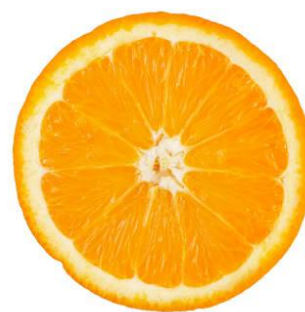


Prep School Performance Nutrition News

with
Kathleen Searles, MS, RD, LDN



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Welcome to the third issue of Prep School Performance Nutrition News!

This month's focus is food safety – preventing food related illnesses from the food students eat outside the dining hall. You will find tips for safely handling boarding students' personal food supplies and suggestions for safe lunches and snacks for day students who bring food from home. This issue also has tips from Molly Kimball, RD, LD, CSSD on how students can avoid unexpected weight gain. College is famous for its "freshman fifteen", but these tips apply to high school age boarding students as well. Please share these ideas with students who may be struggling.

I hope you and your students have a great October! –

Kathleen Searles, MS, RD, LDN

What's in Your Refrigerator?



One aspect of student health and safety that may be overlooked is food safety for students' personal food supplies. The dining services staff prepare, serve, and store food according to regulations about time and temperature to prevent food-borne illnesses (food poisoning.)

But students often take food out of the dining hall, order out, purchase foods outside, or bring favorites from home. How is this food kept safe?

Consider this list of items from a random check of a dorm refrigerator: 1 pizza box with a slice of pizza and some gnawed chicken bones, 2 Myoplex protein shakes, 1 leftover Buffalo Chicken sandwich, 1 box of chicken wings, 1 pizza box with 4 slices of veggie pizza, open jar of salsa, foil wrapped package of brownies, 6 bottles of Odwalla juice, and a large bottle of protein shake. The items in *italics* are all potentially hazardous foods, which require careful handling to reduce the risk of food-borne illness.

The FDA defines potentially hazardous foods as those which support the rapid growth of infectious or toxic micro-organisms. The growth of these micro-organisms can cause illness in those

Food Safety for Day Students or Travelling Athletes

If your day students are bringing packed lunches or snacks it is important that the basic food safety rule of "keep hot foods hot and cold foods cold" is followed. Ideally, students would have a refrigerator to put any packed items in, but that may not be practical. Here are some suggestions to share with your students:

- Prepare lunches on a clean and sanitary surface
- Use an insulated lunch bag
- Use a freezer gel placed on top of the food items to keep them cold longer
- Wrap and freeze sandwiches the night before (This does not work with salad type sandwiches; do not freeze lettuce or tomato, which can be packed separately)
- If you are bringing cut up fruit it must be kept cold; whole fresh fruit is OK at

consuming affected foods. The majority of potentially hazardous foods are those made with meat, fish, milk, or eggs. Proper refrigeration and thorough reheating of leftovers are key to reducing the risk of illness. To keep food safe, dorm refrigerators should be kept at

Students are sometimes tempted to use their window sill to keep foods cold during the cooler months. This may be OK for things like sealed juice containers, but the temperature will fluctuate too much for this method to work for potentially hazardous foods.

Foods in aseptic packaging (such as tuna in foil pouches or milk in a “juice box” type container) are useful for keeping snacks on hand in the dorm. Once these packages are opened, the unused portions should be refrigerated. Open containers of juice should also be refrigerated.

Some food items have a printed “use by” date that defines how long the food is safe to consume. Leftovers and foods not otherwise marked should be used within 3 days. A simple approach is to write the date on any opened item when it is put into the refrigerator. If more than 3 days have gone by, the item can be discarded.

Another food hazard in the dorm is the potential to attract mice or insects. Although dry snack foods like crackers or cereal do not carry a risk for food-borne illness, their crumbs are tempting to “critters.” Students can keep their snacks in a plastic box with a tight-fitting lid.

So what about the randomly sampled dorm frig? The leftover pizza, sandwich, and chicken wings should go. The printed delivery tickets show that they are more than 3 days old. The protein shakes and juices are still sealed from the manufacturer, so they are OK. The salsa and brownies are not potentially hazardous foods. Check out “Action Steps for Dorm Food Safety” for more information.

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7 Tips for Avoiding the Freshman 15

Written By: Molly Kimball, RD, LD, CSSD

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1. Keep a food journal. Tracking what you eat helps you to be more mindful of what you're consuming, and to avoid extra calories. You can write it, type it or log it onto a (free) website or a smartphone app.

2. Get some sleep. Sleep deprivation can lead to weight gain, so try to get at least seven hours per night.

3. Watch out for liquid calories. Not only from alcohol, but from blended coffee drinks and many smoothies, as well. Check the nutrition facts before you order to limit added sugars.

4. Stock up on healthy foods. Keep your fridge filled with lean proteins such as Greek yogurt, cottage cheese and low-fat cheese.

Stock shelves with whole grain crackers and cereals, peanut butter, low-fat popcorn, nutrition bars and fresh fruit.

room temp

- Freeze a juice box or water bottle to pack in and help keep food cold; it should be thawed enough to drink by lunch time
- Use a thermos for hot items and pack separately from cold items
- Consider aseptically packaged items like individual fruit cups, foil pouches of tuna, or milk in a tetra-pak – these do not need to be kept cold as long as they are not open
- Consider non-perishable items like peanut butter

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Action Steps for Dorm Food Safety

- Place thermometers in dorm refrigerators and ask dorm staff or proctors to check daily (should be at or below 40° F)
- Provide markers and labels so students can mark foods with their name and the date
- Educate parents and students about keeping food safe
- Post safe food storage guidelines on the refrigerators
- Add refrigerator “purses” to dorm jobs
- Ask dorm staff and proctors to keep their eyes open for food in student rooms that may be stored improperly or that may attract mice or insects

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October Promotion!

Are your students maximizing their performance with good food choices from your dining services?

Are they overwhelmed or uncertain about what to eat?

This month I have been presenting workshops on putting together healthy, satisfying meals from the dining hall.

Call today to schedule a session for YOUR school!

About:

5. Eat regularly. If you have a marathon day of classes, take snacks (protein bars, nuts, string cheese) with you so you're not out-of-control hungry by mealtime.
6. Don't be too hard on yourself. It's OK to indulge occasionally. One missed workout or a single dessert won't make or break things. These choices lead to trouble only when they become the norm.
7. Get moving. Walk or ride your bike to class. Hit the campus gym. Meet friends for a workout instead of for coffee. Not only is it a great calorie-burner, but regular exercise is also one of the best stress relievers.

www.thebodyimageproject.com -- features stories from real people discussing their body image struggles and triumphs

www.nationaleatingdisorders.org/

The National Eating Disorders Association supports the millions of families whose loved ones are battling eating disorders.

www.healthygirl.org -- a resource for teens and young women who eat because of emotions or obsess about food and their bodies, by Sunny Sea Gold, a health editor and former binge eater.

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Kathleen Searles provides consulting services to private secondary schools. She is available to speak to students, faculty, coaches, etc. on a variety of general and sports nutrition topics. With over 30 years of experience in the boarding school environment, she is ready to tailor nutrition messages to your school's needs.

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