

30+5 Windsor Update Spring-Summer 2009

The End and the Beginning

30+5 finished their HRSA grant working with middle schoolers and was awarded another three year HRSA grant to continue to spread their message to elementary school children in Springfield and Bellows Falls. They will now be moving into Elm, Union, and Park Street Elementary Schools in Springfield and Central Elementary School in Bellows Falls, trying to improve school lunches by working with the Wellness and Nutrition Committees and by getting physical activity into the classroom with "energizers" and other innovative programs.

Garden donations/Plant a Row

During last summer, 30+5 requested that local produce growers in the Windsor and Springfield Community plant an extra row or donate excess produce to their local school cafeteria. The Blais Farm in Springfield donated copiously and consistently, and Café Service manager Bob Cerres was able to add fresh zucchini, summer squash, peppers, tomatoes, and cucumbers to the cafeteria luncheon fare.

Community members should plan on an extra row this year, as well, and give the excess to the school to have it incorporated into their lunch.

Taste Testing and Cooking with the 6th grade and with FACS

Approximately twice a month over the last year, due to a generous donation by Black River Produce, Nancy and day visited Windsor's 5th and 6th grade lunchtime to offer taste testing of a variety of fruits and vegetables. Star fruit, kiwis, and strawberries were a big hit over the last few months.

We presented a Lettuce B curriculum to 7th and 8th grade FACS students, complete with a homemade honey mustard dressing and Jeopardy game. FACS teacher Nicole Boynton will receive a curriculum with lesson plans and recipes 30+5 has made with her class over the past 3 years.

30+5 Nutrition and Physical Activity Survey and BMI Results

For the third year in a row, the staff handed out a physical activity and food preference survey to students in Riverside Middle School and State Street and Windsor Schools. 322 kids filled out the survey this year, and the answers are a little upsetting in some categories. More kids are saying "No" to questions like, "Do you have a desire to be more physically active?" and "Do you have a desire to eat healthier?" The overwhelming majority still knows that fruits and veggies are healthier than fries. But what are they eating for lunch? Deli is the most popular, followed by pizza, then hot lunch, then salad bar. The reason most given for not being more physically active is, "Don't have time," and the numbers of children playing outside regularly have dwindled. If you'd like a full print-out of the questions and answers, e-mail dfinnegan@svahec.org.

The BMI results for this year are:

Windsor School	Total # Measured	At Risk BMI 85-95 percentile		Overweight BMI > 95 percentile		Underweight BMI < 5 percentile	
		#	%	#	%	#	%
6 th Grade	29	7	24	13	45	0	0

7 th Grade	34	10	29	8	24	2	6
8 th Grade	33	4	12	9	27	0	0

Various Presentations

30+5 did a variety of presentations in the last few months informing how their program promoted physical activity and nutrition in the schools and their plans to move to elementary schools. Presentations were given at VT FEED functions at both Billings Farm and Champlain College, AHEC Nursing Grand Rounds on all VIT sites statewide, and the Southern Vermont AHEC Board of Directors.

VT FEED Workshop

30+5 is sponsoring a Vermont FEED (Food Education Every Day) workshop for cafeteria employees from Windsor, Bellows Falls, and Springfield. The program secured \$1,500 in donations from local sources to help send 30 workers on August 19 and 20, 2009. This 4-hour workshop will familiarize participants in handling, storage, and preparation of fresh produce. All workers will receive a \$50 stipend to attend.

30+5 and the Nutrition Committee

There are no more meetings this school year, but there are some strong members on the Wellness Committee, and we hope they will continue to strengthen and broaden this mechanism for change.

The "30+5" Intervention is a Rural Health Services Outreach project dedicated to encourage increased physical activities and healthier food choices. "30+5" is funded by the U.S. Health Resources and Services Administration and matching contributions from consortium partners in the Springfield and Windsor communities.

