

Remember...

- A simple **breakfast** at home or school can ensure that a child doesn't start the day hungry. It ensures that children have the nutrients and energy during the morning to concentrate on learning, think clearly and be on their best behavior.
- Healthy bones need enough **calcium**, plenty of weight-bearing activity, and a healthy lifestyle. **Three servings** of dairy products is a good "rule of thumb" for getting at least 1,000 milligrams of calcium daily - the minimum required amount.
- Choosing to eat 5 or more servings of **fruits and vegetables** builds a solid foundation for healthy eating habits. **Make 5 a day a regular part of your diet!**
- Incorporate regular exercise into your daily life, such as walking or riding a bicycle to school or work.

Breakfast Rockets

1 whole wheat tortilla
1 T reduced fat peanut butter or soybean butter
4 fresh strawberries, sliced

Spread peanut butter or soybean butter over tortilla.
Place strawberries on top, roll.

The Eat Well/Be Fit Committee meets monthly. If you would like to become a member or have comments for the committee, contact the Health Department at (781) 455-7523.

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www.town.needham.ma.us/boh/BOHEatWellBeFit.htm

Healthy Celebrations

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Eat Well/Be Fit - Needham



Eat Well/Be Fit - Needham is a community based health and wellness initiative designed to increase awareness of, and to implement programs that address the healthy balance of nutrition and fitness, in keeping with the initiatives' goals.

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for articles on this topic visit:

www.town.needham.ma.us/boh/BOHEatWellBeFit.htm

Suggestions for Active Family Celebrations

Celebrate you and your family with simple daily changes.

Walking

No matter what your age or ability, walking is one the healthiest life choices you can make, and one of the easiest to add to your lifestyle.

- Take a walk for a purpose: collect coins found along the route; bring a small bag and collect trash to clean up your neighborhood; check out the flowers in the gardens; count the number of your favorite cars seen along the way; invite a new neighbor to join you; look at new house colors for your home; walk to school or work on your birthday; have children change style - walk, hop, skip, turn around, backwards - join them, too!
- All of these ideas - and more - can be adapted for people with crutches or in wheelchairs or for people dealing with illness. Being mobile, positive, and creative will all make a big difference, and create a unique celebration.

Unorganized Activity Time

Don't wait for an organized event to become active.

Don't let chores keep you from being active.

- Enlist the whole family when it's time to do chores to prepare for a celebration. Turn on the music and dance as the toys are put away, the books go back on the shelves, grass is mowed, leaves are raked up, and the dishes and laundry are washed and put away. Exaggerate your movements, incorporating fitness exercises into the chores... Stretching palms up towards the ceiling, running between objects, side bends. The boring tasks will be done quickly, and give all of you more time to have fun...and exercise will become a chore by choice!
- Take advantage of all the local areas for outdoor fun: the trails in the Town Forest, Ridge Hill and Cutler Park; the Charles River with canoe/kayak access at the corner of South Street and Dedham Avenue; the Town Common with the fun layout of walkways.
- Spend time in the yard - quickly follow the flight of a firefly; set up an obstacle course and try to increase your speed and time each day; set up a "Frisbee golf course" or create your own game of challenge.



The Medical Issues

- One out of two Massachusetts adults are either overweight or obese according to the new survey statistics released by the Massachusetts Department of Public Health.
 - Seventeen percent of Massachusetts' adults are obese (a person 5'6" is considered obese if he/she weighs more than 185 pounds).
 - Men are almost 50% more likely to be overweight than women: more than 6 out of 10 men (64%) and 4 out of 10 women (42%) were overweight in the year 2000 (a person 5'6" tall is considered overweight if he/she weighs more than 155 pounds.)
- The Massachusetts Health Council reports that obesity is associated with several diseases that cause a great deal of morbidity and mortality, namely Type 2 diabetes, hypertension and cardiovascular disease. New studies also show that certain cancers are more prevalent in obese individuals. In fact, diet-related diseases are now the number one cause of premature death in the United States, having just surpassed tobacco smoking. Regular physical activity is associated with enhanced health and reduced risk for all-cause mortality.

What This Handbook Provides

In order to combat the obesity epidemic and prevent further escalation of the problem, the Massachusetts Health Council proposes a two-pronged approach that includes a preventative health focus on nutrition and exercise for our nation's children and a medical treatment effort on the adults already overweight or obese.

The Problem..

Nearly half of Massachusetts Residents are overweight or obese.

The Problem

- The Surgeon General of the United States, in conjunction with the Centers for Disease Control, has issued a call for action to halt the obesity epidemic in this country.
- The trend in Massachusetts is alarming. Residents who are overweight increased 30% in the last decade, from 40% in 1990 to 52% in 2000. Obesity is a preventable epidemic. It erodes our quality of life, causes death and places an enormous financial burden on our health care system.
- The prevalence of obesity continues to rise in this country at an alarming rate, particularly for children. Adolescent obesity and its complications are rising in epidemic proportions. Although the development of obesity is multifaceted, it seems due to the fact that Americans are consuming more calories, but are not compensating for them with the increased physical activity. Overweight children are at increased risk of becoming overweight teens and later overweight adults. Promoting healthy dietary patterns and age appropriate physical activity will help children reach and maintain healthy body weights.
- Adults and adolescents do not meet recommendations for regular, vigorous physical activity, with only 17% of adults and 62% of adolescents reporting regular engagement in vigorous activity.

Suggestions for Healthy Eating

Lunch

- Turkey and cheese roll-up (with or without wheat or grain bread)
- Soybean or peanut butter and jelly sandwich on whole wheat bread/ bagel
- Hard boiled eggs
- Bagel with light cream cheese, slice of cheese and tomato or cucumber, egg/cheese salad
- Yogurt with crushed pineapple or any fruit and granola (or plain)
- Homemade pasta salad (made with assorted vegetables, chicken, beans and light dressing)
- Bag of low sugar cereal (Kix, Cheerios, Chex, etc.)
- Whole wheat tortilla spread with fat-free refried beans and salsa, sprinkled with grated cheese and rolled
- Rice or popcorn cakes spread with soybean, all natural peanut butter or jelly

Accompaniments or Snacks

- Fresh or dried fruit (whole pieces, a few slices or fruit salad)
- Raw vegetables (grape tomatoes, baby carrots, bell pepper slices, cucumber slices, broccoli, string beans, etc.)
- Dip (for either fruit or vegetables) low-calorie dressing, yogurt (plain or fruited), yogurt/fat-free cream cheese blended with dip mix, salsa, low-fat smooth cream cheese or hummus
- Homemade air or kettle popped popcorn (grated cheese optional)
- Cheese (sticks, slices or cubes)
- Apple slices with peanut butter or soybean butter
- "GORP" mix: low sugared cereal, mini pretzels, raisins, craisins, other dried fruit, etc.
- Applesauce
- Bananas dipped in yogurt or spread with soybean/peanut butter and rolled granola

Polka-Dot Pudding

Sugar-free or regular vanilla pudding mix
Low fat milk
1/2 cup fresh blueberries

Prepare pudding with low fat milk according to the box. Chill.
When ready to serve, add blueberries and mix well.

The Eat Well/Be Fit - Needham Committee proposes healthy celebrations in school and at home!

- Substitute a healthy alternative for cake - fruit salad, fruit juice popsicles or healthy cereal mix

- Provide the class with a basket of healthy alternatives for breakfast foods



- Encourage students and teachers to identify alternative ways to recognize birthdays at school; for example, consider having the students develop a wish list of items for their classroom that could be provided in recognition of a child's birthday (board games, magazines or other items or indoor recess time.)
- Designate birthday months to recognize groups of students: make birthday display, crowns, photos, homework passes, choice time, birthday certificates, birthday bulletin board.
- Provide a birthday sticker book for each student at the start of the year. Stickers could then be added for each student as birthday recognition.
- Make an object at home that the child could give out to class mates.
- Donate a book to the Media Center in honor of the student's birthday.
- Provide a scrapbook for each student at the start of the year. Classmates could make a card, or write a message in the scrapbook, for the birthday child.



Activity Ideas for the Birthday Child

- Read a favorite story to the class. (Bookmarks could be made to reflect the story read.) Involve the library (Media Center).
- Play a musical instrument for the class.
- Play a tape or CD of a favorite song for the class to enjoy.
- Lead the class in an activity; for example, dancing to music, acting out a skit, writing a poem or limerick.
- Share a story about a celebration he/she enjoys.
- Assign special assistant jobs. For example, read the daily school announcements, lead the class in the pledge of allegiance, etc.



Needham Elementary School

Classroom Celebration Menu!

NEW at Needham Elementary Schools...

Fun healthy snacks for parties and celebrations,
conveniently delivered right to your child's classroom!

Call Needham School Food Service for more information

(781) 455-0400, ext. 216 or 219.