



# NUTRITIONAL NEWSLETTER

The Environmental Committee

*Children are remarkable for their intelligence and ardor, for their curiosity, their intolerance of shams, the clarity and ruthlessness of their vision.*

~Aldous Huxley~

May 2006

## All about our toddlers...

Make it easy. When kids come racing home hungry for a snack, chances are they'll grab the most convenient item. Make fruits and vegetables convenient by placing them in spots where kids will see them first. Fill a large basket or bowl with fresh fruit and place it on the kitchen counter or table. Have "grab and go snacks" in small plastic bags (cut up raw vegetables, peeled and segmented oranges, grapes, etc.) ready and waiting in your refrigerator. Fresh fruit has more nutrients and vitamins than fruit juice.

## What's happening?

This month the Environmental Committee surveyed the Membership regarding snack. We found that the majority of families would rather have the school take over snack entirely, for .40¢ a session. We also found that 80% of the parents would like their children to be served organic fruits and vegetables, 77% of the parents would like their children to be served organic dairy products and 68% of the parents are willing to bring in a school project twice a year in lieu of a school snack. Only 28% of the parents wanted to supply daily snacks for their own children. For more details and the complete listing of the results please go to: [http://www.silverspotcoop.org/snack\\_survey.html](http://www.silverspotcoop.org/snack_survey.html)

## Why choose organic dairy products?

Organic Dairy Cows are fed organic feeds which means that no toxic pesticides, herbicides, fungicides, nor fertilizers or sewage sludge were used in the cow feed. Organic Dairy Cows are not treated with antibiotics or the bovine growth hormone rBST. Organic milk is not irradiated. Organic products are third party certified as being from ecologically responsible dairies. This certification is your assurance that when you buy organic milk you are supporting organic farmers.

1/2 gallon of Organic Clover milk is \$2.99 at Rainbow Grocery. Clover is local and has received high ratings from the Cornucopia Institute: [http://cornucopia.org/dairysurvey/Ratings\\_Alphabetical.html](http://cornucopia.org/dairysurvey/Ratings_Alphabetical.html)



## Silverspot Snack

Calcium is a mineral that is mostly present in your child's bones. Having a diet with foods that are high in calcium to meet daily requirements is necessary for the development of strong bones and teeth and for the maintenance of healthy gums. It is also an important way to prevent the development of osteoporosis in adults.

Toddlers (age 1-3 years) require about 500mg of calcium each day (about 2 glasses of milk).

Preschool and younger school age children (age 4-8 years) require about 800 mg of calcium each day (about 3 glasses of milk).

Source: [http://www.keepkidshealthy.com/nutrition/calcium\\_requirements.html](http://www.keepkidshealthy.com/nutrition/calcium_requirements.html)

Calcium is found in dairy foods, salmon (with bones), sardines, seafood, and dark green leafy vegetables. Food sources include almonds, asparagus, blackstrap molasses, brewer's yeast, broccoli, buttermilk, cabbage, carob, cheese, collards, dandelion greens, dulse, figs, goat's milk, turnip greens, oats, prunes, sesame seeds, flaxseed and yogurt.

Source: *Prescription for Nutritional Healing Third Edition*



## Fun Facts

Cheese is nutritious food made mostly from the milk of cows but also other mammals, including sheep, goats, buffalo, reindeer, camels and yaks. Around 4000 years ago people started to breed animals and process their milk. That's when cheese was born. Archaeological evidence points to the prehistoric existence of cheese. Cheese can not really be said to have been "invented". This delicious food must have resulted from the simple observation that milk left in a container ends up by coagulating, even more if it is hot. Source: <http://www.cheese.com/>

## Creative Snack Ideas

- 1 can organic refried beans (reg. or black)
  - 1 block of organic Monterey Jack Cheese
  - 2 pkgs of Organic corn tortillas (¢.99 for 12 @Whole Foods)
- Grate cheese & warm beans in sauce pan. Spread cheese on top of tortilla put in the oven for 4-5 minutes on broil. Spread beans on top. Fold tortilla in half. Cut into thirds. For something a little spicier, scoop fresh salsa on top. Enjoy!

## Great Savings

Check out the great savings for April in Rainbow Grocery Cooperative coupons at the back of the SBC Phone Book on page 12. You can save 20% off your entire purchase.

To see Rainbow's current monthly specials, go to: <http://www.rainbowgrocery.org/>

Don't forget to get Rainbow script from Diana Ji or Erin Deregó.

## STORE OF THE MONTH—*Midtown Market* {located in Brisbane}

We found that some of the items at Midtown Market were a bit more expensive than Rainbow Grocery & Trader Joes. However, if you are in a pinch to buy snack, we found a combination of organic foods for approximately \$20.00 at Midtown Market.

1. Garden Time Organic Pasta “potpourri” (12 oz. \$2.59), Muir Glen Organic Marinara Sauce (quart jar \$4.39), Organic Monterey Cheese (1 lb 4.49), Organic Gala Apples (\$1.99 lbs. x 2.5 \$5.00) TOTAL — \$16.74
2. West Brea Naturals Organic Black beans (15 oz can \$ 1.79), West Brea Naturals Organic Corn (\$1.89 /15 oz can x 2 = \$3.78), Horizon Organic Monterey Jack cheese (1 lb \$ 9.18), Garden of Eden Organic Black Bean Tortilla Chips (\$2.79/7.5 oz bag x 2=\$5.58) TOTAL—\$20.33
3. Nature’s Path Organic Crackers (8oz. box \$3.69 x 2=\$7.38), Wildwood Organic Humus (12oz/\$4.59 x 2=\$9.18), Organic Celery (\$1.29 /bunch), Organic Carrots (\$1.49/ bag x 2 = \$2.98) TOTAL — \$20.83
4. Annie’s Homegrown Organic Mac & Cheese (\$2.25 a box x 5= \$11.25), Organic Gala Apples (\$1.99 lbs. x 2 = \$4.00) Chino Ranch Hardboiled eggs (halved) (1 dozen \$ 5.18) TOTAL — \$20.43

### Health & Awareness

Despite opposition from scientists, farmers, and consumers, the US currently allows dairy cows to be injected with recombinant bovine growth hormone (rBGH), also known as recombinant bovine somatotropin (rBST). Developed and manufactured by the Monsanto Corporation, this controversial, genetically engineered hormone forces cows to artificially increase milk production by 10 to 15 percent.

Although the FDA approved the use of rBGH in 1993 and continues to assure consumers that the hormone is safe for humans and cows, these claims are not universally accepted. In fact, the European Union and Canada have banned the use of rBGH as a result of safety concerns revealed during product testing.

Studies conducted by Health Canada (Canada’s equivalent of the FDA) determined that administration of rBGH is harmful to cows’ health; the drug increases the risk of mastitis (an infection that causes painful inflammation of the udders) by 25%, interferes with reproductive functions, and increases the risk of clinical lameness by 50%.

Since the abnormally high rate of milk production induced by rBGH strains cows’ immune systems, the animals are more susceptible to sickness— this leads producers to administer larger doses of antibiotics and other drugs, which increases the risk that trace residues of these drugs will appear in cows’ milk.

In 2003, approximately 33% of the 9 million U.S. dairy cows were in herds treated with rBGH. The U.S. does not require milk from these cows to bear any special label. While some dairies have pledged not to use the hormone and have created “rBGH-Free” labels for their milk, Monsanto has filed lawsuits against a number of these dairies in order to eliminate the labels and prevent consumers from obtaining complete information about their milk. Source: <http://www.sustainabletable.org/issues/rbgh/>

### Snack of the Month

This month Diana Ji {Alex’s Mom} made some super yummy “Pleasing Parfaits” for our students. A parfait is a snack that is made in layers. So...layer up one of your own! Use your very favorite ingredients. You don’t need fancy parfait glasses. You can pile delicious layers into any glass, tall or small. Diana used short transparent plastic cups. Diana layered yogurt and fruit. She topped it off with some rice crackers. It was gorgeous! It could be fun to let the children choose their ingredients and do the layering themselves! Sample Ingredients: applesauce, frozen orange juice, berries, peaches, grapes, watermelon granola, nuts & cereal.

### Upcoming Event

Marion Nestle, the featured nutritionist in the movie *Super Size Me* and the author of *Food Politics* and *Safe Food* will be coming to San Francisco on May 17 to talk about her new book, *What to Eat*.

If you are a parent, a stroll through the average supermarket is bewildering. Is “rhhst” milk safe—and what is “rhhst” anyway? Can you wash pesticides off fruit or do you have to buy organic? What is GMO wheat, and does it matter if it’s in your kid’s cereal? And how can an average parent afford all the organic, wild, free-range food we are told we should be buying?

Marion Nestle brings food science and common sense to food shopping. With sharp humor, expertise, and a food lover’s delight, she will take parents on a trip through the supermarket experience, telling us what we need to know.

Wednesday, May 17, 7:00-9:00 pm  
Potrero Hill Neighborhood House  
953 De Haro Street  
San Francisco CA  
Free and Open to the Public  
<http://upcoming.org/event/56152/>

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 in their ingredient list.