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DANCE, DANCE, DANCE
Turn off the television and
turn on the music!!

Get Healthy Hartford

Nutrition news

HARTFORD PUBLIC SCHOOLS—FOOD SERVICE DEPARTMENT
NOURISHING HARTFORD'S FUTURE

Food Allergies are Increasing in School Age Children.

Food Allergies

The incidence of food allergies has doubled during the last decade and now affects approximately 3 million school-age children and 1 in every 17 children age 3 or younger. These food allergies are lasting longer into childhood than in the past. It is becoming more difficult to manage a child's exposure to allergens. Even children who do not have food allergies are affected and are facing new restrictions on what they can eat and bring to schools, summer camp and even birthday parties.

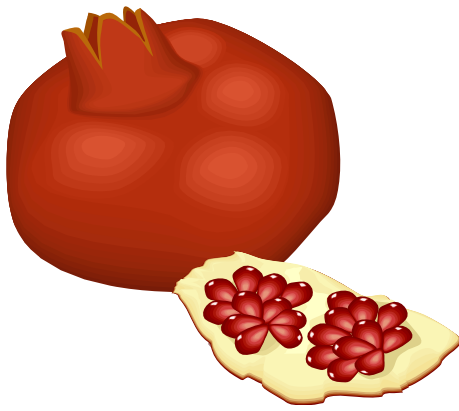
A recent federal law required food makers to plainly state whether their products contain any of the top food allergens (milk, eggs, fish, crustacean shellfish, peanuts, tree nuts, wheat and soy).

In Hartford, a System of Schools, there are several peanut free schools including Batchelder, Burns, Classical Magnet, Annie Fisher, Hooker, Kinsella, McDonough, Milner, Moylan, Naylor, Pathways, Sanchez, Simpson Waverly, Sports and Medical Sciences and Noah Webster.



Power of Napping

The majority of Americans are sleep deprived and are not getting enough night time sleep. When you are not getting enough sleep, it can affect your judgment, decision making, reduce your reaction time, your memory and your communication skills. Naps are the only strategy to pay back the sleep debt. So gather your "napnomic devices" - the things that assist you to get in the napping mood and enjoy the much needed rest.



Foods that could make you healthier

Expand your grocery list and upgrade your health



Pomegranate Juice

Pomegranate juice may decrease your systolic (top number) blood pressure and improve the blood flow to the heart. It is also high in vitamin C

Dried Plums

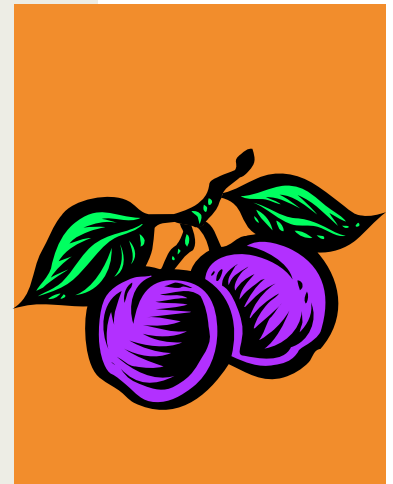
You may remember these as prunes and that explains why they are being marketed under a new name. Dried plums or prunes contain significant amounts of antioxidants which combat free radicals that cause damage to cells in the body.

Cabbage

One cup of cabbage has 22 calories. It contains sulforaphane, a chemical that increases your body's production of enzymes that destroy damaging free radicals and reduce your risk of cancer.

Guava

Guava is a tropical fruit with a sweetness that intensifies as you eat your way to the center. It has a high concentration of lycopene, an antioxidant that fights prostate cancer. It is also high in potassium and has 9 grams of fiber in every cup



Don't Be Fooled by the Apron

There are special people on the staff at your schools whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure students stay healthy and ready to learn. And amazingly, these members of our educational team perform all of these impressive feats while wearing an apron.

Our Food Services employees may not see the inside of a classroom very often, but they do make a daily contribution to the students' educational success.



It is really a very simple recipe: research shows that students who eat well learn better. So the hard work that gets done in our school cafeterias every day isn't just about preparing and serving meals. It's also about helping to make good education possible.



Call Susan Davis at 695-8596 to teach nutrition classes