

# School Wellness News

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**Distribute copies to interested staff:**  
**Superintendent**  
**Principal**  
**Business Manager**  
**School Food Service**  
**School Counselor**  
**FACS, PE, Health and Elementary Teachers Wellness Committee Members**  
**Teacher Break Rooms**

## Use Fundraising Activities and Rewards that Support Student Health

Fundraising supports student health when it involves selling nutritious foods and beverages (e.g., fruits, vegetables, 100% fruit juice, bottled water, whole grain cereal bars) or selling non-food items, such as wrapping paper, candles, or student artwork. Schools can also raise money and promote health at the same time through, for example, a walk-a-thon or jump rope contest.

Rewards support student health when they involve using non-food items or activities to recognize students for their achievements or good behavior, if an extrinsic reward system is used. These types of rewards include stickers, books, or extra time for recess.

Fundraising supportive of student health becomes part of a school's consistent, positive health message. It is a public demonstration of the school's commitment to promoting healthy behaviors among students, families, and the community at large. By contrast, selling less nutritious food items contradicts nutrition messages taught in the classroom. The use of non-food rewards supports classroom nutrition education, does not tempt students to over-consume food, and provides no reason for students to reward themselves by eating when they are not hungry. Foods that are used as rewards are viewed as more desirable by children. The practice of using foods as a reward may create the risk that children tie them to emotions, such as feelings of accomplishment.

The Center for Disease Prevention guidelines to promote healthy eating recommend that schools not use food rewards. Schools are successfully making the move to healthy fundraising and reward options. The options for non-food rewards are limited only by imagination, time and resources.

### Included in Issue

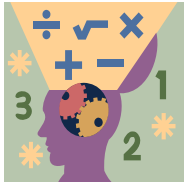
|   |   |
|---|---|
| Alternatives to Food Rewards                | 2 |
| Goodbye Trans Fats, Hello Omega-3's in 2007 | 2 |
| Canola Oil—Mighty Good for the Heart        | 3 |
| Canola Trivia                               | 3 |
| Heart Healthy Food Criss-cross Puzzle       | 3 |



Article Source: Food and Nutrition Service, U.S. Department of Agriculture; Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; and U.S. Department of Education . FSS-374, Making It Happen! School Nutrition Success Stories. Alexandria, VA, January 2005.

## Goodbye Trans Fats, Hello Omega-3's in 2007

The hot nutrition news topic for 2007 is omega-3 fatty acids. Food manufacturers have not only been busy reformulating to remove trans fats, but have been adding the beneficial omega-3 fatty acids to products.



**Why are Omega-3's wonderful?** Research extensively proves the benefits of omega-3's to reduce heart disease. Omega 3's reduce inflammation and help prevent arthritis. Omega 3's are highly concentrated in the brain and appear to be particularly important for cognitive and brain function. In fact, infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems. In deed, a multitude of other benefits are being studied.

### Good Sources of Omega-3's

- Fatty fish such as salmon, white tuna, mackerel, sardines, rainbow trout, herring, & oysters<sup>3</sup>
- Flaxseed oil, canola oil, soybean oil
- Tofu
- Walnuts, flaxseeds
- Eggs marketed as good source of omega-3s (eggs contain cholesterol)
- Meat and milk from grass fed animals (much greater than grain fed)  
Note: Choose lean!

## Canola Oil—Mighty Good for the Heart

On October 6, 2006, the US Food and Drug Administration authorized a health claim for canola oil based on its ability to reduce the risk of heart disease. Canola oil has the lowest amount of saturated fat (7%) of all commonly used oils, is primarily mono-unsaturated (61%), and contains the beneficial ALA Omega-3 fatty acid (11%.) Canola oil is also a good source of vitamins E and K and plant sterols, which may keep the heart healthy.

### Use canola oil in school meals

1. Use canola oil in place of solid fats or other vegetable oils for frying and baking.
2. Keep current on product ingredients. (Manufacturers are changing formulation to include more canola and other healthy oils.)
3. Look for mayonnaise and salad dressings that use canola oil.



Canola oil has great cooking characteristics. It has high heat tolerance and a neutral light taste.

## Canola Facts

Much canola is grown in Canada. Minnesota is the second largest producer of canola in the United States. Minnesota acreage has increased from 8,000 acres to over 250,000 acres in the last decade.

Canola plants can grow 3 feet to 6 feet tall. The plants produce yellow clusters of flowers which then produce small green seed pods. As the plant ripens, the seed pods turn brown. Af-

ter harvesting, the pod is cracked open to reveal about 20 very small seeds. The seeds are then processed by crushing and the oil is extracted.



Did you know that canola can be used to make bio-diesel? Biodiesel is earth friendly - having fewer harmful emissions as compared to petroleum diesel - so it helps keep our air cleaner. When bio-diesel is used as fuel it smells like French fries or popcorn!

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**Building Healthy Futures**  
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The University of Minnesota Extension Service connects research-based resources to communities. This newsletter provides information to help implement your local school wellness policy and teach kids and families about nutrition and active living.

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## Upcoming Wellness Events and Programs

February 1—28 American Heart Month

**February 2, 2007, is National Wear Red Day!** National Wear Red Day is a day when Americans nationwide wear red to show their support for women's heart disease awareness.

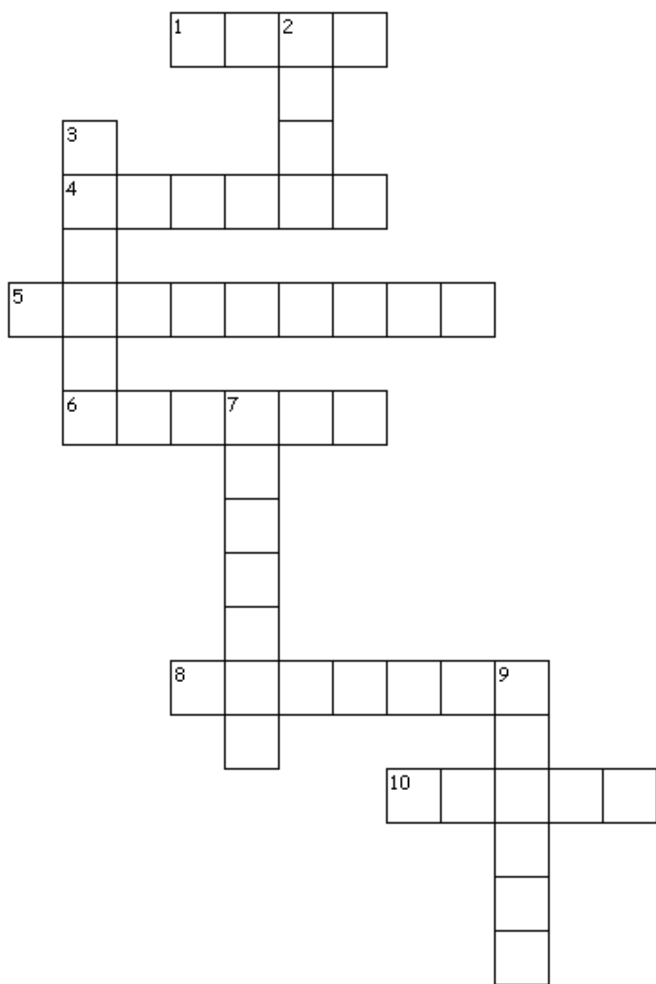
AFHK

Whole Grains Training

Recipe Correction

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# Heart Healthy Word Criss-Cross



## Across

- 1. These live in water and the oily ones are best to eat for omega-3's
- 4. The tree nut highest in Vitamin E
- 5. A Minnesota native fruit high in phytochemicals
- 6. The yellow flowering plant grown in Minnesota for its oil rich in Omega-3's
- 8. A physical activity that doesn't cost anything and can be done almost anywhere
- 10. This low-fat, high fiber food belongs to both the vegetable group and protein group

## Down

- 2. This part of the potato has the most potassium and fiber
- 3. The flavorful bulb used in cooking, lowers cholesterol and blood pressure
- 7. A hot breakfast cereal high in B-glucan fiber
- 9. Purple or white juice is made from this fruit, rich in phenolic antioxidants



Across: 1. fish, 4. almond, 5. blueberry, 6. canola, 8. walking, 10. beans.  
 Down: 2. skin, 3. garlic, 7. oatmeal, 9. grapes