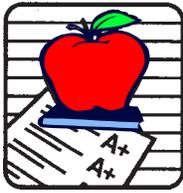


University of California Cooperative Extension

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Eating Right is Basic

Youth Food Stamp Nutrition Education Program



Volume 5 Issue 1

Winter 2004



HAPPY NEW YEAR 2004!

Make your move this New Year by making a commitment to a healthy, active lifestyle. Physical activity combined with good nutrition is the right move to help you be your BEST all year round.

This fall several community organizations and schools made the right move by participating in one of our interactive nutrition education curriculum training sessions. **Coastside Children's Programs** (Half Moon Bay) and **Edgewood Center for Children** (San Francisco) got the power with "Food & Me" and "5 A Day Power Play!". **Jefferson Elementary, Daniel Webster Elementary,** and **SFUSD School Health Programs-Nutrition Education Project** joined us in "Reading Up the Food Guide Pyramid". **Wu Yee Children's Services** and **Children's Council of San Francisco** are also off to a healthy start with "Food & Me" for pre-schoolers.

We challenge you to make the right move by partnering with us for all your nutrition education needs--teacher training, innovative curricula, classroom presentations, multilingual parent workshops--we do it all!

For more information about our programs, please contact:



Lisa Yamashiro, R.D.

TEL: (650) 871-7559

FAX: (650) 871-7399

layamashiro@ucdavis.edu

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

Up Close and Personal

Dana Andrews, Nutrition Education Assistant

Also known as the "5 A Day Diva", Dana works with kids of all ages using a variety of creative ideas and methods to educate and motivate. You might see Dana in action doing the "5 A Day Rap" at a Family Nutrition Night event; or introducing the magic of sprouting seeds to curious toddlers; or cooking with teens. Dancing, gardening, and low-fat eating keep Dana on the move.

Lisa Yamashiro, R.D.

Healthy eating and racquetball workouts help fuel and energize this nutritionist's active lifestyle. Eating "5 A Day" was always second nature, having agricultural roots in the Central Valley and growing up among acres of luscious peach orchards. Lisa enjoys working with "kids from 5 to 95", coordinating our Youth Food Stamp Nutrition Education Program, and also teaching at City College of San Francisco.

Faye C.H. Lee, Ed.D.

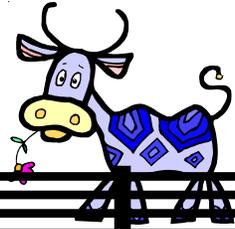
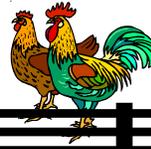
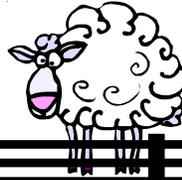
Faye's leadership and "aloha spirit" bring out the best in all of us. She specializes in issues of low-income and ethnic minority urban youth and families. Her research interests include integrated health and human services, cross-age teaching, and early college readiness. Healthy cooking and regular exercise power up her busy schedule.

INSIDE THIS ISSUE:

**Teacher Talk
Insert--Recipes
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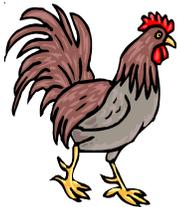
*By facing
our challenges,
we discover
our potential.*



RICHARD J. ELKUS RANCH

University of California Cooperative Extension

C'mon city slickers! Enjoy an adventure to the Richard J. Elkus Youth Ranch, nestled in the picturesque hills and canyons south of Half Moon Bay. The Ranch is home to a variety of farm animals, native plants, animal wildlife, gardens, greenhouse, and more. The Ranch provides environmental education programs, with unique hands-on learning experiences for youth that are grade appropriate and link to the California Science Content Standards. Don't miss out on this wonderful opportunity for a memorable field trip this spring, or even an overnight stay for your group!



For program and fee information, or to make a reservation please call (650) 712-3158, or visit our website at <http://cesanmateo.ucdavis.edu>.



Celebrate!

NATIONAL NUTRITION MONTH

MARCH 2004



National Nutrition Month®
American Dietetic Association

<http://www.eatright.org>



LEARN BY DOING!

*Adriana Delgadillo, Student
San Francisco State University
Community Health Education*

As part of the SFSU course "Issues of Children and Youth in Schools and Communities", Ms. Adriana Delgadillo joined our nutrition education team this past semester. *"This internship was one of the most gratifying and fulfilling professional experiences I ever had."* She experienced a variety of valuable learning opportunities--field observations of our staff in action; making "mochi" rice cakes with Chinese parents and grandparents at Family Connections; motivating women at Jelani House to "get active" by joining them on a walk; visiting Jean Parker Elementary to make a "feast" with Ms. Hui's 2nd grade chefs-in-training, and teach Ms. Ly's kinders about "5 A Day"; presenting a successful parent nutrition workshop at George Moscone Elementary for Latino parents; and networking with other child nutrition professionals at the San Francisco Child Nutrition Council meeting. BEST WISHES from all of us to Adriana for a bright and successful future!

KIDS GET COOKIN'!



SANCHEZ ELEMENTARY SCHOOL FAMILY NUTRITION NIGHT



Imagine an evening where fruits and vegetables play a starring role. Music fills the air with melodies that sing the virtues of veggies. Health Advocate Susan Lamagna, Principal Raymond Isola, dedicated teachers and school staff, supportive parents, and our energetic UCCE team don chef hats and cook up recipes from the “5 A Day Power Play! Kids Get Cookin” cookbook. Families eat their way through seven stations, enjoying tastes of all the delicious culinary creations. “Out of this Whirled Shakes”, “Oprah’s Outtasight Salad”, “Summer’s Squash” made with kabocha from the Farmers Market, “Party-Time Pasta”, tortilla wraps, guacamole, “Yogurt Sundaes”, and colorful fruit kabobs--fruits and vegetables take center stage!

What a wonderful event, as well as being educational, motivating, and FUN for the entire family. Families got their cards stamped as they visited each station, before receiving a complimentary copy of the English/Spanish “Kids Get Cookin” cookbook. For everyone at Sanchez Elementary, it was truly an exciting evening to savor!



The “5 A Day Power Play!” Campaign uses a multi-channel, community-based approach to encourage 9 to 11 year old children and their families to eat at least 5 servings of fruits and vegetables every day and be active. We are grant-funded to provide complimentary “5 A Day Power Play” resource kits and training for 4th-5th grade teachers/youth leaders in San Francisco. Contact Lisa Yamashiro, R.D., San Francisco County Representative.



HOW TO COOK IN THE CLASSROOM



The secret to successful cooking experiences is - **EVERYONE HAS SOMETHING TO DO.**

Cooking is important because it provides the skills to practice good nutrition. Cooking experiences are also opportunities to apply math, language, reading and science concepts as well as to work cooperatively in groups.

Select recipes that include appropriate nutrition concepts and keep many hands busy. For example, whole wheat grilled cheese sandwich and quick low fat pizza are both nutritious snacks. For the classroom, the pizza is the better choice. There are lots of jobs for the members: spreading the tomato sauce, grating the cheese, chopping vegetables, etc.

Here are some formats for cooking experiences:

1. Everyone cooks different dishes at the same time in groups.
2. Everyone cooks the same dish at the same time in groups or individually.
3. Set up three or four activity centers, one or two of which may include cooking stations. Have groups of children rotate through the centers. Non-cooking centers include label reading, worksheets and other activities which take the same length of time as the cooking activities.
4. Set up a cooking center in your classroom. Have the children take turns cooking in groups while the rest of the class does other work.

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, nutrition curricula at no cost, subscription to our 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.

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. Welcome aboard **Janice McCulloch**, the newest member of our nutrition education team, and recent graduate of City College of San Francisco's Nutrition Assistant Program. Please contact us to arrange a series of free nutrition classes or workshops.



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

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