

Eating Right is Basic



Volume 8 Issue 2

Spring 2007



University of California
Cooperative Extension
San Francisco/San Mateo Counties
<http://cesanmateo.ucdavis.edu>

The overall mission of Cooperative Extension is to extend university expertise to meet public needs at the local level. The Nutrition, Family & Consumer Sciences education programs help limited resource families and individuals achieve optimal health through better nutrition and healthier lifestyles, manage their food budgets better, handle food safely, and improve their children's health and well-being. Nutrition education services include:



• **Expanded Food and Nutrition Education Program (EFNEP)**

Series of 6-8 small group classes in English, Chinese, Spanish, & Vietnamese for parents of young children



• **Adult Food Stamp Nutrition Education Program (FSNEP)**

Outreach at local Food Stamp sites to offer a learn-by-mail program

• **Youth Food Stamp Nutrition Education Program (FSNEP)**

Professional development training for teachers and youth leaders, nutrition and gardening curricula and resources, classroom support, special events



Who is eligible?

- Low income families with young children
- Food Stamp eligible individuals
- Schools that serve greater than 50% free or reduced price school lunch



Other programs:

- **Richard J. Elkus Ranch** in Half Moon Bay
Environmental education programs for youth



• **Master Gardener**

Training program, Help Line, resource for school and community gardens, and participation in community events that support home gardening.



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
Website: <http://cesanmateo.ucdavis.edu>

Inside this Issue:

UCCE Update
Reproducible Insert
Farm to School
FYI...Youth FSNEP



*"Kindness in words creates
confidence...Kindness in
giving creates love."
--Lao Tzu
Chinese philosopher*



Year-End Report Forms

To our participating teachers, child care providers, and youth leaders:

As part of your commitment, please return the “End-of-Year Reporting Form” documenting the estimated number of hours you spent in 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 training, curricula, storybooks, and support services at no cost.

Thank you for promptly returning this important form. Upon receipt of your form, we will send you additional nutrition education resources, so be sure to send it in today!



Thanks, Melanie!

This spring Melanie Luong joined our nutrition education team as an intern from City College of San Francisco’s Nutrition Assistant Program. She provided valuable support to our staff while experiencing a variety of learning opportunities: field observations of our staff in action; staff in-service training; field trip to Elkus Ranch in Half Moon Bay and the inspiring Edible Schoolyard in Berkeley; outreach and recruitment at the San Francisco Food Stamp office; created wonderful display materials for Farm to Fork; provided curriculum training for teachers; participated in professional development opportunities from “Harvest of Knowledge” to edible gardening to physical activity trainings; assisted with monthly nutrition education program at San Francisco General Hospital’s Children’s Clinic; attended collaborative meetings. Many thanks for all your hard work, congratulations, and best wishes from all of us!



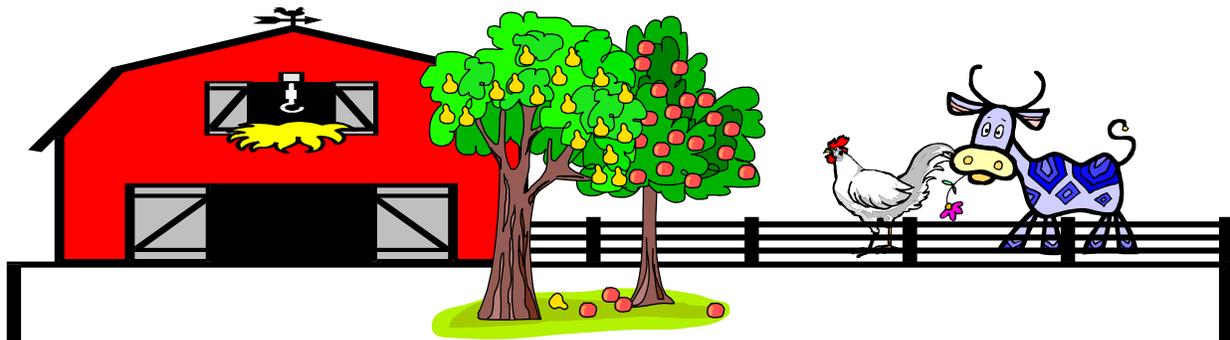
In San Francisco and San Mateo Counties, we reach our clientele by partnering with community-based organizations to provide free, multilingual nutrition education services for limited resource families with young children. Our federally funded Expanded Food & Nutrition Education Program (EFNEP) assists individuals in making positive changes to achieve better nutrition and health for the whole family.

This year we have a brand new curriculum “*Healthy Families - Eating Smart & Being Active*”. The series of eight lessons incorporate a practical, hands-on, learn-by-doing approach including cooking demonstrations, taught by our trained nutrition educators in small group settings. Topics covered include:

- Get Moving***
- Plan, Shop, Save***
- Vary Your Veggies and Focus on Fruit***
- Make Half Your Grains Whole***
- Build Strong Bones***
- Go Lean with Protein***
- Make a Change***
- Celebrate Healthy Families***



Please contact us to arrange a series of nutrition classes or workshops.



What is the Farm to School Movement?

Farm to school is a movement that started in the mid-1990s to enhance school health and nutrition and improve the viability of local farms. Program developers brought together schools and local farmers to (1) help children enjoy more fresh fruits and vegetables while learning about where the food comes from, and (2) help local farmers become more economically viable. As the program evolved nationally, four areas of delivery and benefit were identified: local farms, school gardens, cafeteria, and children's nutrition and health.

Additional Resources: www.farmtoschool.org, www.sffoodsystems.org, www.csgn.org



Eating Healthy from Farm to Fork... Promoting School Wellness

Eating Healthy from Farm to Fork... Promoting School Wellness

is a nutrition curriculum for kindergarten that makes the connection between local food systems, garden-based learning, school food service, and healthy nutrition habits. These comprehensive materials integrate nutrition education into grade-appropriate lessons that are specifically designed around the Nutrition Competencies for California Children and directly correlated to the core subjects of the California Content Standards.

Farm to Fork Training at SFUSD

The School Health Programs Department of the San Francisco Unified School District held their professional development *Nutrition in the Garden* workshop on April 19, 2007 at E.R. Taylor Elementary School. As one of the break out sessions, kindergarten teachers learned about the *Eating Healthy from Farm to Fork ...Promoting School Wellness Curriculum* through a sample demonstration of hands-on activities from the "Food and Garden Discovery - Vegetables" lesson. They also explored other lessons by rotating from station to station, displayed with colorful poster boards and props, where UCCE staff/interns highlighted lessons and described featured activities.



Pilot Testing of Farm to Fork First Grade Curriculum

Let us know if you would like to have *Farm to Fork* at your school this fall!

UCCE has been working closely with elementary schools to pilot test the new *Farm and Fork* curriculum for 1st graders at Guadalupe E.S. in San Francisco and Pescadero E.S. in San Mateo County. For eight weeks, students have engaged in lessons that highlighted the following areas: MyPyramid, Grains, Vegetables, Fruits, Milk, Meat & Beans, Food Safety, and Physical Activity. At least one activity in each lesson is garden-based.

Farm to Fork uses hands-on activities to actively engage children in learning about healthy choices for food and fitness. The materials support the development of a positive school wellness environment that recognizes the relationship between health and nutrition and academic achievement and school success.

Interested in having your classroom involved in next year's pilot testing of *Farm to Fork's* 2nd grade curriculum? Please contact Frances Wong, Urban Youth Program Representative at frwong@ucdavis.edu.

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, newsletter subscription, complimentary nutrition/cooking lessons for kids, Family Nutrition Night events, and additional resources!

May Woo, 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, **Dina Castellon, Jenny Lam, and Jan McCulloch** are available to provide nutrition workshops 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.

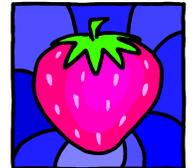


University of California, in compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, does not discriminate on the basis of race, religion, color, national origin, sex, mental or physical handicap, or age in any of its programs or activities, or with respect to any of its employment policies, practices, or procedures. Nor does the University of California discriminate on the basis of ancestry, sexual orientation, marital status, citizenship, medical condition (as defined in Section 12926 of the California Government Code) or because individuals are special disabled veterans or Vietnam era veterans (as defined by the Vietnam Era Veterans Readjustment Act of 1974 and Section 12940 of the California Government Code). Inquiries regarding this policy may be addressed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, California 94607-5200. (510) 987-0097.

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
Marilyn J. Johns, County Director
Staff Contributors: May Woo, R.D., and Frances Wong



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