



# Eating Right is Basic



## Fun, Fruits, & Veggies

Power Play with A.S.E.S. at Garden Village Elementary School

This year, UCCE partnered with the After School Education and Safety (A.S.E.S.) Program at Garden Village E.S. to bring the Power Play! Campaign to students in an after-school environment. Power Play engages students in activities that focus on eating 2 1/2 - 5 cups of fruits and vegetables every day and being physically active for at least 60 minutes each day. All lessons are research-based and linked to California Content Standards.



Frances Wong interviewed Ms. Walden, 5th grade teacher pictured above, about her experience implementing Power Play with grades K-6 for five weeks, followed by a celebration event.

**Q: What do you see is a current need for students?**

**A:** There's a need for a strong emphasis on nutrition! Basic knowledge of fruits and vegetables was non-existent. We find that children are making poor choices in food for snacks and lunches. They are not wanting to pick fruits and vegetables or just not eating.

**Q: What did you like about the Power Play curriculum and training?**

**A:** Having the training is a plus! It forces you to not put free materials in a closet and helps to implement [the curriculum]. After the training, it was easy to train others and divide up the activities. I loved the reproducibles in the kit! I like giving correct information. I had curriculum that told the facts, not myths. Power Play brings in all sorts of math and reading skills. We talked a lot about identifying food groups and about eating too much "extras" like sugar.

**Q: Describe your experience using Power Play and its impact on students.**

**A:** I was impressed with working with one grade per week. As I saw the next group, the children had learned so much from the previous lessons. They learned and retained the information. They loved talking about food and good choices. When children have knowledge, they can make good choices. Our groups got into complex discussions. Movement added another dimension to the

activities as it helped with remembering facts. For example, the movement of catching a ball and naming a fruit helped to identify fruits better.

**Q: Did using the curriculum do anything special for students?**

**A:** We talked about food prep, organic food, and food labels. The students liked to delve into topics and became more informed when buying items. The lessons opened doors to other topics.

**Q: What you would like others to know about Power Play?**

**A:** You'll be very pleased with the results. It is easy to implement. Knowing that I could call [Frances] for support was a big help! You should try Power Play! Materials are free\* and easy to attain. I recommend having an end of year celebration.

**To sign up for Power Play,  
Contact: Frances Wong, 4-H  
Youth Program Representative  
tel: 650-871-7559  
e-mail: [frwong@ucdavis.edu](mailto:frwong@ucdavis.edu)**



\*free to qualifying schools



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:

Power Play Interview  
UCCE Update  
Reproducible Insert  
Rethink Your Drink  
FYI...Youth FSNEP



*"The great thing in  
this world is not so  
much where we stand,  
as in what direction  
we are moving."*

--Oliver Wendell Holmes



## YES! SUCCESS!!

Adult participant loses weight.

**Jenny Lam, UCCE Nutrition Education Program Representative, reports:**

"A father attended a 'Healthy Eating' nutrition workshop in 2007 at Jefferson School Child Development Center. At that time I talked about the Pyramid, eating all five food groups, and how to eat a rainbow of fruits and vegetables. I showed the group how much fat is in fast foods and popular snacks, and how to read the labels on drinks to see how much sugar is in them. I also told them about healthy snacks for children. When I returned for a second workshop in February, the father said, 'Jenny, your workshop was wonderful. I lost more than 10 pounds. I just cut down the amount of fast foods I eat. Now I buy fresh fruits and vegetables and no soda for my kids.' I signed him up for home study after that."

## Staff Updates



We are delighted to welcome **Laura McCaffrey** as our newest Nutrition Education Program Representative.

*Her wealth of experience combined with her personal qualities will greatly assist us in our programs. She has worked as a literacy instructor at Project READ, in sales and marketing in the music industry, and has volunteered for numerous community-based organizations. In June, she will graduate from the City College of San Francisco Nutrition Assistant Program. She is creative, organized, artistic, and compassionate. She finds teaching to be one of her greatest joys. She also enjoys cooking, sewing, home decorating projects, and attending comedy performances with her husband of 20 years.*



## We have a winner!

Congratulations to **Helen Rudnick** of George R. Moscone Elementary School. She won a cooking demonstration for her classroom by re-enrolling in our RAMP program this year.

## Special Thanks to 2007-08 Youth FSNEP Partners

*Your participation is truly appreciated.*

### Cabrillo Unified School District

Alvin S. Hatch

### Jefferson Elementary School District Daly City Parks and Recreation\*

\*Daniel Webster

Garden Village

\*Franklin D. Roosevelt

John F. Kennedy

Westlake

\*Woodrow Wilson

General Pershing State Preschool

### La Honda-Pescadero Unified School District

Pescadero

### Ravenswood City Elementary School District

Belle Haven

Costano

Green Oaks

James Flood Magnet

Willow Oaks

### Redwood City Elementary School District

Fair Oaks

Garfield

Hawes

Hoover

John Gill

Taft

### San Francisco Unified School District

Bessie Carmichael

Bret Hart

Buena Vista Annex

Cesar Chavez

Chinese Education Center

Commodore Sloat

Daniel Webster

El Dorado

George R. Moscone

George Washington Carver

Hillcrest

Jean Parker

Junipero Serra

Mission Education

Redding

Sherman

Spring Valley

William L. Cobb

### Bayshore Childcare Program

Cupid's Christian Center

Helen's Family Child Care Home

Joan's Family Child Care

Lynn's House Family Child Care

Wu Yee Children's Services

**BVHP Health and Environmental Resource Center (HERC)**

**Project Read**

**Quest Learning Center**

**Second Harvest Food Bank**



# RETHINK YOUR DRINK

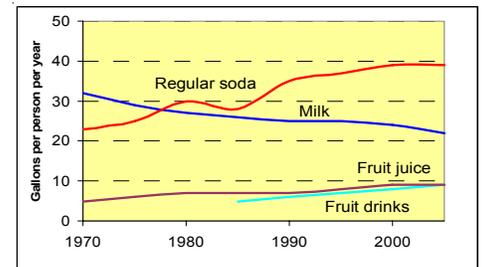


One 20 oz. bottle of Coke has over 16 teaspoons of sugar!

Yes, you read it right! Shocking isn't it? The average person eats almost 175 pounds of sugar a year - about 57 sugar cubes a day - with a significant portion of that sugar coming from soda. In fact, soda is the largest source of sugar in children's diets.

Studies show the extra calories from soda and other sweetened beverages lead to weight gain. Why? Sugary drinks do not satisfy people as much as solid food and people do not compensate for the extra calories from drinks. This leads to a net increase in calories and therefore, increased weight. Increased weight combined with lack of exercise increases a person's risk for diabetes, heart disease, and certain cancers.

It's time to help ourselves and children make a change! Start with a nice, cold refreshing glass of water. Perk up with unsweetened tea and coffee. Offer only milk or water to children. Other ideas are listed below.



Milk consumption down, Soda consumption soars.

## BETTER BEVERAGE OPTIONS



Here are a few ideas on how to incorporate healthier beverages, rather than sugary drinks, into your family's lifestyle.

- Add a slice of orange, lemon, lime or cucumber to your water for zero calories and lots of flavor. Fresh mint or spearmint leaves will also do the trick.
- Make a smoothie with fresh fruit, non-fat yogurt or milk and ice.
- Choose 100% fruit juice (limit juice to ½ cup per day).
- Choose low-fat or non-fat milk for children over 2 years old.
- Choose water over sweetened beverages at the vending machine.
- Be a role model: keep water in the car, at your desk and in your bag to have it when you need it. Before long you'll find yourself reaching for it without a second thought.
- Don't like the taste of water? Use a straw. You won't taste the water as much because it will skip part of your tongue.
- If you like the bubbly aspect of soda, try drinking seltzer/club soda/carbonated soda. Seltzer comes in lots of different flavors!



Nutrition Services • Alameda County Public Health Department

Join BANPAC's Bay Area-Wide **Soda Free Summer** campaign this summer. Here's how:

1) Become "Sugar Savvy." **Be Sugar Savvy** is a fun, hands-on, complete lesson plan for children and adults about how much sugar is in popular foods and drinks.

2) Commit to being "Soda Free" this summer. Keep track of your soda free days on a green **Soda Free Summer** pledge card and return the entry card to enter into a raffle. Limited quantities available.



BANPAC's **Be Sugar Savvy** educational initiative and the **Soda Free Summer** campaign can be found at:

[www.banpac.org/resources\\_sugar\\_savvy.htm](http://www.banpac.org/resources_sugar_savvy.htm)  
[www.sodafreesummer.org](http://www.sodafreesummer.org)

San Mateo County: 650-573-3511  
San Francisco: 311



\*Reprinted and adapted from materials originally developed and piloted by Alameda County Public Health Department.

Data sources available at [http://www.banpac.org/resources\\_sugar\\_savvy.htm](http://www.banpac.org/resources_sugar_savvy.htm)

BANPAC stands for Bay Area Nutrition and Physical Activity Collaborative





# FYI... Youth FSNEP\*\*



## Starting to plan for the next school year?

### Are you looking to...

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

## To participate, we simply ask that you...

- ♦ Receive curriculum training in a group or individually.
- ♦ Deliver a minimum of 6 hours of nutrition instruction, plus 9 hours preparation to equal 15 total hours for the year.
- ♦ Complete a one-page enrollment form and a participation report (needed for our continued federal funding).

### Nutrition lessons for pre-K to high school.

**Pre-K:** Happy Healthy Me

**K-1:** Farm to Fork - food systems & a healthy diet

**K-3:** Reading Across My Pyramid - nutrition & literacy

**4-5:** Power Play (also in a Community Youth Organization format)

**K-6:** TWIGS - gardening and nutrition

**6-8:** Eat Fit - computer diet analysis & goal setting

**9-12:** Jump Start and Money Talks

\*This program serves Food Stamp eligible families. We work cooperatively with schools with at least 50% of students receiving 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.

\*\*FSNEP stands for Food Stamp Nutrition Education Program. This program is implemented through a joint agreement between the United States Department of Agriculture, the California Department of Social Services, and the University of California Cooperative Extension.

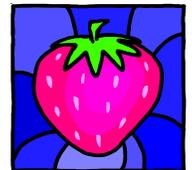


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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

## UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

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



### Editors:

Jennifer Gabet, MPH, RD, Program Representative  
 May Woo, RD, & Frances Wong, Program Representatives  
 Marilyn J. Johns, County Director



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<http://cesanmateo.ucdavis.edu>