



NEWS RELEASE

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Healthier school lunches

Let's Move! recipe challenge allows nutritionists, chefs, teachers, parents, students, others to help create better meals

*By Karen Hawkins,
DeCA dietitian*

FORT LEE, Va. – As your children return to the classroom, wouldn't it be nice if they could enjoy their favorite healthy foods at school? Of course. Well, you can pack it in their lunch bag, but now you may also be able to have it made for them at school.

If the recipe includes whole grains, dark green or orange vegetables, or dry beans and peas then consider entering it in the *Let's Move!* recipe challenge. The *Let's Move!* campaign, started by First Lady Michelle Obama, is attempting to draw national attention to solving the challenge of childhood obesity.

Let's Move!, along with the U.S. Department of Agriculture, is challenging school nutrition professionals, chefs, students, parents and others to create tasty, healthy new recipes for inclusion on school lunch menus across the country. So consider sharing that favorite healthy family recipe to help support the fight against childhood obesity, and your family may just win the challenge. You may also send it to the DeCA Dietitian to have it posted at Kay's Kitchen. We will share your favorite healthy recipe made with ingredients from your local commissary on <http://www.commissaries.com>.

The challenge

The recipe creations will be served in school cafeterias and rated by students. Fifteen semifinalist teams will have their recipe evaluated by the *Let's Move!* judging panel during

events held at school, and the top three teams will compete in a national cook-off to determine the grand-prize winner. Semifinalists' recipes will also be posted for online voting by the public to determine a "Popular Choice Winner." Winning teams will be invited to create their recipes with White House chefs.

How to enter

From Sept. 7 until Dec. 30, you may form teams that include each of the following: a chef, school nutrition professional, at least one student currently enrolled in grades 4 to 12 and at least one parent or community member. Your team will create, document and prepare a nutritious and delicious recipe that features one of the three categories: Whole Grains, Dark Green and Orange Vegetables, or Dry Beans and Peas. This recipe will be prepared in the school's cafeteria and served to the majority of those students who participate in the National School Lunch Program.

Teams can register online at <http://www.RecipesforKidsChallenge.com> by clicking "Sign Up" at the top of the page at any time during the submission period. However, before that period ends teams must submit the following via the Submit Recipes tab to enter their recipe for consideration: their recipe, using standard U.S. measurement units and weights; a statement affirming the recipe's originality; description of the student taste testing on school letterhead – with quotes from some participating students; a nutrient analysis; and a photograph of their prepared recipe.

Make sure to check out the rules section at the website for more information. More information on whole grains, dark green and orange vegetables, and dry beans and peas can be found at <http://www.mypyramid.gov>.

Below is a list of some of the foods found in each of these groups to help get you started with creating and preparing your recipe. You can also buy most of these nutritious foods at your commissary at savings of more than 30 percent:

- **Whole grains** (whole grains contain the entire grain kernel — the bran, germ and endosperm): brown rice, buckwheat, bulgur (cracked wheat), oatmeal, popcorn, whole grain barley, whole grain cornmeal, whole rye bread, whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat sandwich buns and rolls, whole wheat tortillas and wild rice
- **Less common whole grains:** amaranth, millet, quinoa, sorghum and triticale

- **Orange and green vegetables:** bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens and watercress
- **Orange vegetables:** acorn squash, butternut squash, carrots, pumpkin and sweet potatoes
- **Dry beans and peas:** black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soybeans) and white beans.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

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About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*