



## Fruits and Veggies: More Matters!


Every step taken to encourage your students to eat more fruits and veggies helps them to be at their best. Eating fruits and veggies, more than any other food group, will help to keep your students healthy, and learn better. They taste great (are low in calories), and make quick, convenient snacks.

There are over 200 different kinds of fruit and vegetables—that's over 200 flavors and textures to enjoy! Always choose fresh if you can, but frozen, canned, dried, and 100% juice also counts towards a person's daily fruit and veggie consumption. Teach students to choose fruits and veggies of different colors—this will help provide their bodies with a wide range of nutrients needed to stay healthy.


### How many servings of fruit and veggies do children need?

Well, that depends on how active a child is. **Less Active** is defined as averaging less than 30 minutes of physical activity a day, **moderately active** children get between 30 and 60 minutes of physical activity a day, and **active** kids are physically active for more than 60 minutes a day. A person's physical activity level and age determine how many calories they need each day, as well as how many servings of fruits and vegetables they should eat daily. Use the charts below to help your students figure out how many fruits and veggies they need to eat every day to stay healthy.

Boys			
	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
moderately active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
active	2-3	1 cup	1 cup
	4-8	1 ½ cups	2 cups
	9-13	2 cups	2 ½ cups
	14-18	2 ½ cups	3 ½ cups



Girls			
	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 cup	1 ½ cups
	9-13	1 ½ cups	2 cups
	14-18	1 ½ cups	2 ½ cups
moderately active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 cups
	14-18	2 cups	2 ½ cups
active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups



### Confused about Serving Sizes?

You're not alone, but it's easier to eat the recommended amounts of fruits and veggies than you think! A cup measures out to be about the size of your fist (or 1 large ear of corn, 1 large orange, or 1 large sweet potato). A half-cup serving size is the same as 5 broccoli "trees," 16 grapes, or 4 large strawberries. One of the easiest ways to teach kids to estimate serving sizes is to use their hands! For more information about all of the serving sizes you can estimate using your hands, visit [http://education.wichita.edu/caduceus/examples/servings/handy\\_reminders.htm](http://education.wichita.edu/caduceus/examples/servings/handy_reminders.htm)

For more information about fruits and veggies and the more matters campaign, visit <http://www.fruitsandveggiesmorematters.org>.

## News You Can Use

### Save the Date- Central Ohio Summit on Sustainability & the Environment

Mark your calendars for Sept 11-13, the Mid Ohio Regional Planning Commission (MORPC) will be sponsoring a conference focused on looking at sustainability issues impacting central Ohio with the goal of inspiring attendees to create positive changes in the region. **While you're there be sure to check out the Heart Health Network of Franklin County's sessions about Ohio's new Physical Activity Plan and how it impacts schools.** For more information, visit <http://www.greenregion.org>.

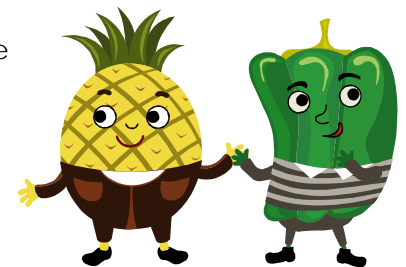
### 2008-09 Love Your Veggies™ Grants Available

Elementary schools can apply for a chance to receive one of ten \$15,000 grants from the makers of Hidden Valley® Salad Dressings. Grants will support schools in developing a program to offer fresh fruits and veggies through the 2009-10 school year. Funding must be spent on fresh produce (vegetables and fruit), a vegetable station (such as a dedicated salad bar), kitchen equipment (primary usage must relate to proposed program), program staffing (cafeteria personnel, lunchroom staff, etc.), nutrition education supplies, training (such as food safety and nutrition education).

All proposals must be submitted via the grant program's Web site, [www.LoveYourVeggiesGrants.org](http://www.LoveYourVeggiesGrants.org). Proposals must be submitted by 5:00 p.m. EST Nov. 7, 2008. Late proposals will not be accepted. Schools will be notified of their award status by March of 2009.

### Healthy Kids Excel in School: A Parent Program

Learn about ways parents can advocate for health and wellness at school. Parents will receive ideas, inspiration and a parent toolkit to promote wellness. **This event is free** and will be held on October 9th from 6:30pm-8:30pm at the Union County Services Building in Marysville and October 15th from 6:30pm-8:30pm at The American Cancer Society in Dublin. Both events will cover the same information and are free, but registration is required. To register and for directions to either location, please call, 1-888-227-6446, and select option 2, then option 6. Registration deadline is October 6, 2008 at 4:00pm



### Grilled Potato Packets

### Heart Healthy Recipe of the Month

**Cooking potatoes in foil packets means one less pot to wash!**

Source: <http://www.eatingwell.com>

Number of Servings: Four 1 1/4 C

#### Ingredients:

2 lbs. potatoes, scrubbed and cut into 1/4 inch thick slices  
3 medium shallots, thinly sliced  
2 tsp. extra virgin olive oil  
1/2 tsp. salt  
1/2 tsp. freshly ground pepper

#### Directions

1. Heat grill to medium-high
2. Place ingredients into large bowl and mix together
3. Place 2 pieces of foil (2 ft. long) on counter and spray w/ non-stick cooking spray
4. Place potatoes and shallots on 1/2 of each piece of foil, leaving a 2 in. border on all sides. Fold foil and pinch ends together, making 2 packets.
5. Place packets on grill and for 12-15 minutes or until potatoes are tender

servings

#### Nutrition Content:

Calories: 172  
Total fat: 3g  
Saturated fat: 0g  
Cholesterol: 0 mg  
Sodium: 229 mg  
Total fiber: 4 g  
Protein: 5 g  
Carbohydrates: 31 g

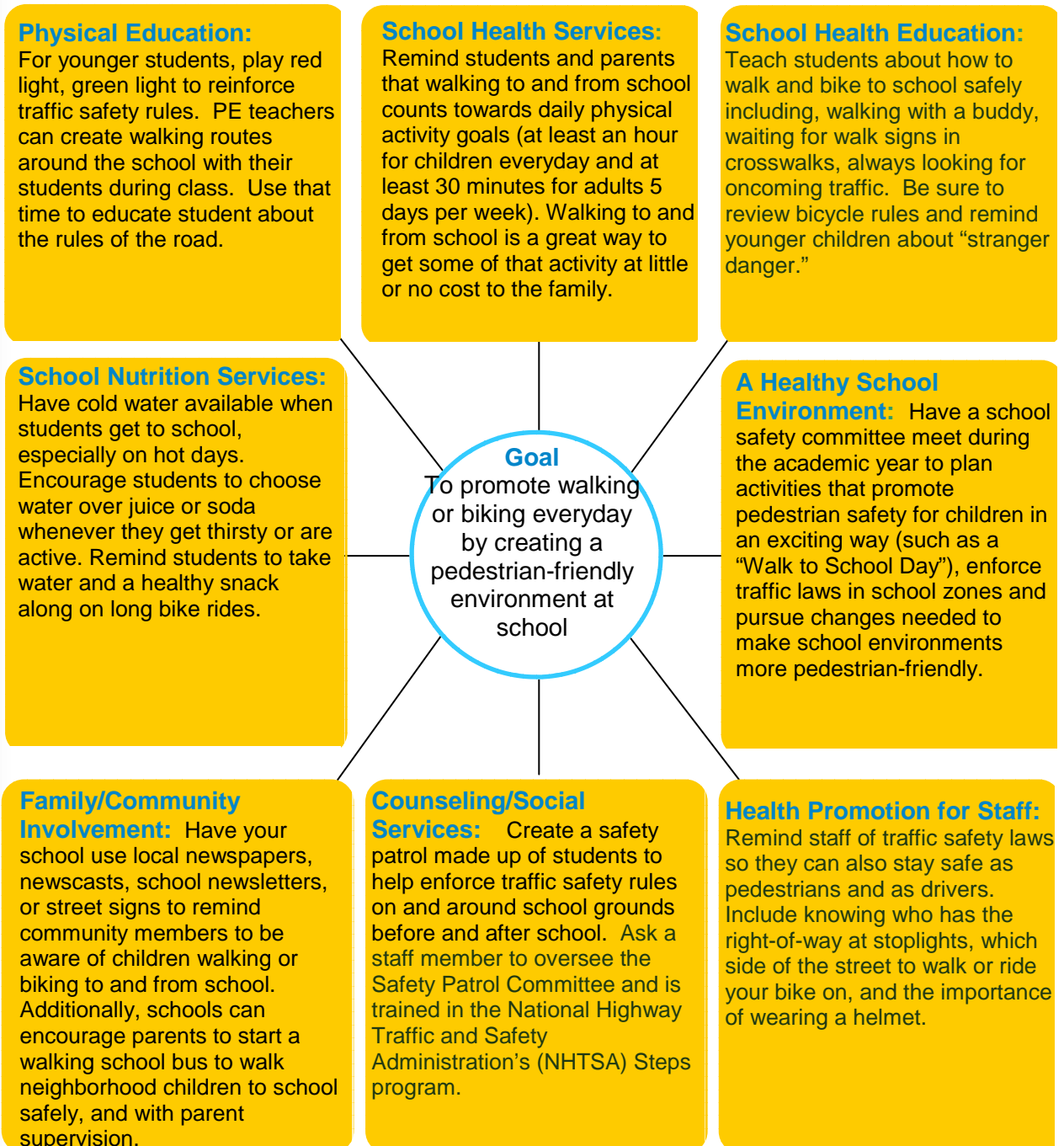


## Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This month's Health and Nutrition Flash focuses on how to keep students safe as they walk and bike to school. The April 2008 edition of H&N Flash's Buckeye Best Tips focused on how to incorporate more fruits and veggies into students' diets. For an extra copy of the April edition, contact Jen Luca at [jeluca@columbus.gov](mailto:jeluca@columbus.gov).

### It Takes a Coordinated Approach

#### Addressing School Health Goals Using the Coordinated School Health Model





## Staff Wellness

### What is depression?

Depression is a serious mental illness. It is when a person feels "down" or "blue" for weeks at a time instead of just a few days. It affects a person's daily life and normal functioning. It is not something that will just go away.

### Signs and Symptoms

Symptoms of depression vary in severity, frequency, and duration. Symptoms include:

- Being sad, anxious, or in an "empty" mood
- Negative feelings or a sense of hopelessness
- Feelings of guilt, worthlessness and/or helplessness, irritability, restlessness
- Loss of interest or pleasure in usual hobbies and activities
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Not being able to sleep, sleeping too much, or waking up very early.
- Overeating or appetite loss
- Thoughts of suicide, or suicide attempts
- Constant aches, pains, headaches, cramps, or digestive problems that do not get better, even with treatment



- Major depressive disorder is also known as major depression. Signs include a person's inability to work, sleep, eat and enjoy activities as they normally do. It may throughout a person's life.
- Dysthymic disorder, also called dysthymia, includes symptoms that are less severe than major depression but last longer, usually more than two years.

Some other forms of depression may occur under special situations or show different characteristics, including:

- Postpartum depression, which occurs after childbirth.
- Seasonal affective disorder (SAD) occurs in the winter when there is less natural sunlight.
- Psychotic depression is accompanied by some form of psychosis such as hallucinations.

### How is depression diagnosed?

Doctors can diagnosis depression by doing a physical exam, interview, and lab tests. He or she might conduct a psychological evaluation or refer the patient to a mental health professional. Some medications or medical conditions can cause symptoms similar to depression. It is important to talk to your doctor so he or she can rule those out.

### How is depression treated?

Depression is usually treated with medications such as antidepressants, with counseling or a combination of the two.

If you think you or someone you know may have depression, talk to your doctor. For more information, please visit the National Institute of Mental Health's website at <http://www.nimh.nih.gov>.

### What causes depression?

Depression is related to physical and chemical changes in the brain. Common triggers include: family history, a traumatic or stressful event, or a serious illness.

### Types of depression

There are several types of depression:



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