

Life Balance Initiative News

May/June 2008

Grand Traverse Area Catholic Schools

Be Healthy. Be Fit. Be Informed.



Northern Michigan Bounty

We live in a very special place here in Northern Michigan. We get to reap the benefits of four very distinct seasons. We are blessed with clean beaches, fresh air, green grass, and local produce.

Farmer's Markets are called Green Markets and are usually held in public places. During the growing months Northern Michigan hosts many farmer's markets all over the area. In the Grand Traverse area we have the Sara Hardy Farmer's Market (231-922-2050), the Interlochen Farmer's Market (231-276-9105), and the TGIF Farmer's Market located at the Grand Traverse Commons (231-879-3451).

Farmer's Markets continue to rise in popularity. They are up by 18% nationally over the last three years. This is mostly due to interest in obtaining the freshest, most flavorful produce directly from the farmer when in season.

Other important reasons to consider buying from a farmer's market:

- Money stays in the community. Buying from farmers cuts out the middle man putting more money into the farmers' pockets which, in turn, helps preserve farm and supports a healthy environment.
- "Soil to Table" produce is picked or harvested at its peak. It's not trucked here from an undisclosed location and held in a warehouse for months on end.
- Locally grown produce doesn't travel as far to get to the table. This difference helps in saving of fossil fuel.

"Think Green"

Put a face to the product. By purchasing products from farmers and markets you get to know your purveyor and can ask questions on your purchases. An example for the LBI is buying local beef. We had no worries during the recent beef recall. We know that Rice Farms is a small local farm using grass fed and hormone-free Angus beef.. See you this summer at the farmer's market!

As a chef and consumer of good food, I find my favorite vegetable asparagus is getting ready to kick off the growing season of 2008. Look for a special, and healthy, recipe for Asparagus Bisque in this newsletter.

Did You Know?

Asparagus has been around since ancient times. Julius Caesar was said to like it with melted butter. Times haven't changed that much! Asparagus is a good source of nutrients. It is high in vitamin A, C, B6, potassium, thiamin, and has more folic acid than any other vegetable. Asparagus is a versatile vegetable. It goes well as a side dish, on salads, on frittatas, or in pastas. My favorite way to enjoy it is to marinate it in Italian dressing and grill it for a few minutes until tender. I like to serve it with grilled salmon and roast baby potatoes. Simple, flavorful, and healthy.

Did you see the great article about our LBI lunch program in the *Record Eagle* on Monday, May 5? Check out the full story on the GTACS website. Just go to the "GTACS News" link on the home page and read more about it!

Bon Appetit'

Chef Michael Bauer

"Live in each season as it passes, breathe the air, drink the drink, taste the fruit and resign yourself to the influences of each."
Henry David Thoreau

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Dining Services Highlights Stacie McClellan



Stacie McClellan was born in Charlevoix and raised in Traverse City where she graduated in 1998 from Central High School. She played basketball for many years on school teams and AAA teams and was a Gus Macker pro! Basketball was her life, until she finished school early and headed out west to Taos, New Mexico and then to Colorado where she took a job in the Flat Top Mountains at a Dude Ranch. She worked two summers out where she worked as a server and nanny and then moved to Tennessee for six years where she built a self-sufficient home. Currently, Stacie is attending NMC and will transfer next fall to Ferris State to pursue a bachelor's degree in Business Administration and major in accounting.

On top of her busy schedule and the most important motivator in her life, is her five year old son, Mnajaawin McClellan. Together they love to bike ride, canoe and camp. Stacie enjoys being a part of the Life Balance Initiative program because she is helping children eat better and is making healthier eating choices for her and her son as well. Thank you, Stacie, for being a part of the LBI Team!

Grab 'n Go Sandwiches Sell 200 in a Week!

You asked for it and we provided it! Upon our return from spring break, Chef Michael Bauer had a Grab 'n Go cooler stocked and ready for high school students who prefer a quick, easy and healthy option at lunch. Now a special cooler is filled with sandwiches, wraps, fruit and beverages for those who want to eat "on the run". Soup and salad are offered as additional options, too. Thanks for your comments on the LBI survey. We gained many great ideas on how to continue to make this program better than ever.

Catering....At Your Service!

Don't forget that Chef Michael Bauer is ready to cater your next special event. Do you have your graduation party ready to go? Need a special dinner party catered? Give Dining Services a call at 946-6353 or email Michael at mbauer@gtacs.org

Got a Credit?

Please check your child's lunch balances and pay all charges before the year end as there will be NO CHARGING OF A MEAL AFTER MAY 23rd. Any balances left at the end of the year may be carried forward, even if your child is heading off to a new building. If you do not want your balance carried over to the next school year, please notify Karen Spencer by Monday, June 2nd by email at kspenc@gtacs.org or phone at 995-8454 and she can refund the balance to your child.

Girl Scouts Learn Nutrition Education from Chef Michael Bauer

Two local Girl Scout troops attended a nutrition education program hosted by Chef Michael Bauer. He showed them what a healthy and clogged artery looked like as well as a test tube of saturated fat. The density differences between one pound of fat versus one pound of muscle were shown with a visual prop, and he had a test tube filled with sugar to demonstrate the amount found in a 16 oz. Coke. Nutrition education is an important component for healthy living. Thanks, Chef Bauer, for helping to keep us healthy! Give Chef Bauer a call if you'd like him to speak to your group.

Next Phase of LBI to Begin in Fall 2008

During September and October of 2008, we will be conducting several "baseline assessments" of our children related to the Life Balance Initiative. These assessments include knowledge testing, surveys and physical measurement (i.e. body mass index). More specific information will be provided to parents in August.

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Asparagus Bisque

2 # asparagus- Cut bottom 1/3 off (stalk); Put in 12 oz. water and simmer for 15 minutes. Strain and reserve for later. (This is your asparagus stock)

Reserved remaining 2/3 and chop for soup

12 cups asparagus stock □ Refer to above

½- large Spanish onion- minced

½ Tablespoon minced garlic

1 large white potato peeled and minced (potato starch helps thicken soup)

1 packed cup fresh spinach (for color)

1 Tablespoon lemon juice (used to help bring out flavor)

Dill- 1 Tb. Fresh or ½ Tb. Dry

½ cup Plain yogurt (helps add creaminess)

Kosher salt and white ground pepper to taste (Flavor enhancers)

Procedure:

Heat up stock pot and add 2 Tablespoons oil or butter

Add onions and sweat

Add garlic and sweat

Add potatoes and cover with asparagus stock- simmer until potatoes are tender

Add remaining asparagus and spinach □ simmer until asparagus is tender

Add yogurt and dill

Blend ingredients until very smooth □ add back to pot and season

Yield ½ gallon



Enjoy!

How does YOUR Garden Grow?

Consider planting a plot of land for a garden to call your own this summer! Got a sunny spot? Or try a pot on your deck! If your harvest is bountiful, send Cindy Weber a picture with you and your child and we'll try to include it in one of the 2008-2009 LBI Newsletters. Send the photo to cweber@gtacs.org. Happy planting!

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Health Education Programs in our Area!

Understanding Cholesterol Levels

Cholesterol plays a critical role in heart disease, stroke, and peripheral arterial disease. Modern thinking about cholesterol has changed rapidly recently making it difficult to make sense out of the mixed messages that come from doctors and the media. Dr. Recchia will review the latest understanding about the role of cholesterol in health and disease. He will help you understand your own cholesterol levels, including LDL, HDL, and triglycerides. Newer risk factors including lipoprotein A, CRP and homocysteine level will also be discussed. Ample time will be allowed for question and answers.

Speaker: Dino Recchia, MD, FACC

Thursday, May 15, 2008
7:00-8:30 pm

Presented live from Munson Medical Center Main hospital building, 1105 Sixth St.
Basement, Conference Room 1-3

No fee or registration required.

For more information, call
Mary McManemy, RN
Coordinator Cardiac Rehab
Munson Medical Center
phone: 231-935-8565



Insulin Treatments - The Risks and Benefits

Jill Volbrecht MD is offering a FREE program on Monday May 12th from 6:30-7:30 in conference room 1 at Munson Medical Center. Jill will share the latest developments in insulin treatment and lead a discussion about the drug. She will be discussing the history of insulin treatment for diabetics, the risk and benefits and delivery systems. This program is free and no pre-registration is required. For more info call 935-8200.



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MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
(df) Taco Bar or Black Bean Soup Rice Corn	Half Day Of School	That's A Pizza Or Tomato Noodle Broccoli Salad Bar	(df) Sweet and Sour Chicken or Egg Drop Soup Basmati Rice Salad Bar	(df) Pasta Marinara Or Beef Stew SPAGHETTI SQUASH Salad Bar
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
(df) Rice Farms Hamburger or Turkey Veggie Wrap Salad Bar	(df) Chicken Cacciatore Or Corn Chowder BROCCO LI	That's A Pizzas Or Ham and Cheese Sandwich GREEN BEANS Salad Bar	(df) Roast Turkey -Gravy or Lentil and Sausage Soup/ Salad Bar Rice CORN	(df) BBQ Pork Sandwich or Veggie Cheese Wrap Salad Bar Coleslaw
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
(df) Sloppy Joes Or Turkey Sandwich Redskin Potatoes Salad Bar	Turkey - Asparagus Alfredo Or Lemon Chicken Rice Soup CARROTS	That's A Pizza Or Ham and Cheese Sandwich Salad Bar	(df) Barbequed Pulled Chicken Sandwich or Potato Leek Soup ASPARAGUS Spanish Rice	Macaroni And Cheese Or Grilled Cheese With Tomato Soup GREEN BEANS
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Memorial Day No School	Chicken Pot Pie Or Chicken noodle ASPARAGUS	That's a Pizza Or Chicken Caesar Wrap Salad Bar	Local Hot Dog Or Veggie Wrap Potato Bar	(df) Beef Stroganoff Or Ham and Cheese Sand- wich
Every Day	Every Day	Every Day	Every Day	Every Day
Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veg- gies Grain or Bread	Milk, Fruit, Fresh Veg- gies Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veg- gies, Grain or Bread