly discusses how the wellness policy process has affected her school.

“Something that’s been really positive is that it has allowed us to look at the many varied aspects of what constitutes a healthy child. We know that a healthy child is better equipped to learn. By increasing the availability of healthy, fresh food and the opportunity to be physically active, we know we can make a big difference in kids’ ability to learn.”

Monforton students now have new guidelines for what foods are allowed for classroom snacks, healthy concessions at school events and activities and a wide variety of new fruit and vegetable offerings as part of their newly implemented “Wildcat” lunch program.

“I have confidence that these changes we are making will help the students be able to be better learners today and live healthy, longer lives well into the future,” Scalia concluded.

For more information on the School Wellness Policy legislation and healthy school environments, visit the Action for Healthy Kids website at:

<http://www.actionforhealthykids.org/>

HEALTHY FAMILIES 2006

Eat Local, Play Local, Live Healthy

Month	Eat Local Theme	Play Local Theme
January	The benefits of choosing local foods	Resolve to play locally in 2006
February	Overview of locally produced foods	Let's stay active through the winter
March	Locally produced meat	Let's get walking!
April	Growing your own food	Let's bike in Big Sky country
May	Eating locally when eating out	Let's go fishing
June	Identifying local foods at the grocery store	Let's go canoeing and kayaking -from mellow to zany!
July	Farmers Markets - buy local	Let's hike - enjoying the outdoors
August	Locally produced whole grains	Let's get active with kids
September	Back to school with local food	Let's go hunting
October	Harvesting wild foods - game, fish, berries	Let's do some outdoor photography - activity and art all in one
November	Local foods in food banks and pantries	Let's find adventure through Lewis and Clark
December	Giving gifts of locally produced foods	Let's bundle up and explore - winter wonderland returns



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