



Nuture School Programs-Blaine County Monthly Update-December 2012

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

Happy December to everyone! We are excited for the holiday season, and we know that this month is always challenging in terms of limited time in the classroom (and lots of distracted kids). We hope to keep our messages simple yet powerful during this holiday season. We wish you a season filled with happiness and good health!

Introduction to Amy Schlatter, Nuture's Program Coordinator for Blaine County:

Amy Schlatter began her career teaching a third grade intervention class in Hamilton, OH. Having a special place in her heart for the mountains, she moved her skills to a different classroom in Ketchum, Idaho where it quickly became apparent to Amy just how much nutrition affected her students' performance. While teaching in the daytime, she embarked on obtaining a Master's Degree in Holistic Nutrition and Herbalist Certificate from Clayton College in the evenings. Amy added practicum work to her degree by studying the effects of food/additives and the relation to hyperactivity among students; working with families to make dietary changes to avoid common drugs. During a hiatus from teaching while raising her three pre-school aged children, Amy worked as an organic perennial/vegetable gardener. She is currently pursuing a way to link all three passions by bringing nutrition education into the classroom and helping schools establish working composting/organic vegetable gardens. Nuture is thrilled to have Amy on board!



Color Me Healthy Program for Early Childhood Care Centers

Nuture will be hosting an event to introduce the valley to the Color Me Healthy (CMH) nutrition education program in collaboration with the Blue Cross Foundation. CMH was developed for preschool age children in childcare settings. Color Me Healthy consists of interactive lessons that teach children about eating fruits and vegetables of different colors and physical activity. The free event will be held on December 6th at the Wood River YMCA from 12-2:30pm. A free lunch will be provided by Nuture, Idaho's Bounty, and the YMCA. Please see the flyer on the following page for more information. Please RSVP to Amy (amyschlatter@hotmail.com).





Nutrition Education Training for Early Childhood

A free community event

Color Me Healthy (CMH) is a nutrition program developed for preschool age children in childcare settings. Color Me Healthy consists of interactive lessons that teach children about eating fruits and vegetables of different colors and physical activity.



You're invited: A free program information and training session

When: Thursday, December 6th from 12 noon until 2:30 pm

Where: Wood River YMCA, Community Meeting Room, 101 Saddle Road, Ketchum

Session topics

-Receive a Color Me Healthy kit including a teacher's guide, picture cards, classroom posters, CD with 7 original songs, hand stamp, 14 parent newsletters, and 2 parent posters.

-Experience example lessons with Color Me Healthy trainer Alyson Heim.

-Be inspired to bring these resources to children in your early childcare center.

A delicious and nutritious lunch will be provided by Nurture, Idaho's Bounty, and the Wood River YMCA.

Please RSVP to Amy Schlatter of Nurture.

amyschlatter@hotmail.com. *Hope to see you there!*

The Blue Cross of Idaho Foundation for Health provides the Color Me Healthy program to childcare centers throughout Idaho. Currently, 2,800 children in Idaho receive the Color Me Healthy curriculum. Learn more at

<http://www.bcidahofoundation.org/color-me-healthy/index.html>

Nurture is a non-profit dedicated to improving the health and wellness of families. Nurture currently provides nutrition education and food tasting to Elementary School children across the Valley. Nurture collaborates with **Idaho's Bounty** to bring fresh and local food to our children. Learn more at

www.nurtureyourfamily.org/nurture-idaho/



Foundation for Health, Inc.

An Independent Licensee of the Blue Cross and Blue Shield Association



- Invited early childhood care centers:*
- All About Kids Preschool and Daycare
 - Bigwood Preschool
 - Early Childhood Center at Community School
 - First Steps of Infant and Toddler LLC
 - Hailey Head Start
 - Happy Feet Childcare
 - Jill G'Day Care
 - Katy's Kids
 - KinderWelt
 - Little River Preschool
 - Owl House
 - Pioneer Montessori School
 - Plum Tree Preschool
 - Stepping Stone
 - Sylvia Green's Childcare
 - Teddy Bear Corner
 - Preschool The Growing Garden
 - The Learning Garden
 - The Whole Child
 - Wood River Gymnastics Academy LLC
 - YMCA

Have we forgotten a center that might be interested? Please contact Amy at amyschlatter@hotmail.com



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Programming Topics of the Month

This month we will be focusing on the following topics:

Elementary grades: Sensational Snacks!

6th and 7th grades (Community School only): GMOs.

Bellevue Kindergarten: Star Veggie- Carrots.

Sensational Snacks

Snacks are an important fuel for children and their growing bodies. Healthy snacks between meals can help promote proper growth in children and healthy weight maintenance. A *Sensational Snack* consists of at least two food groups. Including at least two food groups (especially protein) helps regulate blood sugar and keeps bellies feel full longer. Here are a few examples:

-Crackers (whole grain) and cheese (dairy)

-Apple (fruit) and Peanut butter (protein)

-Turkey (protein) and tortilla (whole grain)

Fuel up with a Sensational Snack!



Dates For December

-November 29: Community School Elementary grades, 1pm*

-December 6: Color Me Healthy Training, Wood River YMCA (12-2:30pm)

-December 11: Hemingway Elementary School, 5th grade, morning and afternoon time slots

-December 13: Woodside Elementary School, 5th grade, 1:15-2:15pm

-December 14: Bellevue Elementary School, Kindergarten, morning and afternoon time slots

-December 19: Community School Middle School, 6th and 7th grades, 8am-9:45am

*December lessons taught at end of November given busy holiday schedule

Special thanks to our supporters

We have many thanks to give this month!

We would like to thank Graham Smith who generously donated over 500 boxes of Better Oats cereal (a "go!" cereal) that were distributed to Blaine County school children this month. Children were able to taste a recipe (see following page) using Better Oats and then take home a box to share with their family.

We would also like to recognize Idaho's Bounty for allowing Nurture to participate in their USDA Value Added Producers grant, allowing Nurture to make the most of its food expenditures. Please see the final page of this document for a description of some of the foods we've been highlighting in our lessons.

Last but not least, we'd like to thank the Little Black Dress Club for their wonderful support of our programming across the Valley!

IDAHO'S BOUNTY

BetterOats™

LITTLE
BLACK
DRESS
CLUB
WOOD RIVER

Making Philanthropy Fun



Recipe: Power Breakfast Featuring *Better Oats*® Oatmeal

Power Breakfast Recipe:

Remember to combine whole grains, a protein source, and a fruit or veggie in your breakfast choices.

Ingredients:

-Whole grain: One package of *Better Oats*® Oat Revolution Oatmeal, Classic flavor, cooked

-Protein Source: Mix in ½ cup vanilla Greek yogurt

-Fruit or veggie: Pick your favorite! Add about ½ cup (dried or frozen is OK too; try for local and seasonal)

Optional: add 1 teaspoon brown sugar (4 grams)*

Directions:

Prepare the oatmeal by adding hot water or using the microwave. For stovetop, ask an adult for help.



*Remember: “Go” cereals have 9 grams or less of sugar and 3 grams or more of fiber.

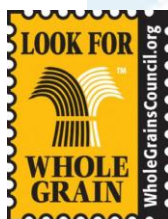
About *Better Oats*® :

Better Oats® is a variety of instant oatmeal (a whole grain) and is a great choice for convenience and price. *Better Oats*® has a variety of flavors and has an organic option (*Better Oats* Organic RAW Pure & Simple®). The product was recently named as one of the “125 Best Packaged Foods for Women” by *Women’s Health* magazine. *Better Oats* has made a donation to Nurture to provide over 400 boxes of *Better Oats* Oatmeal to children in Blaine County. Thank you *Better Oats*®!

More information about *Better Oats*® can be found at

www.betteroats.com.

Better Oats® is a member of the Whole Grains Council.



How to find *Better Oats*® near you:

Hailey

Albertson’s
911 North Main St.
Hailey, ID 83333



Bellevue

Atkinson’s Market
757 N Main St.,
Bellevue, ID, 83313



For local and seasonal fruits and veggies, please visit:

www.idahosbounty.org





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Focus on Local Foods Through Idaho's Bounty

In teaching kids about nutrition and health, Nuture likes to include discussions on where our food comes from in order to foster an appreciation for locally grown foods. The following is a list of some of the recent local foods (and farms) we've highlighted in our lessons and classes:

- Apples from Waterwheel Gardens
- Berries from Waterwheel Gardens
- Butternut Squash from Rice Family Farms
- Carrots from Wood River Organics
- Cheese (Cheddar and Swiss) from Ballard Farm
- Cheese Curds from Ballard Farm
- Corn from Cabalo's Orchards and Gardens
- Grapes from Waterwheel Gardens
- Herbs from Purple Sage Farm
- Honey from VeeBee Honey
- Kale Chips from It Takes A Village
- Julie's Crackers from Julie's Foods
- Potatoes from Wood River Organics
- Pumpkins from Cabalo's Orchards and Gardens
- Watermelon from Canyon Bounty Farm

IDAHO'S BOUNTY



We are lucky to have Idaho's Bounty in our community!

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.

Fondly,

Kathryn

