



Nurture School Programs-Blaine County Monthly Update-January 2013

A note from Nurture's Regional Director, Kathryn Guylay:

Happy New Year! We are looking forward to some exciting upcoming lessons including information on whole grains, sugar, better beverages, and the new government guidelines on nutrition (MyPlate). We are also excited to announce our first Parent Education date at Hemingway Elementary school this month. Please see detailed news in our newsletter including dates and more.

Update on the Color Me Healthy Program for Early Childhood

Nurture was pleased to include Early Childhood Care centers in a training event held on December 6th at the Wood River YMCA . Thank you to Alyson Heim and the Blue Cross Foundation for the beautiful kits that included lesson plans, food picture cards, posters and more. As a follow-up to this event, we would like to include a page in our Monthly Newsletter for "Early Childcare Corner". More information can be found on page 5.



Programming Topics of the Month

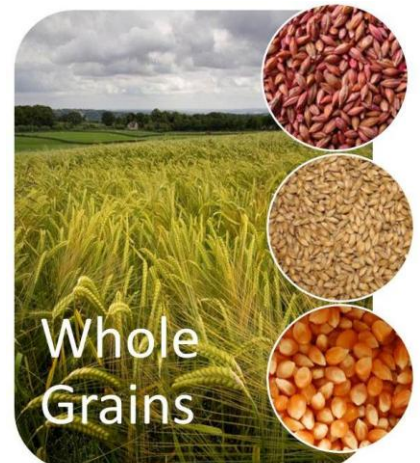
This month we will be focusing on the following topics:

Elementary grades: Whole Grains

Bellevue Kindergarten: Star Veggie- Green Beans.

Identifying Whole Grains

Understanding the difference between a whole grain and an enriched grain is a topic that even most adults struggle with. The new 2010 nutritional guidelines for Americans asks us to make half of our grains whole. But how do we know when a grain is whole? We will be teaching kids to look for three clues that will help them to determine, from reading labels and ingredients, when a product is a whole grain. Kids will have fun becoming "detectives" to work through the marketing techniques that are often used in food packaging. We will also taste some delicious whole grains, potentially ones they've never tried before (millet and steel cut oats). The recipe we are using is a kid tested recipe that we think they will really enjoy. It is important for kids to develop taste buds for whole grains, as all of grain lunch items in the Blaine County school district are moving towards more whole grains, with 100% whole grains being offered next year. Please see the following page for the nutritional benefits of whole grains.





FOOD FIGHT!

Whole-Wheat Pasta vs. White Pasta

ROUND 1 B VITAMINS

Your body needs B vitamins (which include folic acid, riboflavin, niacin, and thiamine) to stay healthy. Pasta made with white flour is “enriched”: this means that some of the vitamins that were lost through processing (when the bran and germ were removed from the grain) have been added back into the final product. In pasta made with whole-wheat flour, these same vitamins are there inside naturally.

Whole-wheat pasta: has naturally occurring B vitamins

White pasta: has added B vitamins

THE WINNER: Tie

It's a tie, although your body is better able to absorb vitamins that occur naturally in whole foods.

ROUND 2 FIBER

Fiber is really important for keeping your stomach and heart healthy. Fiber is one of the main nutrients that's lost when whole-wheat grains are processed into white flour.

Whole-wheat pasta: 6 grams per serving (2/3 cup cooked)

White pasta: 2 grams per serving (2/3 cup cooked)

THE WINNER: Whole-wheat pasta

ROUND 3 PROTEIN

Protein is one of your body's most important sources of fuel: it gives you energy, helps build muscle, and keeps you from feeling hungry between meals. Whole-wheat pasta gets some of its protein from the germ of the wheat, which hasn't been removed. White pasta is made from high-protein flour without the natural germ.

Whole-wheat pasta: 7 grams per serving

White pasta: 7 grams per serving

THE WINNER: Tie



AND THE WINNER IS WHOLE-WHEAT PASTA!

Whole-wheat pasta still has the wheat's bran and germ, which are some of the healthiest parts of the grain, making it a healthy whole food. Whole-wheat pasta also has a lower “glycemic index,” which means that, instead of dumping a bunch of sugar into your bloodstream right away, whole-wheat pasta keeps you feeling fuller for longer. If it seems too chewy and grainy to you at first, try starting with half whole-wheat pasta and half white. Ultimately, you might find that you prefer the heartier taste of the whole-wheat pasta.



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Dates For January

- January 15: Hemingway Elementary School, 5th grade, morning and afternoon time slots
- January 15: Hemingway Elementary School, Wellness Committee Meeting (after school)
- January 18: Bellevue Elementary School, Kindergarten, morning and afternoon time slots
- January 24: Woodside Elementary School, 5th grade, 1:15-2:15pm
- January 25: Hemingway Elementary School, Parent Education Session (Please see details on following page)
- TBD: Community School and Hailey Elementary



Special thanks to our supporters

Again, we have so many thanks to give this month!



BLAINE COUNTY EDUCATION FOUNDATION

We would like to thank the Blaine County Education Foundation for their generous grant that will help to support programming at Woodside Elementary School. We are thrilled to partner with this incredible organization that promotes academic excellence, equitable education and a healthy and sustainable student environment for our valley's children.

We would also like to thank Idaho Community Foundation this month for their incredible support of Nurture through the two following funds: 1) the Heart of Gold Fund in the Idaho and 2) the Jim and Barbara Cimino Fund and the Donald W. and Gretchen K. Fraser Fund. As we mentioned in last month's newsletter, Idaho Community Foundation has also supported Nurture via the Little Black Dress Club-Wood River in the Idaho Community Foundation. We are excited for the enormous impact that these grants will have on Nurture's ability to maintain and expand our highest quality programming .



Last but not least, we are thrilled to report that, through our grant writing and individual donor holiday campaign, we have **met our 2012 local goal of raising \$25,000** to build capacity and sustainability to meet the growing demand of our Wood River Valley programming. Please see the final page of this document for a list of our donors, from "open range" through Green, Blue, and Black Diamond and Summit Club. Thank you so much for all of your support!



Nurture Parent Education Session (Hemingway Elementary)

You're invited: A free parent education session to hear about what your kids are learning in the Nurture Food and Fun program

When: Friday, January 25th from 8:15 am until 9:45 am

Where: Hemingway Elementary School cafeteria

Why: Food tastings, fun tips, and a chance to win a free slow cooker!*



*Thank you to The Hunger Coalition for providing the free slow cooker

Nurture: Nurture is a non-profit organization that helps families improve nutrition and health through cooking classes, nutrition education, and philanthropy. We collaborate with food pantries, social service agencies and schools. Nurture's mission is to encourage healthy, home-cooked meals in place of unhealthy fast/processed food. While Nurture's core mission is to assist low-income families, our programs can benefit families from all economic backgrounds.



Our Goal: By working with the entire family unit (care givers and children), our goal is to improve the health and opportunities of today's children. We hope that better eating habits and a more active lifestyle will lead to healthier, happier lives.

Sign up today!

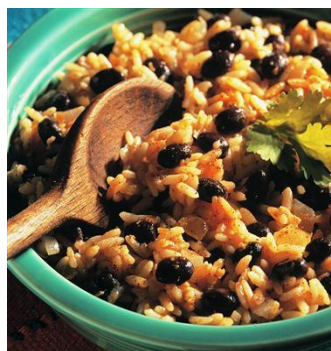
Sing up sheet in the school lobby.

Food

Information

Fun

Hope to see you there!



Nurture's sister organization...

...Healthy Kids Ideas Exchange

Healthy Kids Ideas Exchange is an online community sharing ideas about making the lives of our children happier and healthier.

It's **not** about being perfect when we provide for our children.



It's about getting informed and being proactive while having fun!

Please visit www.healthykidsideas.com

And sign up to receive our free monthly newsletters. As a special thanks for joining our e-community, you will receive a fun recipe book with great ideas for you and your kids to enjoy.

Visit www.nurtureyourfamily.org

(click Nurture Idaho) for more information about Nurture.

Thank you!



Early Childhood Center Corner- January 2013

Here are some follow up topics discussed at our Color Me Healthy Training in early December:

-Special Events such as **Rainbow Day or Rainbow Week**. For more information please see:

<http://www.nurtureyourfamily.org/rainbow-day-huge-success/>

(above includes video links and additional information. For a Rainbow Day Kit, please contact Amy at amyschlatter@hotmail.com)



-We discussed [Be Outside Idaho](#)--connecting children with nature in Idaho, from backyards to mountaintops. Please check out the [Unplug and Be Outside site](#), which includes activities and ideas for teachers and parents. The Blue Cross Foundation and the Idaho Foundation for Parks and Lands coordinates the [Unplugged Week](#) in the spring to encourage kids to turn off the TV and get outside to be physically active! Please contact Alyson Heim (Aheim@bcidaho.com) **if you know someone that might be interested in coordinating an unplugged week in the Wood River Valley.**



Taste Passports were a high interest topic at our December meeting. Nurture's Amy Schlatter has started Taste Passports at Bellevue Elementary School in the Kindergarten classes. For more information, please contact at amyschlatter@hotmail.com)



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Wow. Thanks to your support, Nuture Idaho met our **2012 local goal of raising \$25,000** to build capacity and sustainability to meet the growing demand of our Wood River Valley programming.

A heartfelt thanks to our 2012 Supporters:

Local grants and foundations:

\$5,000 and up

St. Luke's Wood River Foundation

\$3,000-4,999

Steven B. Achelis Foundation

\$2,000-2,999

Little Black Dress Club-Wood River in the Idaho Community Foundation

\$1,000-1,999

Heart of Gold Fund in the Idaho Community Foundation

Jim and Barbara Cimino Fund and the Donald W. and Gretchen K. Fraser Fund in the Idaho Community Foundation

The Blaine County Education Foundation

\$1-1,000

Chefs Move to Schools/American Culinary Foundation

Idaho's Bounty (through the USDA Value Added Producers Grant)

Idaho Dairy Council

The Parent Association of the Community School

Papoose Club



Individual supporters:

Summit Club donors (\$2,000 and up)

Kathryn and Jeff Guylay

Terry and Wes Guylay

Black Diamond Level donors (\$1,000-1,999)

The DeBard Johnson Family Foundation

Peggy and John Baker

Judy and Bob Kemp

Sandra and Hugh Lawson

Graham Smith (in-kind)

Brooke Green-Smuts & Peter Smuts

Betsey and Scott Thomson



Blue Level donors (\$500-999)

Laura and Scott Carlin

Kirsten and Brad Cleveland

Carey and John Dondero

Missy and Brent Russell

Lisa and Dave Whorton



Green Level donors (\$250-499)

Stan Calderon

Missi and Bill Griffin

Elinor and Ross Jannotta

Andie and Jack Laporte



Open Range donors (\$1-249)

Sabrina DeBree

Cindy Dondero

Noel Ellman

Dorrie and David Marks

Molly and Tom Page

Julie and Charlie Potter

Amy and Mike Schlatter

Stacy Whitman



Please contact me (Kathryn@guylay.com) or Amy Schlatter(amyschlatter@hotmail.com) with any questions about Nuture. We are excited to be able to bring this fun and important programming to children in the valley. Happy 2013!

Fondly,
Kathryn