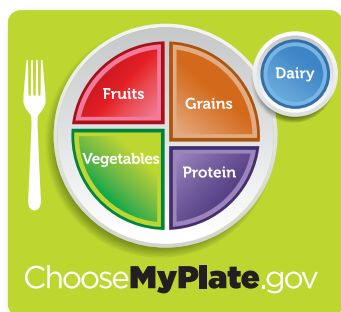




## Have You Seen MyPlate?

**On June 2nd, the Secretary of Agriculture, Tom Vilsack, and the First Lady, Michelle Obama, unveiled a new replacement for the food pyramid: a meal plate known as MyPlate.**

The plate is based on new dietary guidelines released by the government last January, which encourage Americans to eat more fruits, vegetables, and whole grains and fewer processed foods, especially ones containing added sugar. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.



### MyPlate Key Messages:

#### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

#### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

#### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

### Sign up for e·bites!

If you're viewing this newsletter from a school website and would like to receive it via email, please visit [www.eatlearnlive.com](http://www.eatlearnlive.com) to sign up for future issues.

Visit  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
to learn more.

## Cooking Up Change

**Congratulations** to the winning team from Jacksonville, FL in the 2011 Cooking up Change National Healthy Cooking Contest, held at the USDA headquarters in Washington, DC on May 23rd.



Students: Hayden Cramer and Corrine Hertz

The students, Alexis Baldwin, Leoniqua Jackson and Denver Singletary, hail from Frank H. Peterson Academies of Technology, part of the Duval County Public School district which Chartwells serves. The team impressed the panel of judges with their menu of Caribbean-inspired beef rib salad with Moroccan rice and a sweet potato corn bread muffin.

As a national sponsor, Chartwells worked with Healthy Schools Campaign to host qualifying contests over the last few months in five cities across the country. The six teams of finalists included teams from Chicago (IL), St. Louis (MO), Denver (CO), Winston-Salem (NC), Jacksonville (FL) and Washington, D.C. Honorable mentions went to two Chartwells school locations.

Students from Chicago's Richards Career Academy, Gerardo Garcia, Ruby Gutierrez and Claudia Ramirez won "Outstanding Side Dish" for their fruit and vegetable-infused "Soup of Sunshine." Students Corrine Hertz, Hayden Cramer and Isaac Barham, representing Winston-Salem's Career Center, won "Outstanding Display" for their menu of pulled chicken BBQ sandwich, baked sweet potato fries and a yogurt-fruit parfait.

"Chartwells is proud to be a part of this wonderful event with Cooking up Change as



Students: Gerardo Garcia, Ruby Gutierrez, Claudia Ramirez and Lidia Sanchez



Students: Alexis Baldwin, Leoniqua Jackson and Denver Singletary

we believe in the students' power to create both a meal and the message that reaches their peers on a national level," said Margie Saidel, MPH, RD, LDN, VP of Nutrition and Sustainability, who also served as a panel judge.



## • Summer Food Safety

Here are some easy steps to prevent the risks of food poisoning and reduce harmful bacteria while you are on the go this summer:

- Make sure food is kept refrigerated until it is time to go and pack a small non-toxic ice pack.
- Freeze yogurt or a drink and let it defrost while travelling.
- Have several cold packs in your freezer ready for last-minute trips.
- Try not to pack perishable food like meat, tuna, chicken and egg if there is no access to refrigeration.
- Non-perishable foods can be stored for a longer period of time without spoiling.
- Washed fruits such as apples, bananas and orange are safer than cut-up fruit or fruit salad.
- Avoid yogurt, cream, coleslaw and mayonnaise on hot days.
- Do not let your child eat food that has been left sitting out.
- Always remind your children to wash their hands carefully and consistently with warm, soapy water before eating.

## June Food Focus: Collard Greens

Eat more dark green vegetables like collards! They're packed with nutrients like vitamins A, C, and K, and folate to keep you looking and feeling good.

### Try Collard Greens:

**BOILED** and drizzled with olive oil and lemon juice

**STEAMED** with black-eyed peas and brown rice for a Southern inspired meal

**SAUTEED** with garlic and crushed chili peppers

**FRESH** raw chopped added to a salad



In Brazil and Portugal, collards are commonly eaten in soup or as a side dish sautéed with oil, garlic, and onion.

## Healthy Summer Snacks for the Kids

### School is out for summer!

With more freedom and a less of a routine in the summer, kids may begin doing some unhealthy snacking. Often they confuse hunger with boredom! Here are some ideas to help your kids make smart summer food choices and limit the junk food with easy and healthy snacks.

### Healthy food and snack ideas:

- Keep a lunchbox-size cooler in the car filled with healthy granola bars, nuts, water and whole grain crackers
- Roll up thin slices of turkey or chicken in a small whole wheat taco shells. Add mus-

tard, crispy lettuce or tomatoes. Spread on peanut butter or light cream cheese.

- Offer bagels and whole grain breads instead of doughnuts and sugary pastries.
- Make a cheese quesadilla with different kinds of low-fat shredded cheeses.
- Prepare a cold pasta salad with vegetables. Use tri-colored or fun-shaped pastas.
- Slice an English muffin in half, spread pizza sauce and cover with low-fat shredded cheese. Grill in the toaster oven for a few minutes until the cheese melts.
- Serve vegetables and dip like carrots, celery, broccoli and peppers and dip
- Blend nonfat plain yogurt, strawberries, raspberries and blueberries and ice into smoothies.

- Offer fruit kabobs – diced fruits served on wooden skewers.

- Serve baby carrots with hummus.

- Slice a banana in half and spread peanut butter on top.

- Keep a bowl of clean washed fruits and ready to eat and within reach.

- Add frozen blueberries or strawberries on top of non-fat yogurt

- Make frozen snacks with unsweetened fruit juice water and fruit chunks. Pour into ice cube trays, add wooden sticks and freeze

- Serve a half turkey sandwich on 100% whole wheat bread with a sliced apple.

