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UNH Hosts School Professionals at July 10-20 Summer Institute on Nutrition and Fitness

By *Sharon Keeler*
UNH News Bureau

DURHAM, N.H. -- A summer institute to be held at the University of New Hampshire July 10-20 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" is a two-week residential academic program for teachers, principals, food service professionals and nurses. It takes place in UNH's Memorial Union Building and Smith Hall lounge.

The institute model 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 cosponsored by UNH's Cooperative Extension and Department of Health Management and Policy.

The program is highlighted by "New Hampshire Celebrates Team Nutrition Day" on Wednesday, July 12. This event takes place from 9:30 a.m. through 4:30 p.m. and includes 250 invited guests. Featured presenters are Vickie James from Cooking Light Magazine, who will speak on "The Healthy Kids Challenge" in the MUB Theater II at 10 a.m., and Executive Chef Steve Learned from the Balsams Grand Resort, who will give a cooking demonstration at 1:15 p.m. in the MUB's Granite State Room.

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

According to Peter Schlicting, executive assistant of the Team Nutrition Summer Institute, the celebration "recognizes the efforts of administrators and teachers who develop programs that provide nutritional instruction for the youth of our state."

The institute, Schlicting adds, is the only one of its kind in the United States. Now in its fourth year, it is funded by the USDA Food Stamp Program.

Topics to be covered at this year's program include:

- The importance of teaching children good eating habits at an early age,
- How to keep children eating healthy during summer vacation,
- National statistics on child health and nutrition,
- Success stories from schools and communities that have developed and implemented innovative nutrition programs,
- Vegetarianism and ethnic foods,
- Family fitness,
- Eating disorders.

Codirectors 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 Elaine Van Dyke, administrator for the Bureau of Nutrition Programs and Services at the state Department of Education, and Cheri White, state nutrition education consultant.

For more information on UNH's Team Nutrition Summer Institute, contact Tamara Martin at 603-862-3653, or e-mail at tamara.martin@unh.edu.

Editors/News Directors: Professionals from the following schools will be participating in UNH's Team Nutrition Institute: Exeter Middle School, Keene High School, Claremont Elementary School, Grantham Village School in Enfield, Woodbury School in Windham, Nute Middle/High in Windham, Maple Ave., Elementary School in Claremont, Oyster River High School in Durham, Manchester West High School, Hollis/Brookline High School, Raymond Middle School, Head Start Program SW Community in Manchester, Strafford County Head Start in Rochester, Merrimack High School, Portsmouth High School, Little Peoples Center in Durham, Mt. Pleasant School in Nashua, and Ledge Street School in Nashua.

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