

FOOD FOR THOUGHT

As the 2008 school year is coming to an end, we thought we'd try to squeeze in a few final, fun, food highlights from the past couple of months at Calvin Hill. We hope that you enjoy this spring edition of the food newsletter!

Have a terrific summer,

The Calvin Hill Food Committee



FOOD NEWS

Threes' Room: Victory for Carrots on Veggie Survey

Last month, the Threes' Room conducted a Vegetable Tasting Survey, where children tasted cucumbers, carrots, and red peppers, and then chose their favorite veggie. Carrots came out on top (7 votes), with cucumbers closely behind (6 votes), and red peppers a distant third (3 votes). Children also enjoyed learning about how each of these vegetables grows, and that eating this colorful food group helps them grow healthy and strong too!



Preschool: String Beans are Sprouting

The Preschool children recently planted string bean seeds, and have since been watching their impressive growth. Children planted the seeds in small cups of soil, adding just a little water. Then the cups were placed in the sunny studio window. After just one weekend, the seeds had already sprouted into small bean plants, and have continued to grow more every day.



Children also put some bean seeds in small plastic bags with a damp paper towel. Those seeds sprouted, too. Some even grew roots that were 2 inches long, and several sprouted stems and leaves. When the weather is just a little warmer, the Preschool hopes to move their plants outside. For now, they are enjoying studying and drawing the plants.



Kindergarten: Experiences Yale Dining at its Finest



The Kindergarten class recently took a field trip to Yale University, where they dined at the Trumbull College Dining Hall. To get there, they took a Yale shuttle bus to downtown New Haven. After getting off the bus, they took an outdoor tour of Cross Campus (led by a classroom parent), and saw a famous Calder mobile sculpture, Woolsey Hall, Beinecke Library, Sterling Library, and the Women's Table Fountain. Afterward, they ate lunch in the Trumbull College Dining Hall where produce from the Yale Sustainable Farm is served.



Calvin Hill Spring Potluck – No food left behind!

Thanks to so many families who attended the second Calvin Hill potluck of the year! The impressive turn-out on April 6th made for an incredible feast, and plates were piled high with spicy meat kabobs, colorful salads, squash soup, pizzas, cheese-filled pasta shells, and delicious desserts. The artichoke & goat cheese fritters (pictured right) and gluten-free brownies disappeared in record time! And the post-potluck puppet-show was a success, and a perfect way for full tummies to rest after such a delicious meal. Thank you so much for coming, and we look forward to sharing more meals together next fall.



SPRING SEASON WELCOMES LOCAL FARMERS' MARKETS

The 2008 season of New Haven farmers' markets is just beginning, with four locations open for business. Each market offers a variety of produce and baked goods, such as berries, beets, carrots, squash, cucumbers, tomatoes, pears, free-range eggs, all natural meat, jams, cheese, fresh flowers, hand made soap, and maybe even some live music! Here are the details for each market location:

DOWNTOWN

Wednesdays 11:00am-3:00pm
June 18 - November 26
(Church Street at the Green)



FAIR HAVEN

Thursdays 3:00pm - 7:00pm
July 10 - October 30
Quinnipiac River Park
(Corner of Grand Avenue & Front Street)



WOOSTER SQUARE

Saturdays 9:00am - 1:00pm
May 17 - December 20
Russo Park
(Corner of Chapel Street & DePalma Court)

EDGEWOOD PARK

Sundays 10:00am - 2:00pm
June 22 - November 23
Edgewood Park
(Corner of Whalley & West Rock Avenues)



Other Farmers' Markets in Neighboring Towns:

Spring Glen Church
Tuesdays 9:30am - 1 pm.
(1825 Whitney Avenue,
Hamden)

Miller Main Library
Fridays 12:30-5:30pm
(Hamden Center)

West Haven Green
Thurs 12-6, Sat 10-2
(Campbell & Main Sts.)



THE SKINNY ON TRANS FATS

Partially Hydrogenated Oil

There has been increasing attention in the media to the harmful effects of trans fats in the American diet. Partial hydrogenation, the process used to create trans fatty acids, is primarily used to produce solid fats. Partially hydrogenated fats or "trans fats" also help provide a longer shelf-life in baked products and a longer fry-life for cooking oils.

Partially hydrogenated oils are commonly found in processed foods like commercially baked products, vegetable shortenings, some margarines, crackers, cookies, snack foods, and even in bread. They are also used as cooking oils (called "liquid shortening") for frying in restaurants.

Foods that contain trans fats have "partially hydrogenated oil" or "hydrogenated oil" listed in the ingredients. Before trans fats were required to be listed on nutrition labels in January 2006, this was our only way of knowing whether these harmful fats were present. Yet a number of products state "0g Trans Fat" or claim to be trans-fat free but *still* have these oils listed in their ingredients. In the United States, trans fat that amounts to less than 0.5 grams per serving can be listed as 0 grams trans fat on the food label. Though that's a small amount of trans fat, if you eat multiple servings of foods with less than 0.5 grams of trans fat, you could exceed recommended limits.

Here are some ways to limit and avoid partially hydrogenated oil:

- 1) For cooking and frying, check the ingredients on all oils. If "partially hydrogenated" is listed, switch to a non-hydrogenated oil instead. If there is no ingredients list, ask your supplier or the manufacturer.
- 2) For baking, use non-hydrogenated oils or shortenings with *no trans fat*.
- 3) Choose healthy spreads - Instead of stick margarine or butter, consider trying soft tub spreads with low saturated fat and *no trans fat*.
- 4) When ordering prepared foods, check the ingredients and ask your supplier for baked products, pre-fried, and pre-mixed foods that are *free of partially hydrogenated vegetable oils*.

For more information on these topics, here are some additional resources:

<http://www.nyc.gov/html/doh/downloads/pdf/cardio/cardio-transfat-brochure.pdf>

http://www.kidshealth.org/parent/nutrition_fit/nutrition/food_labels.html

http://cspinet.org/new/pdf/trans_q_a.pdf

<http://www.mayoclinic.com/health/trans-fat/CL00032>



Nutrition Facts	
Serving Size 1 cup (200g)	
Amount Per Serving	
Calories 260	
	% Daily Value
Fat 13g	20%
Saturated Fat 3g	25%
+ Trans Fat 2g	10%
Cholesterol 90mg	10%
Sodium 660 mg	28%
Carbohydrate 31g	10%
Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%

