

# Healthy News

Newsletter of  
Healthy Schools Project &  
Healthy Hawks



## Going Green

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Everyone has been talking for the past few years about "going green" so if you've had your ears open you've likely heard a great deal about this topic. By behaving in ways that are more environmentally friendly we can use less energy and probably create a healthier planet for us all. The surprising thing is, by going green we can also improve our health! Have you ever thought about it that way? Well, it's true. Here are a few examples.

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1. **Drive less and walk/bike more.** This not only saves gas it allows you to get your exercise as well, which as we all know is good for our bodies. So, the next time you're going to go out to grab that forgotten item at the store or deliver something to someone a few blocks over, consider using your own energy to get there. I know this isn't always possible as we're in a hurry or distances are too great, but just by being aware of the option you may see a few times a month where you can do this.



2. **Buy local.** When you buy local, your food does not have to be shipped, which means it is not only fresher but also no (or little) fuel had to be used to ship it to you. By buying local you are purchasing items that are grown/made by your neighbors and supporting your own community. You are also getting items that are in season and likely very fresh.



3. **Eat what's in season.** By eating what is in season you know that less energy had to be expended to grow the food (and likely fewer chemicals as well). This also helps you to "eat a rainbow" of colors of fruits and vegetables rather than always just sticking to your favorites. If you eat what is in season, you can move outside of your comfort zone and try new fruits and veggies that you may not ordinarily eat - every fruit and vegetable contains a unique combination of nutrients so by eating a variety, you are eating a more balanced diet.

4. **Power down.** Turn off those computers, video games, TVs (and even the lights!) one night per week. This "powering down" not only allows you to save energy (and therefore money!), it also allows you to spend some quality time with those around you. Also, research indicates that just by turning off the TV kids engage in more activity - which, as you know, is key to their health.



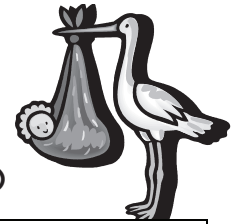
### Congratulations!!



Our Healthy Hawks team won 3<sup>rd</sup> Place in the Department Pumpkin decorating contest. Happy Halloween!

5. **Avoid highly processed foods.** Highly processed foods are foods that have a lot of things done to them before you eat them. They're the one's where you read the label and can't pronounce half of the ingredients - they're usually the ones in the center of the grocery store (less processed foods tend to be around the perimeter of the store - produce, meat, dairy). Highly processed foods often have a long shelf life and may not need to be refrigerated. They also tend to go on sale and be quite inexpensive per serving. However, they are often void of nutritional value as well. So, if you look at food costs in terms of price per nutritional content, these foods are really not inexpensive at all. Also, you can "go green" by giving them up as a great deal of energy is often needed to process these foods - so by eating foods that are not processed you're saving energy!

## Recipe of the Month



By: Healthy Hawks Dietitian, Rebecca Batson, RD, LD

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*Congratulations to our new mommy!! Rebecca Batson had a healthy baby boy on October 31, 2009.*

### Fruit Gobbler

from **FamilyFun Magazine**

Enjoy this healthy appetizer that will wow your guests this Thanksgiving.



- Bosc pear (head)
- Melon (body)
- Cheese (beak and tail feathers)
- Red pepper (snood, feet and side feathers)
- Raisins (eyes)
- Grapes (tail feathers), other fruit or vegetables also will work
- Bamboo skewers
- Toothpicks

#### Step 1

Stabilize the melon body by cutting a shallow slice off the rind to form a flat base. Using a section of bamboo skewer, attach a Bosc pear head to the melon, as shown.

#### Step 2

Cut a cheese triangle beak and red pepper snood. Attach both, along with raisin eyes, to the head with sections of toothpick.

#### Step 3

Cut red pepper feet and set them in place. For tail feathers, skewer cheese cubes and red grapes (or other fruits and vegetables), then insert the skewers as shown. Pin pepper side feathers in place with toothpicks.



## WEBSITE HIGHLIGHT

[www.kidshealth.com](http://www.kidshealth.com)

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The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children and teenagers and provides a variety of health information, including nutrition and fitness topics.

Children can learn about a range of topics from how to stay healthy, how to stay safe, and how the body works. This site is also available in Spanish. Just click on the tab "En Español" to review the site in Spanish.

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## Participant Highlight Jamal and Family

Congratulations to Jamal and his family for being our November Participant Highlight! Jamal is a delight to be around. He has been a great participant in class with a lot to offer, including well thought-out responses during class discussions. He really enjoys being active and has done a tremendous job of increasing his physical activity by walking and playing sports. He has also cut back on inactive, sedentary behaviors such as video games. On Monday nights, his teachers can see that he really lights up during class activities and during exercise. He has a smile that is contagious. Jamal and his whole family are doing a great job making healthy choices. Keep up the great work! We are glad you are a part of the Healthy Hawks Team!



## Family Exercise Activity Highlight

By Katie Steiger  
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### Keep Moving in November

It's November, already? Time flies, especially during the busy fall season. The weather may be getting chillier, and schedules may be hectic, but guess how we can all stay warm, relieve stress, and stay healthy: Exercise! Here are some ideas to help you feel thankful for exercise in November...

- 1) Take a cue from the word "Thanksgiving": reach out in your local community while getting some exercise, too. Find a local canned food drive - at school, church, community centers - and walk around neighborhoods to collect donations. No food drive in sight? Create your own, and know that you are helping others feel thankful this month, too.

- 2) Organize a family "turkey trot": map out a course around your neighborhood or in a local park, and have walk/jog race. The winner gets a special privilege, such as picking an activity for a family game night or getting out of one chore free. If those who didn't win want to try again, have a re-match next weekend!



- 3) Want a fun way to burn a little energy before mealtime? Ask your kids to go outside and find the neatest leaves and funniest-shaped small sticks from the yard. You may even want to go along too! Make sure they search for at least 20 or 30 minutes, so they really get moving. After everyone has found their favorites, get out some big pieces of light-colored construction paper. Put the leaves and sticks under the paper, one-by-one, and color over the leaves with a crayon or colored pencil. Kids will end up with a fun, hand-made placemat they can use at their next meal.



- 4) Make Thanksgiving about the company, not just the food. We love Thanksgiving because we get to spend special time with our loved ones, not just for our favorite holiday treats. Get the family together to play football, soccer, or tag in the yard or at a local park, play charades or a family game in the living room, and go for a walk after dinner.

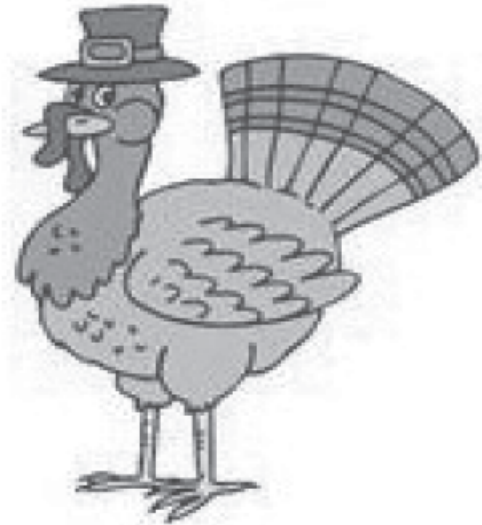


# Thanksgiving Puzzles

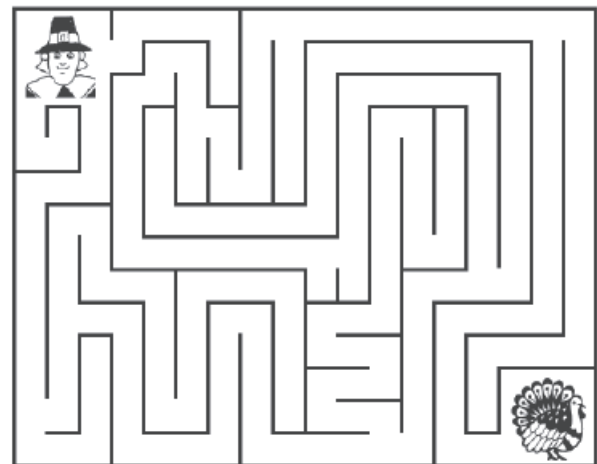
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Thanksgiving!



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|----------|-----------|----------|
| BAKE     | FEAST     | PIE      |
| COLONY   | GRANDMAS  | PILGRIMS |
| COOK     | GRAVY     | SNOW     |
| CORN     | HAM       | STUFFING |
| DRESSING | INDIANS   | THURSDAY |
| FAMILY   | LEFTOVERS | TURKEY   |



Help the Pilgrim find the turkey

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Toll Free: 1-877-588-3775

Visit our website at

[http://www2.kumc.edu/kids/healthy\\_hawks/](http://www2.kumc.edu/kids/healthy_hawks/)

Please contact us if any of your contact information has changed so we can continue to send you our newsletters. If you would like to be taken off our mailing list, please let us know.

**THANK YOU & STAY HEALTHY!!**

### Calendar of Events:

 **November - Diabetes Awareness Month**

 **November 26<sup>th</sup> - Thanksgiving**



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