

# food ~~revolution~~ evolution

a smart approach to changing the way we eat | february 2012

## THE ULTIMATE POWER TOOL

**DANGER,  
DO NOT USE  
NEAR CHILDREN**



Have you ever been tempted to say:

"If you do not eat one more bite, I'll be mad!"

"Clean your plate so you can play,"

"No dessert until you eat your vegetables," or

"Stop crying, and I'll give you a cookie"

Remarks like these may lead children to the development of unhealthy eating habits. They may create unneeded conflict and struggles between you and your child.

- Eating for parental approval or love teaches unhealthy behaviors, attitudes, and beliefs about food, that in turn may affect self-esteem.
- Rewarding a clean plate teaches your children to ignore body signals that may lead to overeating.
- Offering a food (dessert) as a reward for eating another (veggies) makes some foods seem better than others. There are no good and bad foods! You might even have dessert during the meal just to change things up.
- Giving a food treat to make your child feel better teaches him/her to relieve negative feelings by eating. Attaching food to our feelings of self-worth may be as important of a contributor to obesity as DNA.

### INSTEAD USE A "HAND-TOOL" APPROACH:

- Reward your child with attention and kind words.
- Console with hugs and talk.
- Show love by spending time and having fun together.
- Drop the "clean plate club."



## DIRECTOR'S DISH

By Diane Zipay, Director of Nutrition Services

### GOOD FOOD HABITS – Essential for a Healthy Life

**M**ultiplication tables are a skill that children must learn to be successful in math – good food habits are also an essential life skill. Although we don't think of our food habits as a learned life-skill, proper table manners and healthy food choices are skills that children must have to be successful in life as much as reading and writing.



Proper table manners and smart nutritional choices can impact peer relationships, academic achievement, positive self-esteem and even future employment opportunities. Corporations, faced with high medical insurance premiums, are selecting employees who are not only qualified to do the job, but also display that they are fit and healthy.

How parents can nurture good food habits:

- **Be a good role model.** Your child watches what you eat. If you eat and enjoy vegetables, chances are your child will try them too.
- **Give your child enough table time.** Young children do not have the muscle development or skills to eat as fast as adults.
- **Skip the urge to reward, punish, or appease your child with food.** Food seems to have taken front and center as the "ultimate power tool." We talk more about food, both in good and bad terms, than most anything else. This is one power tool you don't want to use.
- **Eat meals together as a family as often as possible.** Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. If mealtimes are unpleasant, children may try to eat faster to leave the table as soon as possible. They then may learn to associate eating with stress.

### Comments? Suggestions?

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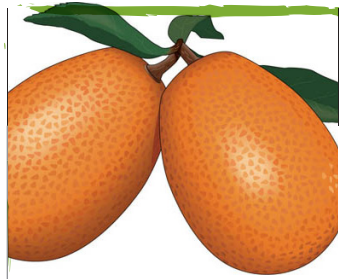
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## Try a Bite

### Kumquats

**February 8th:** Kumquat: This little fruit tastes similar to an orange and is eaten skin and all. The fruit is small and round or be oval shaped. The peel has a sweet flavor but the fruit has a sour center. The fruit is mainly used to make marmalade and jelly. This plant symbolizes good luck in China and other Asian countries, where it is sometimes given as a gift during the Lunar New Year.

## Glossary

### of Italian Foods:

**Risotto** [*rih-SAW-toh*]: Italian rice slow-cooked with hot stock to a creamy texture  
**Ciabatta** [*chah-BAH-tah*]: Thin-crust, airy Italian peasant bread

**Tuscany:** Region of Italy centered on the city of Florence

**Grinder:** Regional New England name for a sub, hero or hoagie sandwich

**Formaggio** [*for-MAH-zhoh*]: Italian word for cheese

**\* FEBRUARY 27-MARCH 2 IS ITALIAN WEEK!** The last week of this month we will experience "The Taste of Italy." The main characteristic of Italian cuisine is its extreme simplicity, with many dishes having only four to eight ingredients. Please take the opportunity to review the menu from February 27th through March 2nd with your child and encourage him/her to try these great menu selections. These dishes are Italian classics that are rich and flavorful.

<p>Feb 6</p> <p><b>Chicken Patty on a Bun</b> Peas Fuji Apple Wedges Sugar Cookie</p> <p><b>or Soybutter and Jelly Sandwich</b></p>	<p>7</p> <p><b>Crispy Tacos</b> Lettuce and Cheese Cup Corn Banana</p> <p><b>or Crispy Chicken Salad</b></p>	<p>8</p> <p><b>Pizza Hut Pizza</b> Lettuce Salad Apricots <b>Try A Bite:</b> Kumquat</p> <p><b>or Tuna Salad on Nine Grain Bread</b></p>	<p>9</p> <p><b>Macaroni and Cheese</b> Fresh Broccoli Peaches Soft Pretzel</p> <p><b>or Taco Salad</b></p>	<p>10</p> <p><b>All Beef Jumbo Hot Dog on a Bun</b> Baked Beans Baby Carrots Applesauce</p> <p><b>or Scoop of Tuna Salad with Pita Chips</b></p>
<p>13</p> <p><b>Hamburger on a Bun</b> French Fries Cherries and Pineapple Medley</p> <p><b>or Yogurt Parfait</b></p>	<p>14</p> <p><b>VALENTINE'S DAY</b> <b>Heart Shaped Chicken Nuggets</b> Red Leaf Salad with Raspberry Vinaigrette Strawberries Dinner Roll Heart-Shaped Cookie</p> <p><b>or Bagel with Roasted Garlic Hummus</b></p>	<p>15</p> <p><b>Spaghetti with Meat Sauce</b> Green Beans Grapes Breadstick</p> <p><b>or Crispy Chicken Wrap</b></p>	<p>16</p> <p><b>BBQ Pulled Pork on Slider Bun</b> Corn Cobbette Dill Pickle Spear Fruit Cocktail Happy Birthday Cake</p> <p><b>or Asian Chicken Salad</b></p>	<p>17</p> <p><b>Teriyaki Chicken over Rice with Chow Mein Noodles</b> Nappa Cabbage Salad Mandarin Oranges Fortune Cookie</p> <p><b>or Roasted Garlic Hummus w/ Pita Chips and Fresh Veggies</b></p>
<p>20</p> <p><b>PRESIDENT'S DAY</b> NO SCHOOL</p>	<p>21</p> <p><b>FAT TUESDAY</b> <b>Popcorn Chicken</b> Jambalaya Flavored rice Pineapple, Banana Mandarin Orange Salad King's Cake</p> <p><b>or Lunch Crunch Box</b></p>	<p>22</p> <p><b>ASH WEDNESDAY</b> <b>Try A Bite:</b> Pomegranate Seeds <i>Pomegranate aril is a good source of vitamin C, B5, potassium and polyphenols.</i> <b>Pizza Hut Cheese Pizza</b> Lettuce Salad Pears</p> <p><b>or Crispy Chicken Po' Boy</b></p>	<p>23</p> <p><b>Creamed Chicken over Mashed Potatoes</b> Cara Cara Oranges Dinner Roll Chocolate Chip Cookie</p> <p><b>or Chef Salad</b></p>	<p>24</p> <p><b>NATIONAL TORTILLA CHIP DAY</b> <b>Cheese Nachos (meatless)</b> Refried Beans Corn Cinnamon Apples</p> <p><b>or Deli Sandwich</b></p>
<p>27</p> <p><b>Italian Beef Slider</b> Risotto (Rice) Grape Tomatoes Pears</p> <p><b>or Yogurt Parfait</b></p>	<p>28</p> <p><b>Tuscany Chicken with Herbs and Cheese on a Ciabatta Roll</b> Green Beans Grapes</p> <p><b>or Antipasto Salad</b></p>	<p>29</p> <p><b>East Coast Italian Grinder Sandwich</b> <i>Ground Beef and Italian Sausage in a Hoagie Bun topped with Cheese</i> Roasted Zucchini Strawberries with Whipped Topping</p> <p><b>or Chicken Caesar Salad</b></p>	<p>March 1</p> <p><b>Chicken Formaggio over Penne Pasta</b> <i>Tender Chicken in a light Cheese Sauce tossed with Penne Pasta</i> Fresh Steamed Broccoli Peaches Breadstick Tiramisu <b>or Pepperoni and Cheese Sandwich</b></p>	<p>2</p> <p><b>Breaded Mozzarella Sticks with Marinara Sauce</b> Italian Vegetables Orange Wedges</p> <p><b>or Antipasto Salad</b></p>

**\* Yogurt and a cheese stick is offered daily as a main dish during lunch.** 8 oz. fluid milk served daily. Menus subject to change. 🐷 Denotes PORK in main entree. When ham is not designated as pork, it is a turkey product. 🐂 Denotes BEEF in product. 🥜 Denotes NUTS in main entree. This institution is an equal-opportunity provider.