



A Local Healthy Maine Partnership

# 5 A Day Month

## Small Steps to Better Health

### September 2009 Newsletter

## Healthy Waldo County



[www.healthywaldocounty.org](http://www.healthywaldocounty.org)



### Eat More Fruits & Vegetables.

Try eating a fruit or vegetable at every meal and for snacks. They are important for maintaining good health, and they taste great - fresh, frozen or canned! How many fruits and vegetables do you need? <http://www.fruitsandveggiesmatter.gov/>

### Cut Down on Screen Time.

Cut recreational screen time to two hours or less every day. The more your children watch, the less active they are. Make a list of fun activities to do instead of spending time in front of the screen.

### Be Physically Active.

The moment you become more physically active you begin to improve your health. Whether it's walking, riding a bike, or jogging, being physically active is good for your heart and it helps burn calories. Kids should be active for at least one hour a day. An easy way to get sixty minutes is to divide the hour into shorter periods throughout the day.

### Drink Water or Low-Fat Milk.

When you're thirsty, try water or low-fat milk as the drink of choice. The health benefits of water: Sixty percent of your weight on average is made up of water. Every system in your body depends on water. And lack of water can lead to dehydration, and sometimes make you "feel" hungry when you're actually thirsty.

Let's Go! Eat Right. Be active. Get healthy. <http://www.letsgo.org>

Did you know that water is fuel for your body and that:

- It is the most important nutrient for active people.
- Between 70-80% of a child's body is made up of water.
- When you exercise, you sweat, and you LOSE water and minerals - it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!



For more information about

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- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\* NO screen time under the age of 2. NO TV/computer in the child's bedroom.

## *The Zen of Television* National TV Turnoff Week

For an interactive experience, press the **off** button now!



The Zen of Television is a person's existential views on television watching. If one believes that television is a "window to the world," then watching television is how that person connects with the world around them. The reality is that by watching television, you do not really connect with any other living people -- you only really establish a relationship with your television set.

Television images are not our own thoughts or images. The images on television, however can be quite mesmerizing. Television shows us a world that its producers, writers and editors want the viewer to see.

Television is entertainment. Television has good points and bad points. Television fills our minds with a variety of images and other's opinions of the world. To see television as a waste, but choose to watch anyway is an enlightened choice. Yet, to choose to do something else with one's time is also an enlightened choice.

We hope that you and your family will join the thousands of households through out the United States that will turn off their TVs for the week of **September 20th to the 26th.**

Excerpts taken from the [Zen of Television](#) by Ron Kaufman

**Family Game Night** is a wonderful way to promote good feelings and make lasting memories for your family. Playing games with your loved ones can create a thousand memories. **The Sequence Game** is a great game for families or adults. Each player has a hand of cards. On every turn the player will match a card in his/her hand with one on the board. Place five in a row to win. The object is to block other players while placing your own winning hand. The rules are easy enough for kids but the strategy can be compelling for adults and seniors. A jumbo version is available for vision impaired people that uses a larger game board.

Game review written by Patricia Estabrook, the co-founder of The Game Loft, a non-electronic youth center in Belfast. For more information about The Game Loft please call 338-6447.

Sequence is available locally at All About Games or Reny's in Belfast.



**Bringing people together is an essential ingredient of TV Turnoff Week.**

**Game Nights:** Are an alternative to screen time that builds strong bonds between real people. Here are a few types of game nights.

**Family Dinner/Game Night:** A specific night each week where the family can get together for a meal and games.

**Community Game Nights:** A monthly event where a community organization organizes a game night.

**Why turn off your TV?** Screen time cuts into family time and is a leading cause of obesity in both adults and children. Excessive use of screens for recreational purposes leads to a more sedentary and solitary lifestyle and that is unhealthy for all of us, both mentally and physically.

## Family Dinner Night

### Mexican Casserole Recipe

**Preparation Time: 1 hour, 45 minutes**

**Calories: 320**

**Number of servings: 6**

**Cups of Vegetables per person: 1.5**



#### Ingredients

4 oz uncooked ziti pasta  
 nonstick cooking spray  
 2 medium onions, chopped  
 1 garlic clove, minced  
 2 medium carrots, finely chopped  
 1 green pepper, chopped  
 1 medium zucchini, chopped  
 1 16 oz can no added salt tomatoes, undrained  
 1 8oz can no added salt tomato sauce  
 1 tsp oregano  
 1 16oz can black beans, rinsed and drained  
 1 10 oz package frozen corn, thawed  
 2 Tbsp green chilies, chopped  
 8 oz fat free ricotta cheese  
 4 oz shredded low-fat Monterey Jack cheese

#### Directions

Cook ziti according to package directions without salt; drain well. Preheat oven to 375°F. Coat a Dutch oven or large pot with cooking spray. Add onions, garlic, carrots, peppers, and zucchini; sauté over medium heat for 10 minutes, stirring often. Stir in tomatoes, tomato sauce, and oregano. Bring to a boil; reduce heat to low, simmering 15 minutes. Stir in beans, corn, chilies. Cook for 5 minutes. Remove from heat; add pasta and cheeses, tossing gently. Spoon into a 9-inch square baking dish coated with cooking spray. Bake for 30 minutes or until heated through. Let stand 5 minutes before serving.

#### Children who eat meals with their families :

- Have improved communication with their parents
- Are less likely to smoke, use drugs, drink alcohol
- Have fewer behavior problems
- Have better school performance
- Have greater vocabulary
- Develop a sense of belonging, feel more secure and stable
- Tend to eat more fruits and vegetables and less fried foods and are more likely to try new foods and enjoy a greater variety of foods.

All of us at Healthy Waldo County wish you a great Family Day. We hope that you and your family will enjoy a meal together.

"Dinner Makes a Difference"



The National Center for Addiction  
and Substance Abuse

## Healthy Waldo County

A Local Healthy Maine Partnership

We're on the Web & Facebook:  
[www.healthywaldocounty.org](http://www.healthywaldocounty.org)



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### Help Your Child Transition Back to School this Fall

The adolescent years are filled with change. Children face crucial transition times like reaching puberty, starting middle school or high school- and for some, moving to a new town or family changes.

But just because change is a natural and expected part of growing up doesn't make it any easier - especially for teens who face numerous daily stresses, including academic pressures from school and social pressure from friends.

Remember those days when you went through it? I can remember thinking about things like; "Will I fit in?", "What should I wear?", "Will I have new friends or lose some?", "How much homework will there be?" "Will I be able to keep up with it all?" These thoughts may be racing through your child's mind as they return to school this year.

Even typical life events—like trying out for a school sports team or developing relationships, can be a big deal. By knowing which transitions affect kids the most and why, it's easier for us to recognize the situations that can be the most emotionally trying and offer extra support.

Studies show that adolescents who haven't tried drugs or alcohol are more likely to start during times of transition, and a 2007 Partnership study of 6,500 teens indicated that the number one reason teens use drugs is to cope with school stress. But don't worry - while change is a part of life, risky behavior, like drug and alcohol use, doesn't have to be.

Building protective factors promotes health, well being and resiliency. Here are a few things that parents can do to assist their children through the transition back to school: continue sharing meals together, getting to know your child's friends and their parents, being involved in your child's life, inviting questions, offering reassurance, being informative, conveying sensitivity, being positive and encouraging, asking thought provoking questions, clarifying your expectations, modeling resistance to peer pressure, modeling healthy habits and attitudes, and celebrating achievements.

For more information about how you can help your teen through transitions go to: [www.timetotalk.org](http://www.timetotalk.org)

### Top 5 Reasons Teens Use Drugs During Transitions

To combat loneliness, low self-esteem, anxiety, or depression

To mentally "check out" of family issues or school trouble

To ease discomfort in an unfamiliar situation

To look cool or change their image

To fit in with a group of friends

A Partnership for a Drug Free America