



**Nutrition News**  
**Hartford Public Schools**  
**Department of Food Services and Nutrition Education**  
**Volume XI, Issue III, January 2004**

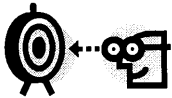


**A New Year, A New Plan**



After indulging during the holidays between Thanksgiving and New Year's Day, many people gain between three and seven pounds. **On January 1, 2004, the number one resolution is about weight loss.** Everywhere you look there is an article, a program, or a commercial about weight loss—The National Body Challenge, The Fit City Challenge, Slim Fast, Weight Watchers, 12 weeks to a Stronger, Slimmer You, Take it Off, Keep it Off. **This is the season to lose weight and exercise.**

Weight loss and healthy eating is a lifestyle change for many people. Here are some tips to jump-start your **Get Healthy Hartford Weight Loss Program:**



- **Write realistic and specific goals you would like to accomplish**
  - Buy a pedometer
  - Walk at least 5,000 steps a day
  - Lose 1/2 pound a week

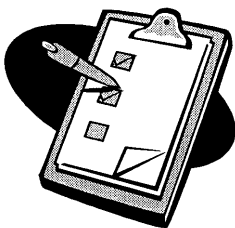


- **Prepare your home and yourself**
  - Rid your home of those high calorie, low nutrient "easy to eat" foods
  - Buy a new pair of walking shoes and have an indoor exercise plan when the weather is too cold or too snowy or too windy or too wet or too?????



- **Learn how it feels to be hungry**
  - Rate your hunger 1= is so hungry you will eat foods you don't even like; 5= is comfortable; 10= is stuffed
  - Eat only when your body feels empty

- **Make a list of non food rewards to use in place of food**



- Quiet time
  - reading a good book or the newspaper
  - going to the movies
  - getting a manicure or a pedicure
- talking on the telephone
- a mini or body massage-
- take a walk

**Get Out of Debt**



Researchers have found that **debt increases your risk for overweight, smoking, anxiety, insomnia, and high blood pressure.** The average U.S. household debt is \$8,400 in credit card balances, which is up from \$5,800 in 1995.

**Chinese New Year**



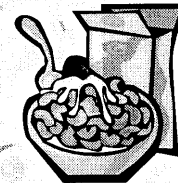
This is the year of the Monkey and the Food Service Department will be celebrating the **Chinese New Year on January 22 in prep kitchen sites.**

**Black History Month**



To celebrate **Black History Month**, the Food Service Department will be featuring a **special menu on Thursday, February 5 in prep kitchen sites.**

**Power Up with a Sports Breakfast**



**Clark, Fisher, Twain, Webster, and the University of Hartford Magnet Schools** are promoting breakfast with a sporting theme. Please encourage your students to go to the cafeteria for breakfast; it will improve their performance on and off the field.

**Did you know?.....**



- One pound of extra weight feels like four pounds to your knees
- Drink the orange juice within one week of buying it or making it for less nutrient loss
- Brushing your teeth after a meal, reduces the tendency to eat more
- Most Americans (50%) start planning dinner one hour before. Only 20 % plan it the day before

**Nutrition Education classes**



Please contact Susan Davis 695-8596 or [sdavis@hartfordschools.org](mailto:sdavis@hartfordschools.org) to schedule nutrition education classes for your students.