

# University of California Cooperative Extension

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## Eating Right is Basic

Youth Food Stamp Nutrition Education Program



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### WINDS OF CHANGE

*Welcome back to a new school year!*

Nutrition and physical activity have become high priority issues in our battle against the alarming epidemic of overweight and unfit children. The winds of change will start to transform what kids eat at schools in San Francisco starting this Fall. In January, the Board of Education passed a far-reaching resolution to promote healthier eating habits and physical activity in our schools. Turn to the "In the News" section for a summary of the key recommendations of the district's School Nutrition and Physical Fitness Advisory Committee.

*We cannot solve our problems with the same thinking we used when we created them. --Albert Einstein*

Your partnership with U.C. Cooperative Extension can support the winds of change in our schools, community youth organizations, and child care centers. We offer high-quality curricula linking nutrition education with academic standards; in-service training for teachers and providers; classroom support, and special school events. We can also provide multilingual parent nutrition workshops to support families in choosing healthier lifestyles. Together we can help become part of the solution.

**For more information about our programs, please contact:**



Lisa Yamashiro, R.D.  
Program Representative  
Tel: (650) 871-7559  
FAX: (650) 871-7399

layamashiro@ucdavis.edu

**NEW!** Website: <http://cesanmateo.ucdavis.edu>

### ENROLLMENT FORMS

**FAX it NOW!**  
(650) 871-7399



As we start a new fiscal year, we need to ask all of our participating teachers, youth leaders, and child care providers to re-enroll in our program. Please take a moment to complete the enclosed form, then FAX or mail it back ASAP. By signing up with us you will continue to reap all the healthy benefits of our valuable partnership. We will be offering special "coupons" for complimentary nutrition/cooking lessons for some of the lucky ones who re-enroll, so send in those forms NOW!

We also welcome new partnerships and collaborations, and are looking forward to many exciting educational opportunities this school year.

### Celebrate!

**National 5 A Day Month  
September 2003**

**Get Healthy America!**

**Eat 5 to 9 colorful fruits & vegetables daily!**

### INSIDE THIS ISSUE:

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*We must be  
the change we  
wish to see in  
the world.*

*--Mahatma Gandhi*



## NUTRITION EDUCATION CURRICULA

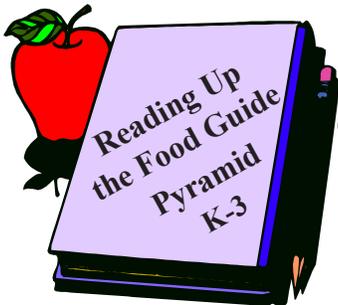
*We offer a variety of innovative, research-based curricula for all age groups, plus in-service training and support, at no cost to eligible schools and agencies.*



Activity-based program to build skills and motivate young children to make food choices for a healthy diet.



Children learn about healthy food choices through a connection to gardening.



Children learn about food and nutrition through children's storybooks with food-related themes, while improving their literacy skills.



Focuses on nutrition and fitness. Includes teacher manual and magazine-style student workbooks. Schools with Internet access can get personalized analyses of eating and physical activity behavior.



Nutrition education materials for San Francisco schools and community youth organizations include a leader's guide filled with "5 A Day" activities that can be incorporated into subjects across the curriculum, cookbooks, brochures, and "5 A Day Rap" tape.



Developed by California Project LEAN. Includes interactive cross-curricular lessons to encourage students to eat healthy, keep moving and take action!



## FERRY PLAZA FARMERS MARKET

### Market Tours for Kids!



Teachers are invited to bring classroom groups to the Ferry Plaza Farmers Market at the newly renovated Ferry Building. Students can learn about how farmers markets help California farmers make a living; what kinds of vegetables, fruits, and other foods grow in California; and how food is grown and processed on sustainable family farms and by small-scale artisanal producers.

#### MARKET TOUR INFORMATION:

**Contact:** Jessica Prentice, Director of Education Programs, Center for Urban Education about Sustainable Agriculture (CUESA)  
(415) 353-5650 x 104

#### Weekday Market Hours:

Tuesdays, 10:00 a.m.-2:00 p.m.  
Thursdays, 3:00-7:00 p.m.



## IN THE NEWS

### *Healthy School Nutrition and Physical Activity Resolution for San Francisco Unified School District*

Creating healthy and safe learning environments for students is the top priority for San Francisco Unified School District (SFUSD).

The SFUSD has a School Health Division that works with local, state, and federal officials to ensure safe food for the District's breakfast and lunch programs.

The San Francisco Board of Education passed the "Healthy School Nutrition and Physical Activity Resolution" to place additional emphasis on improving the quality of student health, resulting in the creation of a School Nutrition and Physical Fitness Advisory Committee. The Committee of over 30 people met for eight weeks and developed recommendations that are now being reviewed by the Superintendent's office. The research of the Committee is based in part on a student survey and a site survey of vending machines at school sites.

The Committee recommendations include the following:

- Elimination of foods at or below minimal nutritional value and the implementation of one nutrition standard for all school food sales, beanery sales, and vending machines to meet the following criteria:
  - a) have 30% or less total calories from fat
  - b) have 10% or less total calories from saturated and trans fat
  - c) have 10% or less total calories from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients.
- Elimination of soda sales.
- Elimination of vending machines at elementary schools.
- All vending machines may sell only water, 100% fruit juice, and reduced fat milk.
- The sale of any type of candy and foods of minimal nutritional value (as defined by the USDA) is prohibited on all school campuses.
- Candy may not be sold door-to-door as a fundraiser for schools.
- Incorporate more fresh foods, particularly fruits and vegetables by 10%; minimize processed foods; recommend California produce; and explore implementing salad bars.
- Improve school lunch menu choices.
- Utilize funded projects and school site pilot projects--continue the School Health Division's LEAF Project at Mission and Lowell High Schools, and California Nutrition Network Project.
- Enhance Nutrition Education Program of the Health Services Division in collaboration with the Student Nutrition Services Division.
- The Health Services Division will provide information on how to incorporate nutrition education into regular teaching plans.
- Creation of a health promotions committee at each school site comprised of staff, parents and students to implement the new recommendations.

Aside from the board related actions, parents and students are also working on improving student nutrition. Examples include the work at Aptos Middle School and the Nutrition Olympics at Cobb Elementary.

## FYI...YOUTH FSNEP

Our **Youth Food Stamp Nutrition Education Program** is a federally funded program to address the nutrition education needs of California youth who are from families that receive or have applied for food stamps. It is implemented through a joint agreement among the United States Department of Agriculture, the California Department of Social Services, and the University of California Cooperative Extension. We work cooperatively with schools, targeting those with at least 50% of students receiving free or reduced price school lunches, and with child care providers and other organizations serving low-income children in San Francisco/San Mateo Counties.

We simply ask that teachers/extenders provide at least 15 hours of nutrition education yearly. By partnering with us, you will reap valuable benefits such as professional development training, free curricula, subscription to our newsletter, new nutrition resources, complimentary nutrition/cooking lessons for kids, and much more!

**Lisa Yamashiro, R.D.** provides free on-site training to teachers, providers, and youth leaders to conduct educational activities using any of our curricula. **Dana Andrews**, Nutrition Education Assistant, is available to provide special nutrition/food activities for children. Let us know if you would like your school or agency to benefit from our nutrition education services.



Our federally funded **Expanded Food and Nutrition Education Program (EFNEP)** helps limited income families with young children improve their health through better nutrition. Our talented team of Nutrition Education Assistants is available to provide group nutrition classes for parents in English, Chinese, Spanish, and Vietnamese, providing information on the basics of good nutrition, meal planning and preparation, food budgeting, food safety, and child nutrition topics. We can also send out complimentary nutrition information packets to eligible families through our home-study program. Please call us to arrange a series of free classes or workshops, or for more information.



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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

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