



Health Scout



FEBRUARY 2008

FROM THE SUPERINTENDENT'S OFFICE

Message from Barb Petrik, Food Service Manager

by Mrs. Petrik

This is to inform all students, teachers, parents and any other interested people, that as of February 1st the Department of Health & Human Services is conducting an inspection of one particular beef processing plant.

Until the inspection is done, a HOLD (not a recall) has been put on some products.

This message is to inform all that David City Public School Nutrition Services is not serving any of the beef that is on HOLD.



Egg Handling & Safety Tips at Easter

By author Mary Torell, Public Information Officer,
Nebraska Department of Agriculture, Poultry & Egg
Division

Easter is a happy time, a time to celebrate the coming of spring and the new life that's all around us in the flowers, trees, animals and birds. Along with the deep religious meaning, it's also an occasion for gifts and games, and many of these involve Easter eggs. It's been a custom to color, decorate and exchange eggs for hundreds of years.

There are some important safe handling methods to remember this time of year when you're decorating, cooking or hiding those eggs since eggs are handled a great deal more than usual around Easter. Remember to:

- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, dyeing and hiding them.
- Be sure and inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store eggs in their original cartons in the refrigerator rather than the refrigerator door.
- If you're having an Easter egg hunt, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
- Make sure you find all the eggs you've hidden and then refrigerate them. Discard cracked eggs.
- As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat. Do not eat eggs that have been out of refrigeration more than two hours. Refrigerate hard-cooked eggs in their shells and use them within 1 week.
- If you are planning to use colored eggs as decorations, (for centerpieces, etc.) where the eggs will be out of refrigeration for many hours or several days, discard them after they have served their decorative purpose.

National Nutrition Month® — March 2008

National Nutrition Month® is a nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes American Dietetic Association and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

The Balancing Act: Eat Well & Move It!

Taken from "Nutrition Fact Sheet" by the ADA

"Make healthy food choices and be active every day" is the key message of the USDA's MyPyramid food guidance system (www.mypyramid.gov). Balancing food and regular physical activity sounds simple, but it can be a challenge too. The best advice? Make small changes every day. These changes become habits before you know it. Making small changes in your meal and snack choices is an easy way to start. Here are some things to try.

- Add 1 more low-fat dairy product every day, such as an 8 ounce glass of skim milk or one cup of yogurt.
- Add 2 servings of fruits or vegetables to your meals. Try a half cup of any vegetable or a small salad at meals. Eat some fruit or fruit salad for dessert.
- Choose 3 whole grain products every day. Try sandwiches on whole wheat bread at lunch or popcorn for a snack.

Plan physical activity into your daily routine. Add activity to your day without crowding your already busy schedule. If you have a job that doesn't allow for much movement, plan a short walk during your break. As others to walk and talk rather than sitting. Making small changes daily and weekly will build a lifestyle of healthy habits without adding time and stress.

Add LIFE to your lifestyle

Daily physical activity does more than just burn the calories in the food that you eat. Recent studies show that daily physical activity has many benefits. Exercise helps you sleep better, feel good about yourself, do a better job at work, handle stress better and worry less. THE USDA Dietary Guidelines recommends at least 30 minutes of moderate-intensity activity most days of the week. Moderate physical activities include brisk walking, riding a bike, light yard work or hiking. For most people vigorous activities include running, jogging, swimming, aerobic dancing and playing basketball. The more energetic the activity, the more calories you use. If you're not very active, a good place to start is to plan to move more every day. Finding a friend to be active with you makes it easier and more fun!

