



Happy New Year!

Great News for the New Year!



WooHoo! Victory for the kids! Thank you Mr. President for signing the bill! Here is a great article by Margo Wootan, that I found on Jamie Olivers site!

A Landmark Step as the Child Nutrition Bill is Signed in to Law

By: Margo Wootan

With the Child Nutrition Bill signed in to law last week, improvements to child nutrition programs across the US have been set in motion. Lending her expert voice, Margo Wootan, has been one of the leading advocates for changes to the federal child nutrition legislation. Having worked for several years to see through these major changes she explains what we can expect from the new bill.

After three years of hard work by parents, health, education and anti-hunger groups, members of Congress, and First Lady Michelle Obama, President Obama signed the Healthy, Hunger-Free Kids Act into

January 2011

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Featured Articles

There are a lot of ingredients that we try to avoid, especially when choosing packaged foods. It's tough enough trying to pronounce some of them let alone know what they mean. Our friends at Health Castle have put together a great list of food additives to help you understand what the package really says.
www.healthcastle.com

We all know the negative

law. This bipartisan bill makes the most significant improvements to the child nutrition programs in decades, providing \$4.5 billion (over ten years) in new funding, without adding a cent to the federal deficit. This investment in child nutrition and obesity prevention will deliver vast returns to children and families for years to come.

Among the most significant of those improvements is the provision that will allow the U.S. Department of Agriculture to update the national school nutrition standards for all food sold outside of school meals, effectively removing junk food from school vending machines, a la carte lines, school stores, and on-campus fundraisers. Getting junk food out of schools is important for improving children's diets and ensuring that those so-called competitive foods don't undermine the school lunch program.

The new child nutrition law also provides the first true funding increase to the national school lunch program in over 35 years, providing an extra 6 cents in funding to schools meeting improved school meal nutrition standards. While that amount is not enough to meet the funding gap faced by most schools, it is supplemented by several no-cost provisions to increase the funds available for healthy school food. The new law sets schools on a path to gradually increase the price of paid school meals to make them comparable to the reimbursements USDA provides for free meals; it provides guidance to schools about which indirect costs (like lights, janitorial services, and other overheads) are allowable; and ensures that money meant for healthy school meals is not diverted to subsidizing junk food sold a la carte in the cafeteria.

The new child nutrition law increases technical support to schools and will strengthen school compliance with nutrition standards to ensure healthier school meals for children. Additionally, the Healthy, Hunger-Free Kids Act will increase families' access to the child nutrition programs through direct certification for children receiving Medicaid benefits, expansion of after-school meals for at-risk children, and greater use of community eligibility to cut red tape and enroll more low-income children in the school meal programs.

At a time when childhood obesity and overweight affect 1 in 3 children, the Healthy, Hunger-Free Kids Act will help to ensure that the national investment in school meals is enhanced to reach more children with healthier foods.

affects salt can have on our bodies and our diets, but a new study released by Reuters finds people who've experienced heart failure and eat a high-salt diet are more likely to end up in the hospital.

www.reuters.com

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Resolution #1
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**Here are some
new places you
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Health Foods**
Franklin, NC

House of Health
Winston-Salem, NC

Deliteful Foods
Mercerville, NJ

Good Earth
Lakewood Ranch,
Bradenton &
Jacksonville, FL

**Richard's Food
Emporium**
Sarasota, FL

**Sunspot Natural
Market**
W. Lafayette, IN

Village Market
Snowmass-Snowmass
Village, CO

About the author: Margo Wootan is the Director, Nutrition Policy at Center for Science in the Public Interest based in Washington D.C.

The Pritikin Longevity Center recently followed and wrote

about a few different studies based on the effects exercising can have on the human body and I'm not just talking dropping a few pounds or toning up your thighs.

It's well known the results exercise can have on diabetes, heart disease and obesity, but the great folks at Pritikin explained how exercise can produce beneficial results for brain function, menopause and the common cold ... Here is what they found! Maybe you can use one of these tips for your New Years Resolution!

Walking helps 60-year-olds stay as sharp as 20- to 30-year-olds.

Brain Health

Connectivity within brain circuits tends to diminish as we get older, which means that all types of brain work, from the reflexes we need for car driving to remembering our multiplication tables, can get slower, more difficult. But walking just 40 minutes three times a week, researchers from the University of Illinois recently found, improved brain circuitry among people ages 59 to 80 so much that their brains resembled those of 20- to 30 year-olds, whose brains were tested for comparison. The results, measured by MRIs, did not happen overnight. The benefits for the older walkers were observed only after one year. Six-month data yielded no significant trends. But the returns were certainly worth the wait. Higher brain connectivity, explained lead author and psychology professor Art Kramer, PhD, means better performance on a vast range of cognitive tasks, "especially the ones we call executive control tasks - things like planning, scheduling, dealing with ambiguity, working memory and multitasking."

Frontiers in Aging Neuroscience, published online August 26, 2010

Walking may prevent brain shrinkage.

In late adulthood, brain size tends to shrink, which can cause memory problems, dementia, and even Alzheimer's. But new research from the University of Pittsburgh, which followed for nine years nearly 300

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Goodness Me is opening a new 8,400 sq ft store at 74 Hamilton Road, London, Ontario, Canada in January 2011

Askews-Armstrong
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Americans, average age 78, found that walking at least six miles a week maintained greater gray matter volume and cut the risk of cognitive impairment in half.

Neurology, online October 13, 2010.

Sleep

Huffing and puffing during the day may stop tossing and turning at night.

A newly published study from Northwestern University followed sedentary women age 55 and older who had insomnia. Half were put on a 16-week aerobics program using treadmills and/or stationary bicycles.

The other half remained sedentary.

Among the exercisers, sleep quality improved significantly. Poor sleepers became good sleepers. What's more, the exercisers reported happier daylight time - better moods, fewer feelings of depression and anxiety, and enhanced vitality. Aerobic physical activity, concluded the authors, "is an effective treatment approach to improve sleep quality, mood, and quality of life in older adults with chronic insomnia."

Sleep Medicine, 2010; 11: 934.

Parkinson's Disease

Exercise may help prevent Parkinson's disease - and ease symptoms for those who already have it.

In a 10-year, NIH-AARP study of more than 200,000 middle-aged and older

Americans, all free of Parkinson's disease when the study began, researchers found that regular exercise appeared to stave off the disease. People who worked out moderately or vigorously about seven hours weekly while in their thirties or later years were up to 40% less likely to be diagnosed with Parkinson's disease by the study's end compared to those who rarely exercised, or exercised only in their teens or twenties.

Neurology, 2010; 75: 341.

If you or a loved one has Parkinson's disease, intriguing new data reported at the American Academy of Neurology meeting earlier this year found that patients in a 12-week program playing Nintendo Wii exercise video games experienced fewer symptoms like stiff movements and muscle rigidity. The Wii games, unlike most video games, get you off the couch and moving around with big steps and arm swinging.

Menopause

Vancouver BC

Ave Maria
Prince George BC

Upcoming News

What if Bob Dylan bought your pizza?

February is the national month to do what at the Supermarket?

Upcoming Events

This January we celebrate...

- National Diet Month
- Fat Free Living Month
- National Fiber Focus Month
- Wheat Bread Month

I think the best way to celebrate these holidays is by having a delicious [AC LaRocco Pizza](#), our pizzas aren't fat free but they are low fat, they are a great source of fiber and whole wheat and it's the perfect pizza for your diet!



Walking 45 minutes every other day shed weight and improved overall well being.

In a 16-week walking program for previously inactive, overweight women who were nearing menopause or newly menopausal, researchers found that the walking not only helped them lose weight, it helped them feel better - less stressed, more energetic, happier. That's no small benefit for women trudging through emotional and physical challenges during their menopausal years. Breaking up the 45 minutes into shorter jaunts would yield similar benefits, pointed out lead researcher Dr Pascale Mauriege of Laval University in Quebec.

Menopause, 2010; 17 (3): 529.

Colds

Frequency of colds is dramatically cut with regular aerobic exercise.

In a study of more than 1,000 adults, U.S. researchers found that those who exercised at least five times a week had 43% fewer colds over a 12-week period

than those who were sedentary. The scientists explained that exercise

workouts trigger a temporary rise in immune system cells, which probably bolsters our body's on-going battle against harmful bacteria, viruses, and other organisms, leading to fewer and less severe infections.

British Journal of Sports Medicine, published online November 1, 2010.

The 19th century philosopher Kierkegaard may have had it right when he wrote: "Every day I walk myself into a state of well-being and walk away from every illness."

"Happy New Year!" That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year's Day in modern America was not always January 1.

ANCIENT NEW YEARS

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

Want to TRY it, before you BUY it? We'll let you know where we are going to be next!

If you don't have something nice to say, don't say anything at all! Words of wisdom from my Mom!

Here are some NICE things people are saying about AC LaRocco Pizza

Thanks for making a great tasting healthy frozen pizza. My kids love pizza and I can feel good about the organic ingredients, whole grains and no GMOs.

-Sara Jones



To read more about what people are saying about AC LaRocco Pizza visit the testimonial section of our web site.

www.aclarocco.com

"A New Year's resolution is something that goes in one year and out the other."

The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary.

The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.



As we welcome 2011 we welcome new food trends as well. From Roach Coaches to Apps for your phone here are the 11 for '11, the leading restaurant trends from Businesswire.com

CHICAGO--(BUSINESS WIRE)--As the nation begins to emerge from recession, restaurants are seeing lapsed customers return. Same-store sales are inching up, signaling the industry's initial rebound to health; hiring is also up, signaling positive expectations

- Author Unknown

As a part of my job I spend a lot of time on the internet and even more time checking out and writing blogs and so when I came across this blog posting I had to add it to the newsletter. I cherish this land that we live on and we should all do whatever we can to treat her right. If all you do is just one thing to make a difference you are still making a difference, so as we all settle into the new year and make and break our resolutions let's try to add an extra resolution to the list and it has nothing to do with dieting or exercise, it's all about making our wonderful earth the best we can make her! Here are some great ideas written by Lior Levin from blog.sustainablog.org

12 Resolutions for Going Green

1. Cut down on trash
When I take a close look at the amount of trash that I put out everyday even aside from the recyclables, I am shocked. I then realize that by doing some careful grocery shopping, for example, I could easily reduce the amount of trash by half.

for 2011. But this isn't the same restaurant industry as before. Big changes are on the way-on menus, in concept development and in the competitive landscape.

Technomic, the leading foodservice research and consulting firm, examines the future for restaurants through the lens of 40-plus years tracking the industry, and sees 11 top trends emerging in 2011:

1. Action in adult beverages. As Americans decide they're once again ready to celebrate, we'll be seeing lots of action in "Mad Men"-style retro cocktails, high-cachet gin and bourbon, craft beers and punch (including sangria). Look for cocktails with herbal and floral ingredients; "skinny" cocktails; even more adult beverages in fast-casual eateries to set them apart from traditional limited-service competitors.

2. Beyond bricks-and-mortar. Food trucks, facilitated by social media that notify foodies of their whereabouts, were an L.A. and Manhattan fad a year ago; now they're proliferating around the country. "Land-based" restaurants are using food trucks as brand extensions and catering aids; food-truck districts and "rodeos" are starting to appear; regulatory agencies are scrambling to keep up. Also unmooring restaurants from their traditional street corners: temporary or seasonal pop-up eateries and kiosks.

3. Farmers as celebrities. Once, it was all about celebrity operators; then star chefs rose to prominence. Now, the back-to-the-source mentality sends farmers and producers into the spotlight. Restaurants will feature their celebrity suppliers by offering special menus, inviting them to comment on blogs, even hosting visits. More often, farmers and artisans will be saluted in highly detailed menu descriptions. More attention to the supply chain also means more attention to food safety and product traceability as well as local sourcing.

4. Social media and technology: evolutionary spurt. We'll see constant changes in applications for marketing and operations in 2011. Kiosk ordering, wine lists on iPads, tableside payment systems-which technologies will revolutionize operations? Couponing websites and location-based social media will grow, while the apps fad will continue to evolve, while facing new competition from developing formats and technologies. Front-of-house and back-of-house technology and social media are evolving so fast that rewards and risks are high-but the biggest risk of all is failure to innovate.

5. Korean and beyond. The Korean taco-an only-in-America synthesis of Korean-style fillings and a Mexican format-signals the rise of Korean barbecue and Korean food in general; multicultural tacos with world ingredients, sometimes in surprising combinations; and portable street food and small plates from around the planet.

6. Frugality fatigue. Penny-pinching was a novelty when the recession began; now it's gotten old. Anyone who can afford it will dip back into luxury dining in 2011. Look for flashy high-end restaurants and some extravagant, indulgent specials even on staid menus. Meanwhile, the middle class will gravitate to reasonably priced but high-experience-value, thrill-a-minute concepts with memorable menus. Pricy full-service concepts will continue to push bar menus, bringing in new customers at a lower price point, and gastropubs will proliferate.

7. How low can you go? Consumers will continue to demand price deals, everywhere they eat. As food input prices heat up next year, sustaining the bottom line will continue to be a crucial issue for operators. Look for more restructuring of price deals-for example,

2. Reduce electricity consumption

The hardest part here is that even though I am conscious of how much electricity we consume as being the bill payer of the house, the problem is convincing the rest of the family to conserve electricity. My resolution here focuses on getting the family to cooperate in this effort.

3. Cut down on waste water

I would have to say that this is one of my weakest areas. I have the habit of letting the water run while I brush my teeth, or rinsing the dishes with running water instead of filling the sink with rinse water. I personally can think of a multitude of steps to take here to not only save money, but reduce unnecessary waste of water.

4. Cut down on pollution

One of my major areas of focus here is going to be to have a family home inspection day on New Year's day to determine how our way of living is contributing to pollution. Then throughout the year 2011, I hope to be able to implement some changes to help reduce this.

5. Buy eco friendly products

I have never given much thought to eco friendly products in the past. I have observed however that more of these products are becoming readily available on the market. There is really no inconvenience to taking a few minutes of extra time when shopping to seek out eco friendly products.

6. Find heating solutions

The focus is going to be on

"everyday low price" positioning favored by retailers.

8. Carefully calibrated brand action. As the restaurant industry emerges from recession and capital spending picks up, we'll see more fast-casual brand extensions by full-service restaurants and even non-restaurant brands; more ultra-niche eateries with narrowly focused menus and high-concept ambiance; investment in brand refreshes and remodels instead of unit growth. What new units we'll see will be smaller, sustainably built, with more efficient layouts, often in nontraditional locations.

9. Back to our roots. The durable hunger for comfort food develops an appetite for homestyle Southern fare, from grits to seafood; retro Italian, including meatballs; gourmet donuts and popsicles for dessert; family-style service formats and family-size portions that would look right at home in a Norman Rockwell print.

10. New competition from c-stores. Retailers have been encroaching on restaurant turf for some time, but now the hottest action is among convenience-store operators upgrading their foodservice, where margins are 40-60 percent instead of the 5 percent typical for gas. Consumers are responding positively to upgraded offerings, variety and ambiance.

11. Healthful vs. indulgent: the little angel says one thing, the little devil another. As federal menu labeling requirements take effect in 2011, the issue of healthful vs. indulgent fare-on the menu and in menu descriptions-gets complicated. Look for more items and detailed descriptions on "healthy" menus-including gluten-free fare as well as more "under x calories" items. Limited-time offers (including seasonal fare) will trend up, not only because they attract attention, but also because they don't require posting nutrition data that consumers would rather not know. "Eating a little better" will translate into menu modifications such as slightly-lower-sodium, slightly-more-glamorous sea salt; "eating better some of the time" will lead to more innovations like "Meatless Mondays."

www.businesswire.com

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www.healthypizzatakeover.com

finding an alternative heating solution. I have no doubts that with my current system I am not only depleting precious commodities, but adding to the pollution.

7. Recycle

I go through the motions of recycling our weekly trash, but I have not given much thought of recycling other items in our daily living. For example, instead of taking my old tires to the dump, or throwing out clothes and furniture, these are certainly recyclable items that I have not given much thought to.

8. Give back to nature

This year instead of spending a fortune on plants that only last for the season, I am going to concentrate on planting trees and shrubs that are not only going to save me money in the long run, but are excellent for the environment as well.

9. Buy local produce

I have never given much thought before as to how much damage using imported produce for example can do to the environment. I still have much to learn about this area of going green. I have learned though that just the fuel consumption alone to transport these products is greatly adding to the air pollution alone.

10. Cut down on air pollution

I have a twofold goal here for this resolution. One is by not using my car as much, I am going to get some much needed exercise. Then, of course, there is the savings on the fuel, and the reduction of pollution that is going to fit in nicely with my

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going green resolutions

11. Educate

I have come to realize just by putting these resolutions together that there is much that I don't know when it comes to going green. I can also say the same for my other family members. Therefore the focus this year will be to educate ourselves on environmental issues.

12. Sticking to it

My biggest resolution of all and the hardest is to remain determined to carry through will all of these much needed and very important resolutions that I have just outlined. Everyone wants to better themselves, and I am hoping to do this for myself and my family by going green for 2011.

Do you have your own green new years resolutions? I'd love to hear them!

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