



The Fruit and Veggie Buzz

IDOE School Breakfast Webinar

The Healthy, Hunger-Free Kids Act of 2010 (the Act) establishes requirements for conducting outreach in the Summer Food Service Program and the School Breakfast Program. Research has shown that starting the day with a nutritious breakfast helps students stay alert and perform better in school. The Indiana Department of Education (IDOE) has developed a Breakfast Webinar that will review the new breakfast requirement, give schools strategies to help increase participation in your School Breakfast Program, and answer any questions schools may have concerning this topic.

Topic: Breakfast Webinar
 Date: Tuesday, February 14, 2012
 Time: 9:30 am, Eastern Standard Time (Indiana, GMT-05:00)

To register for this meeting

1. Go to <https://indiana-doe.webex.com/indiana-doe/j.php?ED=146334892&RG=1&UID=0&RT=MiMxMg%3D%3D>
2. Register for the meeting.



November 2011
 Volume 6, Issue 9

Inside this issue:



Breakfast Webinar	Pg. 1
The Power of Nestle	Pg. 1
An Introduction to Beans	Pg. 2
Free MyPlate Educational Materials	Pg. 2
MyPlate 10 Tips	Pg. 3
SNAP Fall Fresh Fruits and Vegetables	Pg. 4

The Power of Nestle



is part of  

The Nestle and National Education Association Health Information Network created a Healthy Steps for Healthy Lives program. The Healthy Steps for Healthy Lives program was developed as a resource for educators to help support your ongoing efforts to teach students about being healthy. Parents, after-school programs, and caregivers can also use the materials in the program.

The Healthy Steps for Healthy Lives website includes activity sheets for nutrition education and physical activity. Teachers, educators, and parents can use these great activity sheets. Beyond Healthy Steps for Healthy Lives, this website provides recipes, handouts for parents, teachers, and families, a kid's corner, a teacher's corner, ideas for celebrations and holidays, and craft projects. It has a lot of great resources that can be provided to students, teachers, and families—

<http://www.nestlefamily.com/Education/HealthyStepsforHealthyLives/Default.aspx>



Save the Date
 Mark your calendars for **Thursday, January 26, 2012**. This will be the date of the next FFVP webinar for all schools. It will be held from 9 am—10 am (Eastern Time). Come and share your FFVP success stories! The FFVP contact will receive the call-in number via email. We look forward to hearing from you.

Indiana Department of Education, School and Community Nutrition, FFVP Website: <http://www.doe.in.gov/food/FFVP>

Non-discrimination Statement: http://www.doe.in.gov/food/pdf/civil_rights/Non-discrimination_for_the_USDA_and_Indiana.pdf

An Introduction to Beans!

Through the Fresh Fruit and Vegetable Program, schools can purchase fresh beans/legumes. Schools are allowed to cook fresh vegetables once a week with a nutrition education lesson related to the item.

Preparing and Cooking Dry Beans

1. **Sort:** Before soaking beans, pick them over and remove any damaged beans, small stones or dirt
2. **Soak:** Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:
 - Hot Soak:** hot soaking helps reduce intestinal gas. For each pound (2 cups) of dry beans, add 10 cups hot water; heat to boiling and let boil 2-3 minutes. Remove from heat, cover and set aside for up to 4 hours.
 - Quick Soak:** For each pound (2 cups) of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.
 - Overnight Soak:** for each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.
3. **Cook:** Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1 1/2 - 2 hours until tender.

Simple Cooking Tips

- To avoid broken or mushy beans, boil gently and stir very little
- Taste-test beans often for desired tenderness
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
- Any of the following can be added during the last half hour of cooking: minced onion, garlic, green pepper, diced carrots or celery, chopped tomatoes or cooked meat.

Bean Nutrition

- Beans provide more protein for your money than most other foods.
- Beans are naturally low in fat and salt, with no cholesterol
- Beans are high in fiber and complex carbohydrates.
- Beans are packed with vitamins and minerals, including B, E, Calcium, Potassium and Iron

Source: Beans: The Bold and Beautiful Book of Bean Recipes, Washington State Department of Health



Free MyPlate Educational Materials

Educate everyone about ChooseMyPlate.gov and the new USDA MyPlate food icon for a healthy plate that emphasizes all of the important messages in the Dietary Guidelines for Americans. Use the free MyPlate Poster in cafeterias, classrooms, or offices. The free MyPlate Handout can be used for lunch and learn or a great presentation and use the free MyPlate game to have fun while learning more.

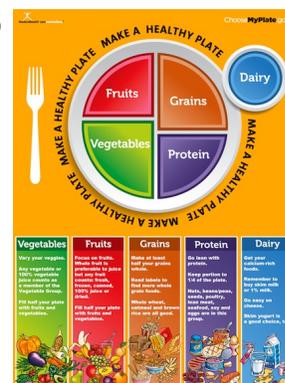
Free MyPlate Materials - download now:

[Free MyPlate Handout - Test Drive and MyPlate Makeover saves calories](#)

Free MyPlate Poster - [LARGE](#) - [SMALL](#) - it has tips to make half your plate fruits and veggies. Use the large for print and the small for web.

[Free MyPlate Game: Pin the Spoon on the Plate - makes great practice for food groups and creating healthy meals.](#)

[Order form for MyPlate products - download and order by phone, fax or mail.](#)



10 tips

Nutrition Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

USDA
Center for Nutrition
Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
USDA is an equal opportunity
provider and employer.

Source: <http://www.choosemyplate.gov/>

Fresh Fruits and Vegetables in the Fall

Though many fruits and vegetables are available canned, frozen or dried all year long, the links below will provide information on the fruits and vegetables available fresh and in abundance during autumn and the fall months. Seasonal produce will vary according to geographic region. Click on the pictures below for information and nutrition education materials relating to the fruits and vegetables listed.

			
Apples	Bananas	Beets	Broccoli
			
Brussel Sprouts	Carrots	Cauliflower	Cranberries
			
Garlic	Ginger	Grapes	Mushrooms
			
Parsnips	Pears	Pineapple	Pumpkins
			
Rutabagas	Sweet Potatoes and Yams	Swiss Chard	Winter Squash

Source: [Snap-Ed Connection Resource Library](#)