

Eating Right Is Basic



Pledge of Health: Making it a Routine

In times of budget crises and shifting priorities, carving out time for creating good health can be challenging. However, good health is a cornerstone of academic and professional success. Healthy students and teachers are more productive, feel better, and call in sick less often.

So what can you do? Jumpstart your day with a few minutes dedicated to physical activity and nutrition. Try to make healthy behaviors part of your morning routine. Children particularly benefit from routines.

- Eat breakfast every day
 - National School Breakfast Week
 - March 8-12, 2010
- Walk or bike to school/work
 - Walk to School Week
 - October 5-9, 2009

Create a Pledge of Health

- Have your students write a Pledge of Health. Post in the classroom.
- Create a movement sequence to accompany the Pledge of Health.

For the first 5-10 minutes of the day:

- Recite the Pledge of Health and do the movements.
- Read a story with a food theme.
- Do a 10-minute nutrition lesson or discussion of meals, snacks, and drinks.
- Have the principal lead the children in a physical activity.*

Pledge of Health®
by Jennifer Gabet

*I pledge to keep my body strong;
to move and play and think;*

*To eat my fruits and vegetables,
and choose water when I drink.*

*I will wash my hands, brush my teeth,
contain my sneeze and cough,*

*Be safe, be calm, sleep well each night,
and turn the TV off.*

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(*Inspired by Hawes E.S. Principal, Josh Griffith, Redwood City)

Contact UCCE Nutrition Program Representative, May Woo, for training and standards-based resources to help make nutrition and physical activity a routine in your school and community. maywoo@ucdavis.edu



Inside this issue:

Pledge of Health	1
Educational Forum	1
Program Updates	2
The Fall Harvest	3
Youth Program	4
Reproducible Insert	

*Only those who attempt
the absurd, will achieve
the impossible.*

-M.C. Escher



Six Steps to Healthier Kids

School Wellness Educational Forum

Learn ideas for improving nutrition and physical activity in schools



Who should attend: Teachers, parents, administrators, students, community members

When: September 23, 2009
5:30-8pm

Where: Community Room,
Redwood City Library
1044 Middlefield Rd.
Redwood City, CA 94063

Featuring:

- School Wellness Mini-Grant Recipients—Six school districts will share their project plans for improving wellness at their schools.
- Panel Discussion on School Food Service Programs, School Gardens, and Farm Produce to Schools.
- Resource booths, food, prizes, and more...

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UCCE NUTRITION PROGRAM UPDATES



A Fond Farewell to Frances Wong

Due to pending program budget cuts, Frances Wong recently resigned her position as Urban 4-H Youth

Development Program Representative to assume a position as Site Nutrition Coordinator with our colleagues at San Francisco Unified School District's Nutrition Education Project.

Frances was a very valuable member of our team, spearheading nutrition and gardening outreach with community youth organizations in San Francisco and San Mateo Counties and training teachers in the Farm to Fork and Power Play curricula. We wish her the best in her future endeavors and hope to collaborate with her on nutrition projects in San Francisco.



REMINDER:
Enroll in UCCE Nutrition Education Programs TODAY.
New forms available.

We can visit you at grade level meetings, staff meetings, or schedule other convenient times for you.

When you enroll, we will work with you and other teachers at your school to schedule classes and events. Plan early as space fills up.

Schedule Classes and Events with Nutrition Program Representatives

Nutrition Classes for Youth

We offer classroom demonstrations and celebration lessons for participating teachers and agencies. These lessons are standards-based and often include recipe demonstrations.



Special Events and Programs

We enjoy providing special events and programs for participating schools and agencies, such as:

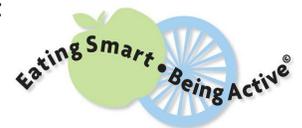
- Family Nutrition Nights
- School Assemblies
- Special lunch-time activities
- Nutrition/physical activity decathlons
- Back to School Nights
- Health Fairs

Nutrition Classes for Parents

We offer a series of 8 hands-on nutrition workshops for parents through our EFNEP program.

Topics include:

Shopping on a budget, food safety, making healthy food and physical activity choices for the family, and recipe demonstrations.



"Drink Water Said the Otter" Pre-K Kit Available—works for K-1

Did you know?

- Preschool children consume over one cup of fruit drinks & soda per day. (O'Connor, et al., Pediatrics, October 2006)
- Sugar sweetened beverages between meals increases a preschool child's odds of becoming overweight. (Dubois, et al., JADA, June 2007)

Encourage young children to drink water with a fun, new educational kit called, "Drink Water Said the Otter."

First 5 San Francisco funded development of the "Drink Water Said the Otter" kit to better reach young children, preschool teachers, and parents with the messages contained in the successful Soda Free Summer Campaign created by Alameda County Department of Public Health and BANPAC.

First 5 San Mateo purchased kits for their preschools and UCCE obtained a limited quantity of the kits.

The Kit includes:

- Children's book
- Teacher letter
- Parent letter
- Fun Facts for parents
- Activity pages, Poster, Stickers



For more information or training, contact:
Jennifer Gabet, 650-871-7559
jgabet@ucdavis.edu

Download selected materials at:
www.sodafreesummer.org
www.sfgov.org/site/shapeupsf_page.asp?id=107552



THE FALL HARVEST: Opportunities for Nutritious Foods, Gardening, and Celebrations

SAN MATEO COUNTY LOCAL PRODUCE Selected Fall Season Availability

Artichokes		Potatoes	
Brussels Sprouts		Pumpkins	
Cucumbers	Raspberries		
Corn	Squash		
Greens—Kale, Chard	Strawberries		
Leeks	Tomatoes		

For information about farms, farm stands, and farmers' markets in San Mateo County visit the San Mateo County As Fresh As It Gets Website: <http://freshasitgets.com>

VEGETABLE GARDENING IN THE FALL

Wondering what to plant this fall? Try a Salad-Themed Garden Bed. Only room for one item? Try carrots.

Salad Garden Bed

- Lettuce (50 days—based on transplant)
- Spinach (50 days)
- Carrot (55-75 days)
- Beet (45-60 days)
- Nasturtium (40 days)
- Radish (35 days)



UCCE Master Gardener Helpline: 650-726-9059 x107

HEALTHY FALL HARVEST CELEBRATION

"I have a 'Harvest Time Celebration' every year around Halloween. We talk about what is harvested in each season. We have a party and serve no soda or chips. When we serve vegetables, the kids mellow out. They love my deviled eggs so much that they renamed them "Angeled Eggs" because they're made with love. I educate the parents, too. They know junk food is not allowed in this room. I instruct them to bring [healthy foods]. They bring noodles with seafood and veggies, sandwiches, cut up oranges, and ethnic foods like lumpia."

-5th Grade Teacher, Ravenswood City School District



FUN FACTS ABOUT PUMPKINS

- There are 15 pumpkin patches in San Mateo County. sanmateo.cfbf.com/pdf/PumpkinPatchGuide.pdf
- Pumpkins are a good source of carotenoids, bioflavonoids, and potassium. They help your eyes, heart, and immune system stay healthy. (Refer to Farm to Fork curriculum)
- Pumpkins originated in Central America.
- The largest pumpkin ever grown weighed 1140 lbs.
- Pumpkin seeds can be roasted as a snack.
- Pumpkin flowers are edible.
- In colonial times, pumpkins were filled with milk, spices, and honey then baked in hot ashes—the origin of pumpkin pie.

(www.farmbureaukids.com/leader/youthleader_pumpkfacts.htm)

Fall Harvest Connection Photo Journey With GRAINS



Pumpkin Pancakes

Dry Ingredients:

- 1 cup flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

Wet Ingredients:

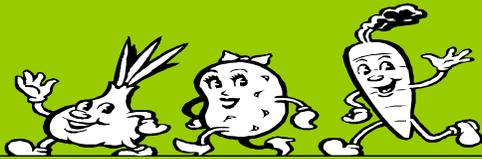
- 1 egg, beaten
- 2 cups (1 can) pumpkin
- 1/4 cup milk
- 2 tablespoons oil

Optional: 1/2 cup finely chopped pecans

Mix together dry ingredients in one bowl and wet ingredients in another bowl. Stir the wet ingredients into the dry ingredients. Add extra milk if too thick. Stir in nuts, if desired. Pour large spoonfuls onto greased griddle or skillet. Cook approximately 2-3 minutes per side.

Source: www.easy-kids-recipes.com/pumpkin-article.html





UC-FSNEP Nutrition Education

Do you want to...

- ♦ Improve the health of children so they learn better?
- ♦ Meet California Content Standards in Math, English/ Language Arts, Science, and/or Health Education?
- ♦ Comply with wellness policies and physical activity requirements?

We can help! We offer:

- ♦ FREE* interactive, research-based, Content Standards-driven nutrition and physical activity lessons and materials for preschool to high school.
- ♦ FREE* on-site training and academic support.
- ♦ Nutrition education for parents.
- ♦ Coordination of events such as Family Nutrition Nights and cooking demonstrations, among others.
- ♦ "Eating Right is Basic" Newsletter subscription.

Sign up or re-enroll TODAY!

Contact: May Woo, RD, Program Representative
650-871-7559, maywoo@ucdavis.edu

Featured Nutrition Curricula Pre-K - High School

- Pre-K: Go, Glow, Grow
- Pre-K-K: Happy Healthy Me
- K-2: Farm to Fork
- K-3: Reading Across MyPyramid
- 4-5, CYO: Power Play
- K-6: TWIGS
- 6-8: Eat Fit
- 9-12: Jump Start and Money Talks

To participate we simply ask that you:

- ♦ Receive curriculum training at a staff meeting, in-service, individual meeting, or in-class demonstration.
- ♦ Complete a minimum of 15 hours of nutrition education per year.
- ♦ Complete a one-page enrollment form and participation reports (needed for our continued federal funding).

*We work cooperatively with schools in which at least 50% of students receive free or reduced-price school lunches. We also partner with after school programs, child care providers, and other organizations serving limited-income families and children in San Francisco and San Mateo Counties.

**UC-FSNEP Stands for University of California-Food Stamp Nutrition Education Program. This program is implemented through a joint agreement between United States Department of Agriculture SNAP-Ed (Supplemental Nutrition Assistance Program—Education), California Department of Social Services, and University of California Cooperative Extension.

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

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Bringing NUTRITION EDUCATION to
Schools • Youth • Parents • Individuals

FRUITS AND VEGETABLES IN SEASON

WINTER

FRUITS

- Cherimoyas
- Coconuts
- Cranberries
- Grapefruit
- Kiwi
- Oranges
- Passion Fruit
- Pears
- Persimmons
- Pomegranates
- Tangerines



VEGETABLES

- Brussels Sprouts
- Chayote
- Greens Beans
- Pumpkins
- Sweet Potatoes
- Winter Squashes



MOST OF THE YEAR

FRUITS

- Apples
- Avocados
- Bananas
- Grapes
- Grapefruit
- Kiwi
- Lemons
- Limes
- Oranges
- Papayas
- Pineapples

★ Fruits and vegetables sold out of season tend to cost more!

SPRING

FRUITS

- Apricots
- Blueberries
- Kiwi
- Raspberries
- Strawberries



VEGETABLES

- Artichokes
- Asparagus
- Brussels Sprouts
- Green Beans
- Kale
- Peas
- Snow Peas
- Turnips



SUMMER

FRUITS

- Apricots
- Blackberries
- Blueberries
- Cherries
- Figs
- Grapes
- Guavas
- Mangoes
- Melons
- Nectarines
- Passion Fruit
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries
- Watermelon

VEGETABLES

- Corn
- Cucumbers
- Eggplant
- Green Beans
- Kale
- Leeks
- Okra
- Peas
- Peppers
- Snow Peas
- Spinach
- Summer Squashes
- Tomatoes



FALL

FRUITS

- Coconuts
- Cranberries
- Figs
- Grapes
- Guavas
- Kiwi
- Melons
- Oranges
- Pears
- Persimmons
- Pomegranates
- Strawberries
- Tangerines



VEGETABLES

- Brussels Sprouts
- Cauliflower
- Chayote
- Kohlrabi
- Pumpkins
- Spinach
- Sweet Potatoes
- Tomatoes
- Winter Squashes



Name of Activity: Morning Routine
Grade Level: K-5
Formation: Standing at desks
Equipment: None

Rules/Directions:

1. Have students begin the day with a series of simple activities lasting 30 seconds or more:
 - Jumping jacks
 - Knee lifts
 - Flap arms like a bird
 - Hopping
 - Scissors (feet apart then cross in front, feet apart then cross in back)
2. Follow each activity with a basic stretching movement:
 - Reach for the sky
 - Runner's stretch
 - Butterfly stretch (sit with bottom of feet together)
 - Knee to chest
 - Rotate ankles
 - Scratch your back
3. Hold stretches for 10 - 30 seconds.
4. Repeat a different simple activity followed by a new basic stretch as many times as desired.

Energizers were developed by:



In partnership with:

