



# Waterbabies Newsletter

Volume 10 Newsletter Date: August 14th 2010



## Sign Up for FALL Classes!

**Families swimming  
in the Summer 2010  
Session - Register  
August 28th  
at 6:30am**

**NEW & RETURNING  
Families - Register  
September 3rd  
at 9:00am**

**Fall Classes start  
September 13th**

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website](#)

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## Healthy Food for the Fall

### Organic foods: Are they safer? More nutritious?

Learn the difference between organic foods and their traditionally grown counterparts. Decide which is best for you, considering nutrition, quality, taste, cost and other factors.

You're in a bit of a dilemma standing in front of the produce section of your local supermarket. In one hand, you're holding a conventionally grown Granny Smith apple. In your other hand, you have one that's labeled organically grown. Both apples are firm, shiny and green. Both provide vitamins and fiber, and both are free of fat, sodium and cholesterol.



The conventionally grown apple costs less and is a proven family favorite. But the organic apple has a label that says "USDA Organic." Does that mean it's better? Safer? More nutritious? Several differences between organic and nonorganic foods exist. Become a better informed consumer for your next trip to the supermarket. *(Continued on page 2)*

## Instructor News

- Welcome new PreSchool Instructor, Judy!
- PreSchool Instructor, Maggie, will be leaving us to go to school. We wish her luck!
- Parent-tot Instructor, Heidi, will be taking the Fall session off to have her second child! We wish her the best!



# Organic Foods...

(Continued from page 1)

## Conventional vs. organic farming

The word "organic" refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic farming practices are designed to encourage soil and water conservation and reduce pollution. Farmers who grow organic produce and meat don't use conventional methods to fertilize, control weeds or prevent livestock disease. For example, rather than using chemical weedkillers, organic farmers may conduct sophisticated crop rotations and spread mulch or manure to keep weeds at bay.

Here are other differences between conventional farming and organic farming:

Conventional farmers	Organic farmers
Apply chemical fertilizers to promote plant growth.	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Spray insecticides to reduce pests and disease.	Use beneficial insects and birds, mating disruption or traps to reduce pests and disease.
Use chemical herbicides to manage weeds.	Rotate crops, till, hand weed or mulch to manage weeds.
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.	Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean housing — to help minimize disease.

## Organic or not? Check the label

The U.S. Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled and processed. Any farmer or food manufacturer who labels and sells a product as organic must be USDA certified as meeting these standards. Only producers who sell less than \$5,000 a year in organic foods are exempt from this certification; however, they must follow the same government standards to label their foods as organic.

If a food bears a USDA Organic label, it means it's produced and processed according to the USDA standards and that at least 95 percent of the food's ingredients are organically produced. The seal is voluntary, but many organic producers use it.



Products that are completely organic (such as fruits, vegetables, eggs or other single-ingredient foods) are labeled 100 percent organic and can carry a small USDA seal. Foods that have more than one ingredient, such as breakfast cereal, can use the USDA organic seal or the following wording on their package labels, depending on the number of organic ingredients:

- **100 percent organic.** Products that are completely organic or made of all organic ingredients.
- **Organic.** Products that are at least 95 percent organic.
- **Made with organic ingredients.** These are products that contain at least 70 percent organic ingredients. The organic seal can't be used on these packages.

Foods containing less than 70 percent organic ingredients can't use the organic seal or the word "organic" on their product label. They can include the organic items in their ingredient list, however.

You may see other terms on food labels, such as "all-natural," "free-range" or "hormone-free." These descriptions may be important to you, but don't confuse them with the term "organic." Only those foods that are grown and processed according to USDA organic standards can be labeled organic. (Continued on page 3)

## Organic Foods...

(Continued from page 2)

Many factors may influence your decision to buy (or not buy) organic food. Consider these factors:



- **Nutrition.** No conclusive evidence shows that organic food is more nutritious than is conventionally grown food. And the USDA — even though it certifies organic food — doesn't claim that these products are safer or more nutritious.
- **Pesticides.** Conventional growers use pesticides to protect their crops from molds, insects and diseases. When farmers spray pesticides, this can leave residue on produce. Some people buy organic food to limit their exposure to these residues. Most experts agree, however, that the amount of pesticides found on fruits and vegetables poses a very small health risk.
- **Environment.** Some people buy organic food for environmental reasons. Organic farming practices are designed to benefit the environment by reducing pollution and conserving water and soil.
- **Cost.** Most organic food costs more than conventional food products. Higher prices are due to more expensive farming practices, tighter government regulations and lower crop yields. Because organic farmers don't use herbicides or pesticides, many management tools that control weeds and pests are labor intensive. For example, organic growers may hand weed vegetables to control weeds, and you may end up paying more for these vegetables.

### Buying tips

Whether you're already a fan of organic foods or you just want to shop wisely and handle your food safely, consider these tips:



- **Buy fruits and vegetables in season to ensure the highest quality.** Also, try to buy your produce the day it's delivered to market to ensure that you're buying the freshest food possible. Ask your grocer what day new produce arrives.
- **Read food labels carefully.** Just because a product says it's organic or contains organic ingredients doesn't necessarily mean it's a healthier alternative. Some organic products may still be high in sugar, salt, fat or calories.
- **Don't confuse natural foods with organic foods.** Only those products with the "USDA Organic" label have met USDA standards.
- **Wash all fresh fruits and vegetables thoroughly with running water to reduce the amount of dirt and bacteria.** If appropriate, use a small scrub brush — for example, before eating apples, potatoes, cucumbers or other produce in which you eat the outer skin.
- **If you're concerned about pesticides, peel your fruits and vegetables and trim outer leaves of leafy vegetables in addition to washing them thoroughly.** Keep in mind that peeling your fruits and vegetables may also reduce the amount of nutrients and fiber. Some pesticide residue also collects in fat, so remove fat from meat and the skin from poultry and fish.



## Did You Take a Session Off?

**Have you taken a break and want to get back into classes?  
Are you unsure which level to sign up for since you've taken some time off?**

Now you can sign up to do a 15-minute level assessment with one of our top Instructors. This will provide you with two things:

1. You will know the appropriate level class to sign your child up for - which will eliminate any doubts at the start of the session.
2. You will have the opportunity to sign up during the Early Registration period—which starts on Saturday, August 28th @ 6:30am!

In order to qualify for this opportunity, you must meet these requirements:

- You must have previously swam in our Waterbabies Program for (2) consecutive sessions.
- You must pay a \$25 Level Assessment Fee.
- You must sign-up for and complete a Level Assessment.

If you meet the above qualifications and would like to sign-up for the Swim Assessment, please call the office as soon as possible! Assessments will be available:

**Wednesday 8/18: 2:30-3:30pm**

**Saturday 8/21: 2:30-3:45pm**

**Tuesday 8/24: 2:45-3:45pm**



## Let us know what you think!

What do you like about your Instructor? Do you think he or she could improve in certain areas? Please share your comments and suggestions with us online!

[Click here](#) to complete the survey on our website. This can also be found under *About Waterbabies*, click on *Contact Us*, and then *Swim Lesson Evaluation*. We appreciate your feedback!

## Waterbabies Policies

- We do not offer make-ups for illness or vacation. In lieu of make-ups we offer (2) free Family Swim passes at First St Fitness (only) to be used during open swim times.
- Everyone **under 5 years old** (potty trained or not) needs to wear a cloth reusable swim diaper, no disposables. The swim diaper needs to fit snugly around the legs and waist.
- Sit, Listen & Wait: Please listen for your Instructor to call you over to sit on the side of the pool to prepare for doing Sit, Listen & Wait.

## Extra Swimming at First Street Fitness

In order for you and your child to get the most out of your swim program, Waterbabies asks that parents commit to practicing at least once per week outside of class. The more time you spend in the water with your child, the more relaxed you both will be during your lesson.

For additional pool access at the First Street pool, we have (3) options.

***Please be advised of some changes to previous pricing.***

(1.) ***Waterbabies Family Membership*** (Best Value)

- This rate is available to Waterbabies families only.
- **\$0 initiation**
- **\$29/month for (1) adult & (2) children.** (Second adult \$19/mo)
- Unlimited Family Swims
- Unlimited Gym Access
- No Contract

(2.) ***Family Swim Day Pass***

- **\$7 for (1) adult & (2) children**  
(\$7 each additional adult)

(3.) ***Family Pool Pass Punch Card***

- **4 Family Swims for \$20**
- **Family Passes good for (1) adult & (2) children**



## Green Baby Tip

***Do onto your baby's behind as you do for yourself!***

Instead of using the harsh chemicals that are in standard baby wipes, a simple solution of water with a drop of lavender oil will do fine. Use cotton balls or pull apart an old sheet and launder along with the cloth diapers to be really frugal and green.

If you don't want to make your own cloth wipes there are a few reusable alternatives. *BumGenius* makes some bamboo baby wipes. Bamboo grows quickly and easily, without the need for pesticides or fertilizers, is biodegradable and the fiber has an unrivaled silky texture and readily absorbs moisture. Bamboo fiber also has a natural antibacterial action to help fight bacteria growth in your diapers.



If you need a organic diaper rash ointment, you may consider *Angel Baby Bottom Balm* - available from BabyEarth. It is vegan (even no beeswax!) and is the only balm made with organic olive oil with a blend of organic herbs, shea butter and naturally antibacterial and antifungal essential oils.

More tips at [www.babygreenguide.com](http://www.babygreenguide.com)