

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### September is Go Healthy Month!!

Ask your Nutrition Educator to introduce you to one of our services below!

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

### **Hot Topics:**

#### ***Back to School: Drexel Welcomes New School Additions!***

Drexel would like to recognize some new additions for this coming school year. The Drexel nutrition program is honored to add Philadelphia Electrical and Technology HS, Lincoln HS, Samuel Fels HS, HS of the Future and Constitution HS to our school list. Keep an eye out this year for the following handouts: newsletters, extension lessons, posters, monthly bulletin board materials, monthly activity packets, and our yearly ERN calendar. Additionally, don't forget to ask our educators about the array of posters, handouts, and reinforcements that we have for educators and students.

#### ***Go Healthy Month***

The Alliance for a Healthier Generation is celebrating the new school year with the first ever [go healthy month](#). With over 500 activities countrywide, the Alliance will challenge thousands of kids to eat healthier, exercise, and have fun. Youth all around the country will be challenged to take charge of their own health. The challenge hopes to encourage at least 2 million kids to take the [Go Healthy Pledge](#) for better food choices and exercise tips. The month will culminate with Nickelodeon's 4<sup>th</sup> annual Worldwide Day of Play on September 29<sup>th</sup>. On this day, Nickelodeon and all of its sister channels will go off air from 12:00 – 3:00PM to encourage kids to go outside and play! Nick.com will even go offline to celebrate this new annual event. Check out the activity below from the [healthyfamilies.org](#) website to rate your kitchen's health factor! Teachers: Please use the attached activity in your classroom and don't forget to enter this information on your cost-share form. (From your Nutrition Educator)

#### ***Monthly Mentions***

- **Nutrition Tip:** During your favorite TV show, do short bursts of exercise during the commercials! It's an easy way to fit in the recommended 60 minutes of activity a day.
- **Fruit/Vegetable:** Peaches and Corn are the featured Fruit and Vegetable this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Healthy Families Expo:** Check out the attached flyer for info on the Healthy Families Expo on September 20th!



#### ***Meet Our Nutrition Education Team at Work***

As pictured: (Top) Judy Ensslin, Briana Baylor, Beth Dowshen, Kimberly Hyatt, Quyen Hoang, Karletta Poland, Rachel Harris, Bethany DePoy. (Bottom) Ann Marsteller, Renee Hart, Jennifer Aquilante, Jessica Seniuk, Sarah Malone-Ditzel, Kusuma Brawley, Katie Filicky.

Questions for any of our educators or staff members?  
Comments about the newsletter?

Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)

**EAT.RIGHT.NOW.** Nutrition Education Program at  
Drexel University

Or call us at: 215.895.2422

# Kitchen Score Board

Take a good look inside your refrigerator, your pantry and your cabinets and give yourself points based on the foods and beverages listed on the right. The more points you have, the better. Be honest! This is a great opportunity for you to find out if your family is eating well and is on the right track, or if your family needs to replace some unhealthy items with better options. And you'll give your family a score!



\_\_\_\_\_ *Milk points*



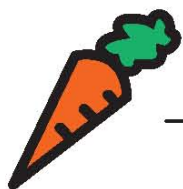
\_\_\_\_\_ *Fruit points*



\_\_\_\_\_ *Drink points*



\_\_\_\_\_ *Cold snack points*



\_\_\_\_\_ *Veggie points*



\_\_\_\_\_ *Snack food points*

**Total points** \_\_\_\_\_









Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy Foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This institution is an equal opportunity provider and employer.



Take the pledge at [www.igohugo.org](http://www.igohugo.org)

## Point System

<b>Milk</b>	
Low fat or fat free white milk	+4
Low fat or fat free flavored milk with <160 calories/8 oz	+3
Low fat or fat free flavored with >160	+2
2% milk (unless it's for a child under 5)	+1
Whole milk (unless it's for a baby)	0
<b>Drinks</b>	
Water or other drink with no calories	+5
100% juice	+2
Regular soda (>100 cal/serving)	-3
Fruit punch and other sugar drinks	-3
<b>Veggies</b>	
5 or more kinds of fresh or frozen	+5
3-4 kinds of fresh, frozen or canned	+3
2 different fresh, frozen or canned	+2
1 fresh, frozen or canned	+1
0 vegetables at all	0
<b>Fruits</b>	
5 or more different fresh or frozen	+4
3-4 different fresh, frozen, canned or dried	+3
2 different fresh, frozen, canned or dried	+2
1 fresh, frozen, canned or dried fruit	+1
0 fruit	0
<b>Cold snacks</b>	
Low fat yogurt with <150 calories	+3
Low fat cheese (lowfat string cheese, cottage cheese, etc.)	+2
<b>Cereal:</b> Can you find one with >2g fiber/serving?	+2
<b>Cereal:</b> Can you find one with <5g of sugar/serving?	+2
<b>Snack foods</b> Check the labels. Look for snacks with <150 calories, <4g fat, <1g sat fat, 0g transfat, <10g sugar (unless it's fruit), and <230 mg sodium	
If all of the snack foods in your house meet that standard	+5
If you can find 3 or more snack foods that meet those standards	+3
If you can find at least one that meets those standards and has 3g or more of fiber, give yourself a bonus	+2
If you have any dry fruit or fruit canned in 'natural juices'	+3
If you have fruit canned in 'light syrup'	+1
If you find any snack foods with >2g saturated fat	-2
If you find any snack foods with >200 calories/servings	-2

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Proudly Presents

## Healthy Families Expo

This **FREE** workshop is in partnership with the  
**Home and School Council**

Saturday, September 20, 2008








9:00 am - Noon

The School District of Philadelphia

440 N. Broad Street - 1st Floor

Atrium

**FREE!**

-  Nutritious Recipes
-  Healthy Food Tastings
-  Local Chef appearance
-  Coupons for healthy foods
-  Meet the Nutrition Educators
-  Learn about healthy options for you & your family
-  View live performances by TADDO, The Nutrition Magician and Sterlen Barr, Health Educator & Motivational Rap Artist



RSVP

by

September 5, 2008

Philadelphia  
Home and School Council

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Visit our website for more  
information:

[www.phila.k12.pa.us/offices/nutrition](http://www.phila.k12.pa.us/offices/nutrition)