



# Wellness Wakeup Call

## Newsletter for K-5

### Month #6: Label Reading

Welcome to Wellness Wakeup Call! This newsletter contains messages to be read each morning in school over the loud speaker for morning announcements. This program is an easy way to help fulfill the requirements of nutrition education goals for the federally mandated Local Wellness Policies. If there are more messages than school days in the month, please combine a few so that you will be able to read them all. New messages are available on our website each month, and are generally ready by the 25<sup>th</sup>. We encourage you to photocopy this newsletter double sided to send home with students so parents can learn, too, and have a healthy recipe to try. In addition, we encourage you to notify parents about this program through the district or PTA/PTO newsletters to learn what their children are learning, and so they can try a healthy recipe! This document is available as PDF files at [www.healthyschoolfood.org](http://www.healthyschoolfood.org) and you are welcome to post these files on the district website.

- Each day, start the message with: **"Good morning, this is your Wellness Wakeup Call!"**
- Then read the message for the day. End each message with **"Enjoy your day, the healthy way!"**

1. Did you ever wonder what's in your food? You can find out by reading (or having someone read you) the ingredient list on the label.
2. Food packages have to list all of the ingredients in a food on the label. The first ingredient in the list is the one that there's the most of.
3. People who have allergies are often very good at reading food labels to make sure a food doesn't have anything in it that they can't eat.
4. Even if you don't have allergies you can use the label to help you decide whether or not a food is good for you and if it's something you want to eat.
5. Some foods just have one ingredient. For instance, an apple is just that - an apple. It gets more complicated when manufacturers have to combine ingredients to make something else. Some foods can have more than 50 ingredients!
6. See if you can find out how many ingredients are on the labels of your favorite breakfast foods. Some ingredients like artificial colors are just added to make some people want to buy a food. They don't make us healthier.
7. Some of the healthiest foods we can eat are whole fruits or vegetables that don't have a label.
8. Have you heard of something called "trans-fat"? It's a kind of unhealthy fat that is found in many baked and fried foods like doughnuts, cookies, crackers and in some brands of margarine.
9. You can tell if a food contains trans-fats by checking the ingredient listing. If the ingredients include the words "partially hydrogenated" [hy-DROJen-ateed] or "hydrogenated", then the food contains trans-fats. Health experts say that it would be best to eat no trans-fats.
10. Companies that make foods are finding ways to replace trans-fats in foods with healthier fats but it's still important to check the label so you can make sure that your food has no partially hydrogenated fat.

11. Here are some good ideas for snacks that don't have trans-fat: apples, bananas, carrot sticks, grapes, airpopped popcorn, watermelon, cherry tomatoes, and homemade trail mix.
12. Food manufacturers add salt to food because they think people like food with a salty taste. Health experts think that it would be better to have people add a little salt to their foods if they want to instead of having food companies add lots of salt.
13. Eating too much salt all the time can lead to high blood pressure, which is not good for us.
14. Some foods that are especially high in salt are frozen dinners, pizza, canned soup, pasta sauce, lunchmeats, and fast food. Some frozen dinners have more salt than a person should eat in a whole day!
15. Look for packages that say, "contains less salt" or "reduced sodium" to cut down on the amount of salt that you eat.
16. Americans eat about 100 pounds of sugar per person a year. Some people think that is one reason why so many people in the United States are overweight.
17. Foods that are high in sugar can fill us up without giving our bodies what we need.
18. Did you know that high fructose corn syrup, cane sugar, invert sugar, corn sweetener, honey, sucrose, dextrose, brown sugar, and molasses are all different names for sugar that may appear in the ingredient listing?
19. Can you think of ways to cut down on sugar? One idea is to drink water instead of soda or a "sports drink".
20. Try making your own frozen treats by freezing 100% fruit juice in small cups or Popsicle-shaped molds.
21. If you want something sweet, try eating a handful of grapes or some orange slices.
22. Try to find foods that don't have ingredients like high fructose corn syrup, partially hydrogenated fats, artificial colors, and artificial flavors.

This information and more can be found at [www.healthyschoolfood.org](http://www.healthyschoolfood.org).



## Recipe of the Month

### Apple Raisin Spice Muffins

These muffins are easy to make for breakfast or for a snack! Try using different varieties of apples or even replacing the apples with pears. You can add chopped nuts or other dried fruits as well.

#### You will need:

- 1 cup unbleached all-purpose flour
- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1 cup water
- 1/3 cup molasses or maple syrup
- 2 apples, cored and chopped finely
- 1/2 cup raisins



#### What to do:

Preheat oven to 400 degrees. Mix all the ingredients together in a large bowl. Pour batter into lightly oiled muffin tins. Bake for 20 minutes at 400 degrees. Cool briefly before removing from tins. Makes 18 muffins.

Nutritional analysis per muffin: 106 calories; 3 grams protein; <1 gram fat; 24 grams carbohydrate; 2 grams dietary fiber; 20 milligrams calcium; <1 milligram iron; 32 milligrams sodium

This recipe is from *Simply Vegan* by Debra Wasserman (The Vegetarian Resource Group)

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