



NUTRITIONAL NEWSLETTER

The Environmental Committee

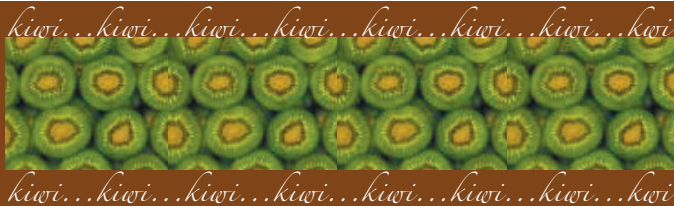
*In general my children refuse to eat anything that hasn't danced on television.
~Erma Bombeck~*

June 2006

All about our toddlers...

Do you have a child that is a fussy eater?
Leading psychologist, Professor David Benton says...

- Keep trying new foods. Repeated exposure to initially disliked foods can breakdown resistance.
 - Don't restrict access to particular foods. This has the effect of increasing, rather than decreasing, preference for, and consumption, of that food.
 - Don't force your child to eat a particular food. Doing so will decrease the liking of that food. Neophobia (afraid of new foods) is to be expected and should not be allowed to generate negativity.
 - Don't use high energy foods as rewards and treats for eating their greens. It's unlikely to encourage your child to eat the food you want them to eat. Use rewards such as a trip to the swimming pool or the movies instead.
- Source: The European Food Information Council



Fun Facts

The kiwifruit is native to the Yangtze River valley of northern China and Zhejiang Province on the coast of eastern China. The first seeds were brought out of China by missionaries to New Zealand at the turn of this century. The fruit gets its name from a marketing strategy, naming it after the kiwi, the national bird of New Zealand, where the fruit was first commercially popularized in 1959 by the New Zealand fruit-and-vegetable export company Turners and Growers; previously it was known as the Chinese gooseberry, but due to the Cold War, the Chinese label seemed unfit for popularization of the fruit in Western countries. Kiwifruit is a rich source of vitamin C. Its potassium content by weight is slightly less than that of a banana. It also contains vitamins A and E, The skin of the kiwi is a good source of flavonoid antioxidants.

Source: <http://en.wikipedia.org/wiki/Kiwifruit>

Check out *The Future of Food* video

"THE FUTURE OF FOOD offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled grocery store shelves for the past decade."

This DVD is being passed amongst the parents at Silverspot. If you haven't had a chance to see this documentary, ask Christina Noyes and she will get it to you.

What's happening?

Rebecca Porteous has committed to leading the Silverspot Composting Program. Teacher Aida is excited about helping teach our children how to compost their leftover food and scraps. More about composting go to: <http://www.compostguide.com/>

Why choose non-toxic cleaning products?

...PRECAUTION IS PREVENTION...

"When science cannot yet fully establish a cause-and-effect relationship, but can provide reasonable evidence of harm, this principle urges us to take precautionary measures. In other words, if we wait until we're absolutely certain, we've probably waited too long." - Children's Health Environmental Coalition

Common all purpose cleaners, ammonia-based cleaners, metal polishes, drain cleaners, floor waxes, etc., all may contain dangerous chemicals.

There are a number of environmentally friendly products available that are effective and less toxic. You can also use a number of ordinary products to clean - products that are in your cupboards: baking soda, lemon juice, vinegar, salt, cream of tartar, citrus peel, celery and Borax. To learn more about these cleaners and other ways to protect your family from toxins go to: <http://www.checnet.org/checreport/19.pdf>

Skin Care at Silverspot...

The Center for Disease Control & Prevention stated that studies indicate that protection from UV exposure during childhood and adolescence reduces the risk for skin cancer. These studies support the need to protect young persons from the sun beginning at an early age. School staff can play a major role in protecting children and adolescents from UV exposure and the future development of skin cancer by instituting policies, environmental changes, and educational programs that can reduce skin cancer risks among young persons.

The following facts are supported by the American Academy of Pediatrics. For sunscreen to work, it needs to be applied 30 minutes before going into the sun and reapplied every 2 hours. Sunscreen should be applied to the face and all parts of a child's exposed body need sunscreen i.e. neck, ears, tops of hands, backs of legs and toes. Smooth sunscreen into children's skin gently do not rub it in vigorously. Apply sunscreen on cloudy and foggy days.

Great Find

Leah Rose would like to share a great find: *Evert-Fresh Green Bags* - these are bags that help keep fruits & vegetables fresher three times longer than when using regular plastic bags. Bags are reusable. These bags are made of Polyethylene, which has not been shown to leach toxic chemicals to date. These bags are also lined with Oya, a natural mineral that absorbs and removes ethylene gas which comes from fruits and vegetables. Oyas slows down the ripening process. You can purchase them at Rainbow Grocery or you can go to: <http://www.evertfresh.com>

SCORE OF THE MONTH—*Go to the movies!*

Instead of featuring a store of the month, we are featuring a “must-see motion picture.” It will be “the scariest movie you see this summer!” If you haven’t already seen *An Inconvenient Truth* go see what audiences everywhere are applauding with standing ovations. “That’s because An Inconvenient Truth gives voice to a crisis that impacts us all: global warming. The facts are chilling and galvanizing individuals.”

“Even the smallest lifestyle adjustments taken collectively can add up to significant reductions in global warming. Reversing global warming is not a political issue. It’s a practical and realistic proposal. It’s our civic responsibility. If we, our children, and our children’s children want to continue living on Earth, it’s an imperative. And we have to start today.”

View the Personal Impact Audit Checklist, which will walk you through your home, room-by-room, and help you assess your energy efficiency. Click here to view simple steps that you can take to reduce your personal contribution to global warming. <http://an-inconvenient-truth.com/personalimpactauditchecklist.pdf>

QUICK TIP: Fuel up your car when it is cool outside. When the temperature is high, gas fumes heat up and create more ozone.

Health & Awareness

When we eat colorful fruits and vegetables, the pigments (or colorings) protect us. The pigments responsible for plant color belong to a class of chemicals known as antioxidants. Typically, an intensely colored plant has more of these protective antioxidant chemicals than a paler one does.

Free radicals affect people and animals. Ultraviolet (UV) light from the sun, polluted air, such as smog, automobile exhaust, or discharges from a factory, are chemicals you take in that cause free radical damage.

Free radicals can bond with molecules in a cell, changing the molecules into forms that aren’t as useful or good for the cell as the originals were. They can also damage DNA, the genetic material that serves as the master plan for a cell and governs how it works. In general, free radicals can keep a cell from functioning properly.

While we’re young, our defenses are pretty strong. However, our natural defenses get weaker as we get older. The body’s built-in stoppers can only go so far without extra help. And we can sometimes see the effects of free-radical, or oxidative, damage directly. Wrinkled skin, for example, is one sign of skin-cell damage. Certain cancers and heart disease are linked to free radicals. We can help by sending in reinforcements: *antioxidants*. For people, this means a lifestyle of consistently eating a variety of fruits and vegetables with intense colors. Recently, the U.S. Department of Agriculture released new guidelines that recommend we eat five to nine servings of fruits and vegetables each day.

The key to fighting free radicals with fruits and vegetables is to mix and match colors. Go for very bright colors and for many different colors.

If you’re looking for greens, broccoli, and dark green lettuces do the job. Pale iceberg lettuce packs little chemical bang per bite. For reds, cranberries and other berries are best, and tomatoes are tremendous. Carrots, oranges, sweet potatoes, and squash all shine among the yellow/orange foods. Eat blueberries, Concord grapes, and eggplant; these blue foods contain hundreds of healthful chemicals not found anywhere else. In general, fresh organic fruits and vegetables are great, but dried or frozen forms of these foods can also be healthy.

Source: <http://www.sciencenewsforkids.org/articles/20050302/Feature1.asp>

Snack of the Month

Changing made a simple and delicious snack for our children this past month. Here are the details:

Main Dish:

- 24 oz cooked brown rice while it is still hot, mixed in 1 bag (6 oz-8oz) shredded cheese (Mexican mix)

Side Dishes:

- 9 oranges cut into small piece
- lightly boiled edamame with pod • carrots

Notes from Changing: *I tried the edamame without the pod, but it seems to me kids like edamame in the pod better, it is fun to take them out! Pretty simple, all organic, and they did like it.* A big THANK YOU to Changing for all of the time she has contributed to Silverspot and the Environmental Committee! We will miss you!

Health & Awareness Part II

Three cheers for Silverspot parents for taking the lead at becoming a model school by using non-toxic cleaning products in our classroom. The Children’s Health Environmental Coalition’s recent report supports our environmentally conscious efforts. The report states that we should never reuse and that we should reduce our exposure to polycarbonate plastic, which is the #7 recycling code at the bottom of the container. Studies show that chemicals in various plastic can migrate into our food under certain conditions i.e.. Heat, microwave, scratching. Phthalates, a common chemical in consumer products, from plastic toys to food packaging to personal care products to building materials, including certain food storage plastics, were recently added to the Prop 65 list of chemicals known to cause cancer, birth defects and other reproductive harm. You can reduce exposure by not microwaving in plastic containers and by wrapping and storing hot foods in wax paper or glass containers. To learn more about the research being done on these topics go to our source: <http://www.checcnet.org/checcreport/19.pdf>

Please read all ingredient labels carefully and review Silverspot’s designated *Foods To Avoid* when preparing snack: <http://www.silverspotcoop.org/foodAvoid.html>

Please do not buy foods for snack that have Corn Syrup, High Fructose Corn Syrup, Hydrogenated Oils, Partially Hydrogenated Oils, Artificial Colorings or Artificial Flavorings in their ingredient list.

An electronic version of the *Nutritional Newsletter* is available on-line with working hyperlinks.