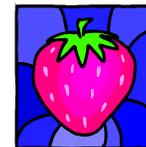


Eating Right is Basic



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NEW-NUTRITION NEWS! PYRAMID GETS A FACELIFT!

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity based on the principles of the **2005 Dietary Guidelines**. MyPyramid illustrates:

- **Personalization**, demonstrated by the MyPyramid Web site. To find a personalized recommendation of the kinds and amounts of food to eat each day, go to MyPyramid.gov.
- **Gradual improvement**, encouraged by the slogan, "Steps to a Healthier You." It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

• **Physical activity**, represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

• **Variety**, symbolized by the six color bands representing the five food groups of MyPyramid and oils. Foods from all groups are needed each day for good health.

• **Moderation**, represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats, added sugars, or caloric sweeteners. These should be selected more often to get the most nutrition from calories consumed.

• **Proportionality**, shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check MyPyramid.gov for the amount that is right for you.



For more information
please contact:

Lisa Yamashiro, R.D.

University of California Cooperative Extension
San Francisco/San Mateo Counties
300 Piedmont Ave., Bldg B, Room 227
San Bruno, CA 94066
TEL: (650) 871-7559 FAX: (650) 871-7399
layamashiro@ucdavis.edu
Website: <http://cesanmateo.ucdavis.edu>

INSIDE THIS ISSUE:

UCCE Update
"Fit Kids=Happy Kids" Insert
Family Mealtime
FYI...Youth FSNEP



"Education is not
filling a pail but the
lighting of a fire."--
William Butler Yeats,
Irish poet & dramatist



YEAR-END REPORT FORMS

To our participating teachers, providers, and youth leaders:

Please be sure to return the “End of Year Reporting Form” documenting the estimated number of hours you spent implementing nutrition education activities this school year. **Our funding depends on getting these forms back from you at the end of each school year, and enables us to provide curricula, resources, training, and support services at no cost.** Many thanks for your support.



FAREWELL FROM FAYE

After 33 years of a dedicated career at UCCE, Faye C.H. Lee will be missed dearly by her colleagues. Thank you for your leadership, mentorship, inspiration, and friendship.

I've been the behind the scene administrator of the Food Stamp Nutrition Education Program in San Francisco and San Mateo Counties since its inception over 10 years ago. I'll be retiring this summer. I wish to thank all of you teachers who are tirelessly dedicated, not only to the academic development of our children, but their health and well-being as well. Thank you for recognizing the importance of good nutrition and physical activity. I leave the program in able hands under Lisa Yamashiro's leadership and our outstanding staff. Thank you for your continued support.

Faye C.H. Lee, Ed.D.
4H Youth Development Advisor/Home Economist

LEARN BY DOING!

*Leah Ha & Giang Nguyen
Nutrition Assistant Interns
City College of San Francisco*



As part of the CCSF Nutrition Assistant Program, a two-semester vocational training program for nutrition paraprofessionals, Leah Ha and Giang Nguyen joined our nutrition education team this spring semester for their 10-week internship training. They experienced a variety of valuable learning opportunities: field observations of our staff in action; experiencing innovative programs at Elkus Ranch with kinders, and the inspiring Edible Schoolyard at Martin Luther King, Jr. Middle School in Berkeley; teaching pregnant teens at Baden Adult School about the values of breastfeeding; teaching classroom nutrition/cooking lessons for school-age children at Chinese Education Center and Spring Valley E.S.; spinning the “5 A Day Power Play” prize wheel at special events; professional development opportunities focusing on the new Dietary Guidelines, communication skills, and childhood obesity; teaching nutrition to Kai Ming Head Start pre-schoolers; recruiting Vietnamese families at a neighborhood food pantry; and training our staff on local food assistance programs. Many thanks, and best wishes from all of us to Leah and Giang for a bright and successful future!



BIENVENIDA! LAURA NIETO

Welcome the newest member of our team--Laura Nieto, our Spanish-bilingual Nutrition Education Program Representative. Laura is a 2004 graduate of the University of San Francisco. She also has recent nutrition education experience working with the San Francisco Department of Health, “Eat Well Live Better Project”. With UCCE she'll be doing nutrition education outreach with adults and youth. Welcome aboard!

FAMILY MEALTIME

QUESTION:

Which of the following factors shared by high achieving students has been shown to have the greatest impact on academic success?

- a. their parents all graduated from college
- b. they are of high socio-economic status
- c. they live with both parents
- d. they eat together with their family



How can we promote family meals. . .
in our homes, schools, and communities?

ANSWER:

Although **a**, **b**, and **c** provide advantages for academic success, when compared with **d**, these factors are enhanced (or if missing, can be outweighed) by the practice of eating together. Eating together is something that parents who did **not** graduate from college, do **not** have high-paying careers, or do **not** even have a spouse to share parenting with **can** do, and it can have a positive impact on their child(ren)'s academic success!

10 TIPS FOR QUALITY FAMILY MEALS

1. Aim for 4 or more meals a week.
2. Make family meals a priority.
3. Keep a sense of humor and laugh a lot.
4. Cook it quick and eat it slow.
5. Work toward happy, relaxing conversations at meals.
6. If time is an issue, make meals quick and easy.
7. Shop for food and cook together.
8. Take telephone calls later.
9. Turn the TV off.
10. Respect each individual's right to decide how much to eat.



"Eat Better, Eat Together", <http://nutrition.wsu.edu>



Taking time to enjoy a family meal gets trickier every day. All the demands on time make it easy to grab whatever is available, but research continues to demonstrate the family meals promote healthier eating habits.

Children model the behaviors of their parents, so mealtime is a good time to show your children how important it is to make and enjoy healthy choices. Family meals also are an opportunity to introduce children to new foods, develop a meal pattern, and share family time, which is important to healthy self-esteem.

Involving kids in meal planning and preparation gives them ownership and increases their interest in trying new foods. Allowing kids to plan one meal a week or aid in preparing ingredients are hands-on ways to help children get more comfortable with a variety of foods. Establishing a set mealtime helps kids learn to control hunger and to eat until they are satisfied, rather than overeating. If time is an issue, make the meal simple; just take some time for a family meal.

ADA's Public Relations Team



FYI...YOUTH FSNEP

The **Youth Food Stamp Nutrition Education Program** is a federally funded program to provide nutrition education to 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 in the classroom yearly. By partnering with us, you will reap valuable benefits such as professional development training, nutrition curricula at no cost, tri-annual newsletter, complimentary nutrition/cooking lessons for kids, Family Nutrition Night events, 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. Let us know if you would like your school or agency to benefit from our nutrition education services.



The federally funded **Expanded Food and Nutrition Education Program (EFNEP)** helps limited resource families with young children lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. Our Nutrition Education Program Representatives, **Dana Andrews, Jenny Lam, Jan McCulloch, and Laura Nieto** are available to provide nutrition presentations for parents in English, Chinese, Spanish, and Vietnamese. We can also send out complimentary nutrition information packets to eligible families through our home-study program. Please contact us to arrange a series of free classes or workshops, or for more information.

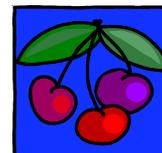


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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

San Francisco/San Mateo Counties
300 Piedmont Ave., Building B, Room 227
San Bruno, CA 94066



Edited by:

Lisa A. Yamashiro, R.D., Program Representative, Youth FSNEP
Faye C.H. Lee, Ed.D., 4H Youth Development Advisor/Home Economist



Visit our website at:
<http://cesanmateo.ucdavis.edu>