

**Hartford Public Schools
Department of Food Services
and Nutrition Education
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**Around the World Dining during
Multi-Cultural Month**



In celebration of Multi-Cultural Month, the cuisines of Mexico, Puerto Rico, Jamaica, and the United States, southern style will be prepared for your enjoyment. Every Wednesday during the month of May, the Food Service staff in our kitchen schools will be working extra

hard to prepare these special meals. Please discuss the informational packets you will receive with your students, and encourage them to try the different foods. After lunch take a few minutes to discuss how they liked the different menu items. You may want to ask your students to write a letter to Carole Kurtz, Food Service Director or to the Food Service staff in your school about the Multi-Cultural menus.

**Comfort Foods Make Us Feel Good but Are They
Healthy?**



In times of stress and worry, Americans have historically turned to so-called "comfort foods" which are generally high in fat and calories and low in the nutrients and natural substances that protect against diseases such as cancer and heart disease.

When we are anxious, stressed or fearful, we fall back to foods we associate with times of lowest stress- which tends to be our childhood. Some of the traditional comfort foods for Americans are mashed potatoes and gravy, fried chicken, beef stew, macaroni and cheese and chocolate chip cookies. Others may include chicken soup, chili, pizza, spaghetti, meatloaf, and rice pudding. Besides the nostalgic feelings they evoke, it's the textures and the feeling in the mouth that make the comfort foods so appealing. They are generally characterized as moist, creamy, soft, mashed, rich or still-warm textures, and are known for their relatively high fat content.

Order a single free copy of the American Institute of Cancer Research's "Comfort Foods" brochure by calling 1-800-843-8114 ext. 65 and learn how to make these comfort foods healthier.

**Are We Losing the Battle with
Weight Control?**



A recent report in the journal of Science suggest that the average adult gain of two pounds a year corresponds to consuming 100 calories more each day than are expended. So burning 100 calories more, or consuming 100 calories less can stop this weight gain. In order to lose weight at the recommended rate, reduce your intake by 250- 500 calories per day. Start by looking at your beverage choices a 20 ounce soda contains 250 calories, 8 ounces of fruit juice contains 100 calories, 8 ounces of whole milk contains 170 calories (8 ounces of fat free milk contains 80 calories) and one standard size alcoholic beverage contains from 100 to 170 calories.



Get Healthy Hartford Activities



Quirk Middle School - Weight reduction Program for the staff

M.D.Fox Elementary - Wellness and Nutrition Sessions for Parents and Staff

Fisher Elementary - Nutrition Discussions for Parents at their 2nd cup of coffee

Burns Elementary - Exercise classes for parents and staff

Burns Elementary - Nutrition Discussions for Parents in the Family Resource Center

Barnard Brown - Jump Rope for Your Heart for Students, Staff and Parents

Sanchez - Nutrition Discussion for Parents as Teachers

SAND - Nutrition Discussion for Parents as Teachers

Parent Educators - Nutrition Presentation for the Parents as Teachers Program

Social Workers - Improving Self Esteem and Wellness

Employee Health - Diabetes Workshop

- At the Connecticut Dietetic Association, Get Healthy Hartford was highlighted as a successful Coordinated School Health Program in Connecticut.
- City Councilman Robert Painter highlighted Get Healthy Hartford on his "House Calls with Dr. Bob" Access television show.

Please contact Susan Davis (695-8596) or Deborah Fournier (695-8597) with Get Healthy Hartford plans for your staff, parents, and students in the 2003-04 school year.