

# Life Balance INITIATIVE

A PUBLICATION OF GRAND TRAVERSE AREA CATHOLIC SCHOOLS

MHSAA SCHOOLS OF DISTINCTION 08



**MISSION STATEMENT:** Grand Traverse Area Catholic Schools are dedicated to providing a Catholic education ensuring educational quality for all families willing to enter into a partnership to develop each child to his or her fullest spiritual and academic potential.

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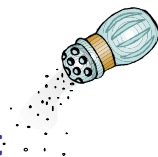
Jim & Kathy Bussell

If you opportunity, please contact Wayne Mueller at 995-8428.



May 2010

## From the Desk of Chef Michael Bauer



### Please Pass the Salt

On just about every household table, restaurant table or cupboard across America you can find salt in some form such as: iodized, kosher, or sea. The reason being is that it's the most recognized flavor enhancer known to humankind. Also, humans need salt in their diets for survival. Our bodies cannot make salt. Our bodies need the sodium present in salt to perform a variety of functions. Salt helps in regulating fluid and blood in our body cells, helps with transmitting information in our nerves and muscles, and regulates our small intestine.

Salt is a mineral that contains chlorine and sodium. Its chemical formula is NaCl and its mineral name is halite. It forms clear, cube-shaped crystals. All salt deposits began as salty water. Salt is primarily mined today from these underground dried up sea beds. Mining is done several thousand feet below sea level. In Michigan, a huge sea bed once covered our region.

Since ancient times, salt has been used to flavor and preserved food. Early trade routes and many of the first roads were established for transporting salt. Many ancient civilizations considered salt so precious that it was traded ounce for ounce for gold. In ancient China, coins were made of salt. Wars have been fought over salt. America was dependent on England for most of their salt. After the

Revolutionary War, the United States developed salt works along the Atlantic coast for boiling sea water. Later, technology developed deep drilling of wells for excavation and mining of this precious commodity.

As stated earlier, salt is needed for the basis of life. However, what brings life, can also take it away. Americans as a whole have too much salt in their daily diets. The average American woman consumes roughly 3,000 milligrams of sodium a day while the average man consumes 4,000 milligrams per day. Four thousand milligrams is roughly 1.5 teaspoons. The University of California researchers suggest we try to cut our consumption by 1/3. It is suggested this cutback could prevent up to 92,000 deaths and 66,000 strokes every year. It could keep up to 99,000 Americans from having a heart attack and up to 120,000 others from developing other heart health issues. "It could save \$10 to \$24 billion in health care costs every year," says Kirsten Bibbins- Domingo of the University of California.

Americans need to start cutting sodium from our daily diets. The easiest way to do so is by cutting back on processed foods. A majority of sodium comes in the form of soy sauce, ketchup, salad dressings, frozen foods, fast food, canned soup, and many others. Also, make sure you taste your food before blindly salting. Flavoring with lemon, vinegar, fresh herbs, and spices can also enhance your food without the additional sodium. Cutting salty snack foods, such as chips and pretzels, is also a good way of minimizing sodium.

Remember fresh fruits and vegetables have zero sodium in their natural form. A rainbow of food a day helps keep the doctor away!

## **LBI Catering Services**

**Have a special occasion coming up?  
Are you SURE you want to do all the cooking?  
Allow US to cook for you!**

**\* Graduation \* First Communions \* Baptisms \*  
Weddings\* Anniversaries \* Birthdays \***

**[Click here for a complete list of menu options](#)**

Remember LBI when planning your next party. Allow Chef Michael Bauer to create a special meal just for you. We will be happy to bid out your specific meal, too! Give us a call to reserve your special date. For more information, please contact Karen Spencer at (231) 995-8454 or email at [kspenc@gtacs.org](mailto:kspenc@gtacs.org)

## Celebrating Success: Healthier Beverages in Schools

The Alliance for a Healthier Generation announced the final results of an independent third party study to analyze the affect of the Alliance School Beverage Guidelines. Here are the exciting results:



- There has been an 88% decrease in total beverage calories shipped to schools between the first half of the 2004-05 school year and the first half of the 2009-10 school year.
- At the beginning of the 2009-10 school year, 98.8% of all measured schools and school districts were in compliance with the Alliance School Beverage Guidelines.
- Shipment volumes of full-calorie carbonated soft drinks to schools were 95% lower in the first half of the 2009-10 school year than they were in the first half of the 2004-05 school year, before the Guidelines went into effect.
- In 2004, high school students drank on average one, 12 ounce can of full calorie carbonated soft drink at school per week. The current high school shipment levels mean that the average high school student now consumes the equivalent of one can and a half of full calorie carbonated soft drink at school per year.

This announcement is just one step forward to building a healthier generation. There is no single cause to the childhood obesity epidemic and no single solution. That is why the Alliance works across the board – with schools, healthcare, industry, families, communities, and kids themselves – to make physical activity and healthy eating easy for kids to access.

*Information taken from Alliance for Healthier Generation email communications: March, 2010.*

## Recipe for May *Asparagus Bisque*

Yield ½ gallon



### Ingredients:

- 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)
- Reserve 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

**Bon Appétit!**

*Chef Bauer*

## **Youth Working on Wellness – Weight Management for Youth Ages 10 through 17**

The Grand Traverse region has a formal weight management program available for area youth. Youth WOW is a 4-month comprehensive weight management program that combines health assessment and weight monitoring, nutritional guidance, exercise training, and behavioral counseling, all in an effort to help youth achieve and maintain a healthy lifestyle. Youth WOW is a collaborative effort of the following organizations: The Youth Health and Wellness Center, Munson Medical Center/Sodexo, the Grand Traverse Bay YMCA, and Priority Health. If interested, contact: Youth Health and Wellness Center, 231-922-6416.