



Eating Right is Basic



Volume 6 Issue 1

Winter 2005



2005 NEW DIETARY GUIDELINES



Nutrition and Your Health: Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The *Guidelines* provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Eat a variety of foods within and among the basic food groups without exceeding calorie limit.

Be physically active every day.

**Monitor your weight to achieve health.
Know your healthy weight.**

Increase intake of fruits and vegetables, whole grains, and nonfat or low-fat milk and milk products.

Decrease intake of saturated fat, trans fat, and cholesterol while increasing food sources rich in omega-3 fatty acids.

Choose and prepare foods with less salt.

If alcohol is consumed, keep intake moderate.

Keep food safe to eat.

For more information, please contact:

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*"Teachers affect eternity;
they can never tell where
their influence stops."
--Henry Adams*



WELCOME ABOARD!



FALL 2004

“Reading Up the Food Guide Pyramid”

Trainings:

- Spring Valley Elementary (SFUSD)
- Buena Vista Elementary (SFUSD)
- Sunset Elementary (SFUSD)
- Chinese Education Center (SFUSD)

“Creative Nutrition Activities for Pre-K”

Workshops:

- Wu Yee Children’s Services
- San Francisco Head Start



JANUARY 2005

We are also excited to start off the New Year with new partnerships in San Mateo County:

Ravenswood School District East Palo Alto

“Reading Up the Food Guide Pyramid” training for 2nd grade teachers from Bell Haven, Costano, and Willow Oaks Elementary

and

Bayshore Elementary, Daly City

GREAT JOB!

Dana Andrews Nutrition Education Assistant



Also known as the “5 A Day Diva”, Nutrition Education Assistant Dana Andrews spreads the message of good nutrition and healthy lifestyles to children and adults of all ages by juggling her responsibilities among our youth and adult nutrition education programs, and the Homerun Program’s “Building a Healthy Body and Soul Project”.

You might see Dana on stage leading a group of parents and students in the lively “5 A Day Rap” energizer at a Family Nutrition Night event; pilot testing the physical activity lesson of “Reading Up the Food Guide Pyramid” with Head Start pre-schoolers; cooking with teens; recruiting families at a neighborhood food pantry; teaching a series of nutrition workshops to groups of men and women on their path towards recovery; or implementing physical activity programs at African American churches.

Dana is a very effective, creative, and fun nutrition educator who is quick to implement new ideas into her teaching repertoire. She has been particularly inspired and energized by Dr. Joye Norris’ workshop based on her book “From Telling to Teaching—The Dialogue Approach to Adult Learning”. By incorporating more learner-centered techniques into her teaching, she has discovered many new and exciting ways to connect with her clients, while honing her facilitation skills and making learning fun.

Dana continues to grow professionally. This fall she has taken on an extra challenge by enrolling in the two-semester Nutrition Assistant Program at City College of San Francisco, a 16-unit vocational training certificate program for nutrition paraprofessionals. While attending school two days per week, she dedicates her remaining time between her work and family.

We commend Dana for her commitment to excellence.



SCHOOL NEWS

FAMILY NUTRITION NIGHT EVENT

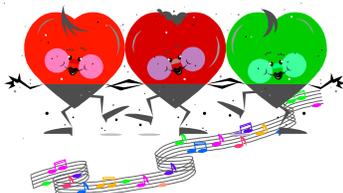
Jefferson Elementary School
 San Francisco Unified School District
 November 17, 2004

On the evening of November 17th, the auditorium at Jefferson Elementary was abuzz with music, energy, and excitement. A colorful gathering of over 100 kindergarten and 1st grade students, parents, teachers Ms. Jennifer Tom and the K/1st grade team, principal Ms. Judy Rosen, and our UCCE nutrition education staff enjoyed a memorable evening together. To kick off the event, everyone got their dancing feet moving to the powerful beat of the “5 A Day Rap” energizer. *“Eat 1, eat 2, eat 3, eat 4, Eat 5 a Day, it’s a Power Play!”*

For the parents, the next stop was the cafeteria for a special nutrition presentation, learning the importance of eating a plateful of color every day. Meanwhile the children rotated through a rainbow of five activity stations, guided by their color-coded passport necklaces and group leader. Last stop was the Cooking Station where everyone enjoyed making and eating their own delicious salad made of 5 different fruits and vegetables. It was a wonderful evening to celebrate “5 A Day the Color Way”!



Art Station
“5 A Day Hand Poster”



Physical Activity Station
“Kids on the Move”



Food for Thought Station
“5 A Day Prize Wheel”



Tasting Station
“Eat a Rainbow”



Cooking Station
“Butterfly Salad”

For our partnering schools, we can help coordinate special Family Nutrition Night events, outreaching to parents and youth. For 4th/5th grade teachers in San Francisco, we offer free “5 A Day Power Play!” nutrition education materials. Contact Lisa Yamashiro, R.D. for more information.

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 6 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, "Eating Right is Basic" 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 and Jenny Lam, Nutrition Education Assistants, are available to provide special nutrition and food activities for children, and parent workshops. 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 income families with young children lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. Our talented team of Nutrition Education Assistants is available to provide group nutrition classes 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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