

UNH Hosts School Professionals at July 9-19 Summer Institute on Nutrition and Fitness

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DURHAM, N.H. -- A summer institute to be held at the University of New Hampshire Memorial Union Building July 9 to 19 will teach school professionals how to develop and implement innovative nutrition and physical activity programs into their schools and communities.

UNH's "Team Nutrition Summer Institute" -- now in its fifth year -- is a U.S. Department of Agriculture initiative designed to promote nutrition, as well as health and exercise programs for school children, their families and everyone in the community. It is the only one of its kind in the United States, and is co-sponsored by UNH's Cooperative Extension and Department of Health Management and Policy.

The institute is comprised of two sessions -- a core program and an expansion program. The core program is a two-week residential academic program geared toward school professionals, including principals, teachers, food service professionals and nurses. It provides training and materials to encourage educators to introduce new nutrition and physical activity programs in their schools and communities.

A new addition this year is the expansion program, a series of workshops geared toward the same audience as those attending the core program.

Attendees participate in a varied schedule of activities, and will explore such topics as the classroom/cafeteria connection, personal fitness, nutrition analysis and family fitness programs.

The Team Nutrition Summer Institute is highlighted by "New Hampshire Celebrates Team Nutrition Day" on Wednesday, July 11. This event provides a closer look at innovative nutrition programs being implemented in New Hampshire's schools, complemented with presentations by nationally-renowned experts on child nutrition issues. It takes place from 9:30 a.m. to 4:30 p.m. in the Memorial Union Building. It is free and open to the public, upon preregistration.

Miss America 2001 Angela Perez Baraquo, of Hawaii, will be a keynote speaker at this celebration day, speaking on nutrition education and physical fitness. Other featured speakers include: Ron Vogel, of the U.S. Department of Agriculture's Food Nutrition Service; Barbara Moore, of "Shape Up America!"; and Vickie James, of "Cooking Light" magazine.

This celebration is co-sponsored by the New Hampshire Department of Education Bureau of Nutrition Programs and Services.

Co-directors for the institute are Tamara Martin, research assistant professor in UNH's Department of Health Management and Policy, and Valerie Long, extension specialist in UNH's Department of Animal and Nutritional Sciences. Additional contributors include Peter Schlichting, executive assistant of the Team Nutrition Summer Institute; Elaine VanDyke, administrator for the Bureau of Nutrition Programs and Services at the N.H. Department of Education, and Cheri White, program manager for the Team Nutrition expanded program and nutrition education consultant for the N.H. Department of Education.

For more information on UNH's Team Nutrition Summer Institute or to preregister for New Hampshire Celebrates Team Nutrition Day, contact Tamara Martin at 603-862-3461, or e-mail at tamara.martin@unh.edu.

Editors/News Directors: Professionals from the following schools and organizations will be participating in UNH's Team Nutrition Institute: West Running Brook Middle School in Derry; East Rochester and the Annex School in Rochester; Strafford County Head Start in Rochester; Kearsage Regional School District; Rye Junior High School; Conval School District; Chesterfield Central

School; North Walpole School; Goshen-Lempster Cooperative School; Souhegan High School; Keene State College; UNH Cooperative Extension; and Swift Water Girl Scout Council. Individuals are also attending from the towns of Newbury, Rochester, Conway, Hampton, Rochester, Bow, Tamworth, Manchester, North Hampton, Weare, Lancaster, Bedford, Keene, Salem, Durham, Londonderry, Raymond, Kingston, Exeter, Claremont, Hookset, Haverhill, Mass., Fryeburg, Maine, Thetford, Vt., and Rumney, Vt.

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