



VOLUME 1 / ISSUE 2

Enhancing the health and well-being of our Salem County community

# Salem Health & Wellness Foundation

## Our Mission

To invest in sustainable initiatives that promote the health and wellness of Salem County, New Jersey residents by investing in programs and services that improve the health, well-being & access to quality health care for all.

The Foundation's vision is to be a financial resource for organizations specializing in servicing the health needs that are deemed to be unmet or underserved.

The Foundation opened its offices in August 2003.

The first grant was awarded in January 2004 and since that time the Foundation has awarded 59 grants to 43 organizations for a total of more than ten million dollars.

Salem Health  
& Wellness  
Foundation



## Breakfast for Health

There is a large body of research on the strong links between school breakfast consumption and favorable dietary, health, and educational outcomes among children and adolescents.

### School breakfast participation improves children's dietary intake.

- School breakfast participants are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals (e.g., vitamin C, vitamin A, calcium, phosphorous)

### School breakfast decreases the risk of food insecurity.

- Students with improved nutrient intake as a result of a program of school breakfast offered free to all students report decreases in symptoms of hunger.
- Access to school breakfast decreases the risk of marginal food insecurity and breakfast skipping,

### School breakfast may protect against childhood obesity.

- Breakfast skipping among children and adolescents is associated with a number of poor health outcomes and health-compromising behaviors, including higher blood cholesterol and insulin levels, smoking, alcohol use, physical inactivity, disordered eating, and unhealthy weight management practices.

### School breakfast helps improve children's academic performance.

- Students who participate in school breakfast show improved attendance, behavior, and academic performance as well as decreased tardiness.
- Participating in school breakfast is

associated with improved math grades, attendance, and punctuality.

### Free breakfast in the classroom and in the cafeteria programs to all children yield many positive results for health and learning.

- Students attending schools that offer a breakfast free to all students are more likely to consume a nutritionally substantive breakfast and to consume significantly more calcium, magnesium, phosphorus, fruit, and dairy products at breakfast, when compared to students from schools with a traditional means-tested school breakfast in the cafeteria program.
- Children who increase their in-school breakfast participation as a result of a school breakfast program, offered free to all



students, show improvements in math scores, attendance, punctuality, depression, anxiety, and hyperactivity.

*This brief was prepared by the Food Research and Action Center (FRAC): Heather Hartline-Grafton, DrPH, RD, Senior Nutrition*



# New “Grab & Go” Breakfast on the Menu at Schools

WOODBURY, N.Y., Aug. 23 /PRNews-wire/New supplies. New clothes. New backpacks. New breakfast! When kids head back to school this fall, many will be starting the day off right with a quick, nutritious breakfast at school. Before that first bell rings, ready-to-eat Breakfast Breaks(TM) will be served in school cafeterias, in classrooms, and even right off the school bus, which many schools hope will increase participation in the federally-funded national School Breakfast Program.

Responding to the need for more nutritious choices for school children, East Side Entrees is introducing its new “grab and go” Breakfast Breaks this fall in schools nationwide. Each boxed meal

includes a cereal bowl pack, an additional bread/grain snack serving, and a serving of 100% fruit juice. Served with milk, it provides a complete, nutritious breakfast that meets the government requirements for key nutrients for children. Offered in seven different varieties, one menu, for example, includes General Mills Honey Nut Cheerios(R), animal crackers, and Mott’s(R) Apple Juice.

“No preparation is necessary. The school food service staff gives each student a Breakfast Breaks package and a milk and they are good to go,” explains Gary Davis, CEO of East Side Entrees. “Our goal is two-fold, to make it convenient for schools to serve breakfast and for kids to want to eat it.”

Breakfast Breaks was introduced to school food service directors at the School Nutrition Association’s annual conference this past summer. The response was overwhelmingly positive.

“We want to increase our school breakfast participation, and Breakfast Breaks is going to be the way to do it,” says Demetrious Giovas, foodservice director for Gadsden Independent School District, Anthony, New Mexico. Giovas should know, as he was named the national Food Service Director of the Year by the School Nutrition Association. Giovas’ district, which has 14,000 students, is known for being innovative in getting kids to participate in....

*continued next page*

*To learn more about school breakfast or Breakfast Breaks, go to [www.breakfastbreaks.com/](http://www.breakfastbreaks.com/)*



school meals programs.

“We have good participation in our breakfast program, but because of transportation issues such as long bus rides, some kids have only 10 minutes before class so they can’t stand in line,” explains Giovas. “We need to address this problem with a quick, ready-to-eat meal. I think we will increase our school breakfast participation by at least 20 percent by offering Breakfast Breaks.”

To appeal to students, Breakfast Breaks are packaged in bright, colorful “grab and go” boxes and include “Play Bucks” that kids can collect and redeem for fun prizes like sports equipment, magazine subscriptions and even iPod(C) shuffles.

“We want to reward kids for eating breakfast and to make eating breakfast at school cool,” explains Davis. “All kids can benefit from a good breakfast.”



Numerous studies have shown that children who eat breakfast do better in school. They have better test scores, display less behavior problems and are healthier kids in general. In terms of nutritional benefits, students who eat breakfast at school are getting 25 percent or more of the daily recommended levels of key nutrients that children need.

Nearly 30 million children participate in the National School Lunch Program each day, yet only nine million now start the day by eating a nutritious breakfast at school. Schools are looking for more ways to reach more children to bridge this gap.

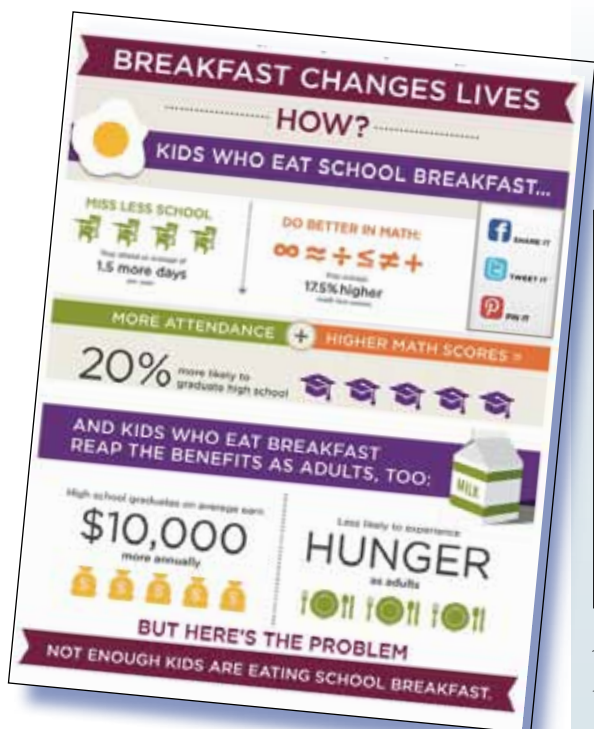
# Healthy Kids, Bright Futures Program Spotlight.

The Healthy Kids, Bright Futures initiative has funded four programs under its Childhood Obesity/Nutrition focus. Healthy U is one of those programs, it address the obesity crisis among New Jersey’s youth. There are three components: Afterschool, Early Childhood Education and School Based.

The program uses the award winning CATCH (coordinated approach to child health) curriculum which encourages increased physical activity, increase in consumption of fruits and vegetables and to promote behavioral changes in children and parents that lead to healthier lifestyles.



# South Jersey teacher talks about Breakfast In-"Her"-Classroom.



Amy Murie teaches 3rd grade at D'Ippolito Elementary School in the Vineland, NJ School District. She has been teaching for 14 years.

**Q.** Amy, how many years did you teach in the Vineland School District? How many years has the Breakfast in-the-Classroom program been instituted?

**A.** I have taught in the Vineland Public School System for fourteen years. We are in our second year of the Breakfast in-the-Classroom program.

**Q.** Have you seen an improvement with your students since the school provides breakfast for all the children?

**A.** I can't pinpoint any single or specific improvement, but it puts my mind at ease knowing that all the children have had a well balanced meal to start the day. I think there were many children that were hungry each morning before the program began. If a child seems "off" or lacking motivation, at least I know it's not because they didn't eat breakfast.

**Q.** Is it disruptive first thing in the morning? Are you able to start teaching while they are eating?

**A.** If the teacher establishes a breakfast and morning routine with clear expectations, there's little disruption. It may take a few more minutes for them to start the day's activities, but my students can eat and write in their personal journals at the same time.

**Q.** What about the cleanup? Who helps with that?

**A.** The children are responsible for cleaning up their own trash. Extra food and beverages are placed into a basket and everything else goes into a trash bag. A helper takes the extra food items to the cafeteria, and our maintenance staff collects the trash bag in the morning. Yes, there are spills from time-to-time, but the students are expected to clean them up!

**Q.** Amy, has the Breakfast in-the-Classroom program had much push-back from the school's staff?

**A.** Yes, there were complaints and concerns in the beginning, especially the kindergarten and first grade teachers. But once all the kinks were worked out, and routines established, I'm sure most teachers would agree the benefits outweigh any inconvenience.

**Q.** Amy, if you were to give a rating to the Breakfast in-the-Classroom Program, what kind of grade would it get?

**A.** I would give the program a B+. I feel there should be more fresh fruit and healthier items offered in the breakfast bags.





# Positive Things Education Professionals Around The Country Have To Say About Breakfast-In-The-Classroom.

“Breakfast in the Classroom has increased the number of students eating breakfast and it creates a positive atmosphere in the school building.”

*Principal, Kansas City, Kansas Public Schools, KS*

“Initially, there were many reservations about

implementing Breakfast in the Classroom. However, working together the school staff (teachers, cafeteria staff, and custodial staff) was able to develop a system that worked. Soon it became a routine part of our day.”

*Principal, Elgin School District U-46, IL*

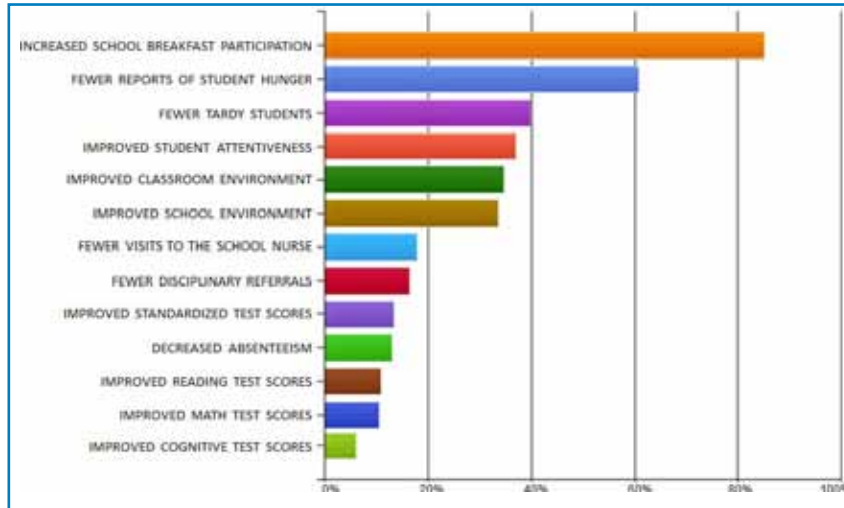
“I love BIC! My students come in each morning ready to learn because they don’t have to go to the cafeteria and wait in line. The students are much calmer and are ready to start the day now that we have BIC!”

*Principal, Guilford County Schools, NC*

“Students were much more focused on the day’s instruction, and there were fewer disciplinary referrals in the morning. The breakfast program also helped students stay more alert and ready to learn. Some students stated that they were happy to have two full meals a day that they could look forward to.”

*Principal, Chicago Public Schools, IL*

*Doris Carpenter, chief education officer at D.U.E. Season, answers the morning riddle. “Many students had nothing to eat prior to school, but others ate breakfasts of potato chips [or] candy and soda,” she said. TOM GRALISH / Staff Photographer*



“The Breakfast in the Classroom Program has made a positive change in attendance, time on task, and achievement.

The number of students receiving Honor Roll certificates increased significantly.”

*Principal, District of Columbia Public Schools*

“I am a principal in an urban setting. The academic readiness and school/classroom culture of our school improved tremendously. BIC created a sense of urgency for students to be on time and ready to learn because teachers created engaging rituals and procedures around BIC and morning meeting to make sure students

valued, appreciated, and benefited academically and socially from this time.”

*Principal, Memphis City Schools, TN*

“The students are so much calmer in the mornings after having breakfast in their classroom.”

*Principal, Memphis City Schools, TN*



# 5 Easy Swaps to Makeover Your Meals

By Christine Pittman

Looking for easy ways to eat healthier? Get your family on the healthy track without drastically changing your way of cooking by swapping a few simple ingredients.

## 1 Swap out saturated fats for unsaturated fats:

Keep the olive oil beside the stove so you reach for it first when cooking.

Use these alternatives to butter or margarine on toast: Apple sauce, Greek yogurt, roasted garlic mixed with olive oil.

When baking, substitute mashed bananas or apple sauce for butter or margarine.



## 2 Reduce sugar and salt:

Use herbs and spices instead of salt.

Put lemon wedges on the table instead of a salt shaker. A squeeze of lemon brings a bright zing so the salt won't be missed.



Substitute pureed fruit for sugar in cooking and baking. Keep frozen purees on hand so they're as convenient as the sugar bowl.

## 3 When a recipe calls for flour or bread-based ingredients, swap them out:

Use pecans instead of croutons.



Use rolled oats instead of bread crumbs. Swap out pasta for healthier grains. Try Barley and Meatballs instead of Spaghetti and Meatballs or a Greek Farro Salad instead of pasta salad.

## 4 Reduce fatty protein, increase lean protein:

Go meatless one night a week. Have fish at least one night a week.

Use mashed canned beans in for half the ground meat in recipes.

Swap out sour cream and mayonnaise for non-fat Greek yogurt.

Use egg whites whenever a recipe calls for eggs.



## 5 Add fruits and veggies everywhere:

Add veggies to carbohydrate side dishes. Top desserts with fruit. Put less dessert in the bowl, top with fruit and feel just as satisfied. Make fruit salsas or veggie-based sauces to accompany smaller meat or fish portions.

Use veggies instead of carbohydrates, like large lettuce leaves as wraps for tacos or spaghetti squash, zucchini ribbons or shredded carrots for pasta.



**For these and more great low fat recipes go to:**

<http://recipefinder.nal.usda.gov/>

Great Opportunity For All Salem County Residents

# Move Yourself! Winter Challenge



The Salem County Health Department has teamed up with local fitness and exercise locations throughout the county to challenge our community to get moving!

## MOVE YOURSELF!

Each participant who registers will receive a Challenge Card and that will entitle them to one **FREE** visit to each location. You can do a standard workout with their equipment or try out a new class.

## Now for the challenge!

Any participant who gets their Challenge Card completely filled out by visiting each location can send their card into the Salem County Health Department and be entered to win the grand prize: An iPod Fitness Package!

## Here are the Participating Locations!

### **Island Fitness:**

29 Island Rd. Monroeville

### **Jersey Fitness:**

279 N. Broadway Pennsville Twp.

### **John B. Campbell Center:**

118 Walnut St. Salem

### **Lady Fitness:**

37 Route 40 Woodstown

### **Main St. Fitness:**

21 S. Main St. Woodstown

### **Salem County Y:**

204 Shell Rd. Carneys Point

### **Wavemaker 4 Swim Club:**

73 Maskels Mill Rd. Salem

We encourage everyone to contact each participating location through their website or by phone to find out about specific hours and schedules.

## Now the important part... Registering!

There are a few ways to do this.

- Phone: Call Sarah Miller at 856-935-7510 ext 8302 and you will receive your Challenge Card by mail.
- In-Person: Visit the Salem County Health Department at 110 5th St. Suite 400 Salem, NJ or any participating location.

• **Register On-Line - Go to:**  
<http://www.salemcountynj.gov/health/education/move-yourself> .

Review the rules and regulations before registering. Any questions or concerns, please contact Sarah Miller at 856-935-7510 ext. 8302 or Sarah.Miller@SalemCountyNJ.gov

## Salem Health & Wellness Foundation Announces Grant Awards

The Salem Health & Wellness Foundation is pleased to announce it has awarded grants to the Puerto Rican Action Committee and Salem County TRIAD.

The Puerto Rican Action Committee was awarded \$15,000 for its Diversity Institute Academy for under-represented youth interested in careers in healthcare. The program will identify 8 – 12 incoming juniors in Salem and Penns Grove high schools. Selection will be a collaboration between representatives from each district focused on a set of criteria. Mirrored after the Diversity in Law Enforcement program, students will be mentored and schooled in the field of healthcare where statistics show a lack of diversity. Government entities, corporate partners, nonprofit organizations as well as local hospitals and healthcare providers will be a part of the program.

A \$6,000 grant was awarded to Salem County TRIAD, which serves the seniors of Salem County. TRIAD, an all-volunteer program, provides programming on a quarterly basis centered on keeping seniors safe. Seniors are often seen as “easy targets” for numerous reasons. TRIAD’s goal is to change that image and reduce their vulnerability. Programs focused on identity theft, healthy eating/active living, etc. have been held quarterly. Currently, there are 588 senior members with an active base of volunteers. This program is a collaborative effort bringing together such organizations as Salem County Office on Aging, Salem County Prosecutor’s office, Salem County Ministerium, Salem County Fraternal Order of Police, and others.

**If you would like to learn more about  
programs the Foundation has funded,  
please visit our website:  
[www.salemwellnessfoundation.org](http://www.salemwellnessfoundation.org).**



# The Importance of Senior Health



## Advice for Living an Active Adult Lifestyle

Healthy adult lifestyles can often prevent health care issues from occurring or help seniors to improve their quality of life. Preventative senior care is vital to senior health and for keeping our body and minds fit as we grow older. Certain activities may thwart off illness, and will actually improve mental and physical functions. Here is a list of preventative health care activities for both the body and mind:

✓ **Maintain a healthy diet** – A healthy diet, rich in fiber, calcium, fruits and vegetables, is key in preventing or delaying most senior-related ailments. Providing your body and mind with necessary nutrients and vitamins is essential for senior health.

✓ **Exercise** – Regular, non-strenuous daily exercise keeps your heart, bones, and other vitals working as they should. Physical activity can prevent a variety

of physical ailments including heart attacks, and can help build up bone mass (helpful in the prevention of osteoporosis). However, it also has a large range of mental benefits, and helps to improve brain function – which is important in thwarting the progression of Alzheimer's.



✓ **Leisure Activities** – Leisure activities encompass anything that provides a relaxing environment combining a social, physical, and mental aspect. This improves areas in both the body and mind which has proven effective in preventing or slowing the progression of Alzheimer's as well as many other senior health concerns.

✓ **Exercise Your Mind** – Exercise your mind on a daily basis by learning something new, playing games, participating in social activities, reading, and anything else that challenges your brain and offers an opportunity to expand your knowledge.

**Here's A Great resource  
for Salem County  
Senior Residents –**

*Salem County Aging  
& Disability  
Resource Center*

**856 339 8622**

**856 451 1207 ext. 8622**

**1 877 222 3737**

**or email us at**

**[scseniors@salemcounty.gov](mailto:scseniors@salemcounty.gov)  
/departments/office-on-  
aging/our-programs/**



# Salem County Family Support Services

## Family Support Services

### Family Success Center

#### Salem Family Success Center

14 New Market Street

Salem, NJ 08079

(856) 935-0944

#### Riverview Family Success Center

157 West Main Street

Penns Grove, NJ 08069

856-517-0029

### Kinship Navigator Program

Family Service Association

English Creek Avenue, Suite 3

Egg Harbor Township, NJ 08234

(877) 569-0350

## Early Childhood Services

### Parents Anonymous of NJ Inc

South Jersey Father Time

St. Matthews Masonic Lodge #20

Penns Grove, NJ 08079

(856) 293-7301

*Fatherhood program to assist dads with deepening their concerns with their children. Serving fathers in Salem County*

### Health Dept

<http://www.salemcountynj.gov/health/move-yourself-salem-county-walk-n-talk-schedule/>

### DFCP Directory

<http://www.state.nj.us/dcf/families/dfcp/DFCPdirectorySalem.pdf>

## Early Childhood Services Cont.

### Home Visitation

Robin's Nest, Inc.

Healthy Families - TIP

Nurse Family Partnership

42 South Delsea Drive

Glassboro, NJ 08028

(856) 881-8689

### Strengthening Families

Quality Care Resource &

Referral Services, Inc.

5 Route 45, Suite 200

Salem, NJ 08079

(856) 469-6100 ext. 2411

(856) 463-6100 ext. 2407

## Domestic Violence Services

### Salem County Women's Services

PO Box 125

Salem, NJ 08079

(856) 935-6655 (24 hour hotline)

(856) 935-8012 (office)

## Social Services

### Salem County Board of Social Services

147 South Virginia Avenue

PO Box 111

Penns Grove, NJ 08069

(856) 299-7200

## School-Linked Services

### School Based Youth Services Programs

Salem City High School

219 Walnut Street

Salem, NJ 08079

(856) 935-3900 ext. 270

### Salem County School Based Youth Services

Box 350

890 Route 45

Woodstown, NJ 08098

(856) 935-7365

### Family Friendly Center

John Fenwick School

183 Smith Street

Salem, NJ 08079

(856) 935-4100 ext. 229

### Child Assault Prevention

NJ Child Assault Prevention Network

Education Information

& Resource Center

900 Hollydell Court

Sewell, NJ 08080

(856) 241-4395

### Salem County Parks

<http://www.visitsalemcountynj.com/things-to-do/parks/>

## Healthy Breakfast Frittata – Serves 2

### Ingredients:

- 1/2 medium onion, minced
- 4 medium cloves garlic, chopped
- 1/4 lb ground lamb or turkey
- 1 + 2 TBS chicken broth
- 3 cups rinsed and finely chopped kale (stems removed)
- 5 omega-3 enriched eggs
- salt and black pepper to taste

### Preparation:

1. Mince onion and chop garlic; let them sit for 5 minutes to enhance their health-promoting benefits.
2. Preheat broiler on low.
3. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Sauté onion over medium heat, for about 3 minutes, stirring often.



4. Add garlic, ground lamb or turkey, and cook for 3 more minutes on medium heat, breaking up clumps.
5. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered for about 5 more minutes. Season with salt and pepper, and mix.
6. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
7. Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as the eggs are firm, it is done, about 2-3 minutes.