

30+5 Spring/Summer Update 2010

30+5 is a Health Resources and Services Administration (HRSA) grant-funded school-based obesity prevention program. Our mission is to improve the health of youth through the incorporation of more physical activity and more servings of fresh fruits and vegetables. Our target population is elementary school youth in Springfield and Bellows Falls, Vermont.

Cooking in the classrooms: Through a generous donation from the Windham Foundation, 30+5 was able to purchase and equip 4 traveling classroom cooking carts for the elementary schools in our target areas.

If you have not yet utilized the cart, please ask the school secretary where it is located and roll it into your classroom to cook with your students. The cart contains an array of cooking paraphernalia. The Vermont Country Store donated some fabulous quality utensils for this cart. The cart also contains some great cookbooks including a curriculum cookbook. During this past school year, we have been invited to cook with classrooms 20 times. Some of the hits were guacamole, hummus, mango and papaya parfaits, and potato latkes.

We hope you enjoy the carts and make them part of your course agenda. 30+5 will be available to help next year should you need extra hands when cooking with the classroom.

Health Behavior Surveys: Thanks to the teachers and students that took our baseline survey at the beginning of the year. We will be taking a survey again in the fall. Also, look for 30+5 to be in the school cafeterias next school year to document what the kids are eating during school lunch.

Energizer Winners: Classrooms in both districts were asked to participate in our "Energizer Challenge". This challenge asked teachers to incorporate more movement into the curriculum. Physical Activity above and beyond PE and recess were recorded and faxed over to 30+5. This school year we had 3 Grand Prize Winners and 1 Runner-Up. The 3 Grand Prize Winners: Jeanne Cloues, First Grade, from Central Elementary School in Bellows Falls took her classroom swimming at the Edgar May Health and Recreation Center; Jodi Greene, Kindergarten, from Park Street took her class to Grafton Pond's Snow Park. Krissy Chambers, Thirde Grade, from Park Steet will take her class to Plymouth State Park; Runner-up: Susan LeDrew, First Grade, from Park Street won a collection of classroom activities including a

parachute and how-to book, activity dice, and a collection of balls and jump ropes.

Dietitian Services: The 30+5 program and Springfield Medical Group have made available dietitian services for youth K-8. Emily Knup RD, LDN, CNSD is seeing youth and their families at the following locations: Springfield Pediatric Network, Family Medicine Associates, Cornerstone Pediatrics, and Rockingham Medical Group. Services are offered through pediatrician referral. These services provide a family intervention which utilizes hands-on education while offering nutritional awareness and skills. Emily saw a total of 32 youth patients from Nov. 2009-March 2010.

Community/School Gardens and fresh produce: Both Springfield and Bellows Falls have community garden plots set aside for produce for the elementary school cafeteria to utilize. Central School in Bellows Falls has also started a vegetable garden in the school courtyard. We have received a commitment from Café Services that they will use the produce from the gardens and with the money saved they will purchase additional fresh fruit and vegetables during the school year. Additionally, 30+5 has put out a plea to avid gardeners to donate their surplus to local school, as schools can accept from individuals fresh products but not processed.

Springfield Community Market: It's a-go! The PAN Consortium helped guide Springfield on the Move through their infancy on getting a Market back into the town. It will start June 5 and go to October 9 in the Chittenden Parking Lot in downtown Springfield from 10-1. Check out the webpage <http://www.springfieldcommunitymarket.com/> and become their fan on facebook at Springfield Community Market.

Recess: It has been brought to our attention that physical activity recess equipment (barring playground structures) is much needed in our elementary schools. This lack of equipment is a barrier to getting kids moving. The 30+5 program would like to assist by providing some equipment. Additionally, we plan to offer training on using this equipment to the teachers and/or paras that are responsible for supervising the indoor and outdoor recesses. Please let us know if you have suggestions for items that will engage youth in movement.

School Foods/Wellness and Nutrition Committees: 30+5 continues to collaborate with Café Services, the school food provider. Collectively, we strive to add more fresh produce to the school menu.

For next year 30+5 is proposing to offer a hands-on training to incorporate specific produce accompaniments into the cafeteria food offering 4 times per year. These menu items will be served to diners in the target school cafeteria and then repeated by the cafeteria service again during the school year. 30+5 will offer a half day in-service in late August 2011 to Café Service staff. This will feature creative ways to offer healthy foods.

Through utilization of produce donations from local growers and community gardens, Café Services has agreed to use money saved on produce to purchase fresh produce during the school year. Due to USDA upgrades, all current VT public school cafeteria contracts need to go out to bid unless the school has a private contract. Districts will begin reviewing bids from food service providers.

Bellows Falls has formed a review committee to lend a voice in the process which consists of wellness committee members, teachers, students, parents, and school board members. Springfield will review bids soon; this process will be done by Martha Tarbell and Steve Hier.

Forest Jade, a Springfield High School Student, has joined the district's nutrition committee and has also made a "nutritional moment" commercial which has been aired on both SAPA AND BFTV. He plans to make at least one more commercial for next year.

30+5 is actively involved in increasing representation on school wellness/nutrition committees. If you are interested in joining these meetings, find out future meeting dates from Martha Tarbell for Springfield: 802-885- 5141 and for Bellows Falls Sue Stack at the S.U: 802-463-9958.

If you're looking for an interesting take on school lunch, check out the blog <http://fedupwithschoolunch.blogspot.com/> where Mrs. Q, an anonymous teacher, eats and blogs about eating school lunch for one year.

If you'd like any more information, please call Nancy Schaefer or daylyn finnegan at 802-885-2126 x. 206.