



MAY 30, 2012

[SIGN UP](#)

[FORWARD](#)

[ARCHIVE](#)

[ADVERTISE](#)



Daily news about school nutrition

[Search past news ▶](#)

[Top Story](#)

Sponsored by:



■ **Nutritionist's rock 'n' roll assemblies promote healthy eating**

"Rock star nutritionist" Jill Jayne has combined her two passions -- rock 'n' roll and nutrition -- into a venture aimed at helping promote healthy eating. Jayne's company, Note to Health, runs the "Jump with Jill" show, a school-assembly program that combines music and nutrition education. [Pittsburgh Post-Gazette](#) (5/24) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)



Women's Euro Style Chef Coat

Our [Women's Euro Style Chef Coat](#) features a feminine fit and 3 high-contrast color combinations. Short sleeves and lightweight poplin also keep staff cool. And for just \$14.95, it's the perfect way to give female staff a better look at a better price.

[Shop now.](#)

[School Update](#)

■ **Md. students evaluate healthy school meal options**

School nutrition professionals in a Maryland district recently asked high-school students to taste test healthy meals to determine whether they should be included in menus next school year. Officials said they want students to be included in the district's adoption of new federal school nutrition standards. Popular items during the taste tests included pizza made from whole-grain crust and teriyaki chicken. [The Gazette \(Gaithersburg, Md.\)](#) (5/25) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

■ **Mich. district fills void with free summer meals**

The Grand Rapids, Mich., school district will begin offering free summer meals on June 18 to children ages 18 and younger as part of a program funded by the U.S. Department of Agriculture. "For many of the children in high needs areas like Grand Rapids, the primary meal of the day is the school meal," said Paul Baumgartner, the district's director of nutrition services. "When school is not in session, students are still in need of good nutrition to stay healthy, active and focused to take advantage of enrichment programs." [MLive.com \(Michigan\)](#) (free registration) (5/29) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

[Other News](#)

Other News

Mayor urges elementary-school students to ride bicycles safely

San Jose Mercury News (Calif.) (free registration) (5/29) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

Nutrition & Wellness

■ **Breaking sugar addiction one different food at a time**

Humans are born craving sweet food, but constantly indulging that craving is unhealthy and can dull the ability to embrace new or more nutritious food, according to The Wall Street Journal.

Learning to enjoy nonsweet food takes work but can be accomplished by trying bitter or different food, eating ethnic food and learning more about food that is not immediately appealing. [The Wall Street Journal](#) (5/25) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

■ **Gadgets help individuals track health goals, progress**

A variety of new products are available to help people monitor data such as physical activity and caloric intake to help achieve their health goals. The bodybugg tracking device can record steps, calories burned, workout intensity and even sleep quality, while the FitBit Ultra device uses a range of data to estimate calorie expenditure. [The Post-Bulletin \(Rochester, Minn.\)](#) (5/27) [Share:](#)

[in](#) [f](#) [t](#) [E-MAIL](#)

■ **Mindful eating takes a place at American tables**

The Buddhist tradition of mindful eating is finding a place in U.S. corporate lunchrooms and at the family table. The Center for Mindful Eating, a nonprofit supported by nutritionists and medical professionals, works to raise public awareness around the benefits of eating slowly and without distractions. [The Record \(Hackensack, N.J.\)](#) (5/28) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

■ **Nutrition is one of 4 keys to good health**

Exercise, sleep, nutrition and low stress are the keys to good health, writes blogger and University of Washington Nutritional Sciences Program graduate student Carrie Dennett. Careful management of these four factors can help individuals avoid "lifestyle-related" diseases and enhance their quality of life over the long term. [The Seattle Times](#) (5/28) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

Trends & Research

■ **Physical education boosts academic performance, Swedish study finds**



HEALTH
STUDY

Children, especially boys, who took physical-education classes five days a week as well as additional motor-physical skills training had higher grades than those who received usual levels of PE, a small study in Sweden found. Researchers also noted that more ninth-graders in the intervention group had good physical motor skills compared with those in the control group. [U.S. News & World Report/HealthDay](#)

[News](#) (5/27) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

■ **Researchers find two lifestyle changes can improve health**

While there are four key unhealthy habits -- such as consuming too much saturated fat -- that decrease overall wellness, a recent study finds that people need only to address two key habits to improve their health. Researchers from Northwestern University Feinberg School of Medicine found that people who watch less television and eat more fruits and vegetables often initiated a "ripple effect" that led to improved health. [Time.com/Healthland](#) (5/29) [Share:](#) [in](#) [f](#) [t](#) [E-MAIL](#)

Food critic: Government plays large role in healthy eating

Food icon Ruth Reichl has made a living eating at and reporting on restaurants around the world, but now she's focusing on the importance of healthy eating. Reichl says she's happy that nutritional labels will be put on restaurant menus, but there is still much to be done in America's food industry, such as changes to tax policies, to make healthy eating more affordable and widespread. The Oregonian (Portland) (5/29) Share: [in] [f] [t] E-MAIL

Webinar on SNA's School District Owned Membership

The School Nutrition Foundation -- in partnership with SNA -- will be offering a free webinar on Wednesday, June 6th. Entitled "SNA's School District Owned Membership: Maximize the Value of SNA Membership for Your School District," this webinar will provide information about this valuable membership option and how your school district can benefit. Discussion will include testimonials from districts that are already participating in SDM. Learn more. Share: [in] [f] [t]

E-MAIL

Learn more about SNA - Resources | Publications | Career & Ed | Meetings | Legislative Action | Join SNA

“ A man who trusts nobody is apt to be the kind of man nobody trusts.” --Harold Macmillan, U.K. prime minister

Share: [in] [f] [t] E-MAIL

Subscriber Tools

SIGN UP SEND FEEDBACK E-MAIL THIS BRIEF

Print friendly format | Web version | Search past news | Archive | Privacy policy

Advertise

Account Director: Hillary Batchelder 202-407-7803

- Download Media Kit

Read more at SmartBrief.com

A powerful website for SmartBrief readers including:

- Industry Home
Readers' Choice
Search
Archive
Grab our News Widget
Get this RSS Feed
Download a SmartBrief Mobile app today

Recent SNA SmartBrief Issues:

- Tuesday, May 29, 2012
Friday, May 25, 2012

Lead Editor: Trigie Ealey

Contributing Editor: Erin Cunningham

- [Thursday, May 24, 2012](#)
- [Wednesday, May 23, 2012](#)
- [Tuesday, May 22, 2012](#)

Mailing Address:

[SmartBrief, Inc.®](#), 555 11th ST NW, Suite 600,
Washington, DC 20004