



Eating Right is Basic



Volume 8 Issue 1

Winter 2007

**Happy
New
Year!**

2007 Calendar of Healthy Events

February

American Heart Month
www.americanheart.org

National Children's Dental Health Month
www.ada.org

March

National Nutrition Month
www.eatright.org

National School Breakfast Week
www.schoolnutrition.org

April

TV-Turnoff Week
www.tvturnoff.org

Spring Into Health
American Cancer Society
www.cancer.org

May

National Physical Fitness & Sports Month
www.fitness.gov



**Harvest
of the
Month**



Growing Healthy Students

<http://www.harvestofthemonth.com/>

The objective of the Harvest of the Month tool kit is for students to increase their:

- access to fruits and vegetables through school meal programs, classrooms, school gardens, farmers' markets, grocery stores, community gardens, etc.
- preference for selected produce items through classroom activities, such as taste testing, cooking in class and school garden activities, and through menu offerings in the school meals program.
- participation in daily physical activity and understanding of why it is important.
- knowledge of and familiarity with California grown fruits and vegetables and the rich agricultural bounty of the State.

Harvest of the Month is comprised of four key elements: Educator Newsletters, Family Newsletters, Menu Slicks and Press Release Templates. In addition, a **Harvest of the Month** Featured Produce poster may be ordered.

Inside this Issue:

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*"We cannot hold a torch
to light another's path
without brightening
our own."*

--Ben Sweetland



New!

A Nutrition Curriculum for Preschoolers

GO GLOW GROW



Preschoolers, ages 3-5 learn about GO, GLOW, and GROW foods. Each of the 6 lessons includes experiential activities, snack recipes, and parent letters to accompany the Go, Glow and Grow storybook.

New!

A Nutrition Curriculum for Kindergarten

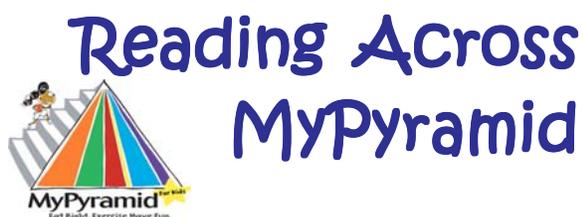
EATING HEALTHY from FARM to FORK
...Promoting School Wellness

FARM GARDEN CAFETERIA NUTRITION



This kindergarten curriculum makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy nutrition habits.

A Nutrition Curriculum for K-3rd Grades



Children learn about food and nutrition through children's storybooks with food-related themes. Eleven lessons incorporate interdisciplinary content, including basic concepts of science, math, language arts, and social studies, linked to California Content Standards.

FREE training and curricula for eligible schools!
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A Nutrition Curriculum for 4th & 5th Grades



English/Spanish nutrition education materials help integrate nutrition and physical activity messages across the curriculum. School Idea & Resource Kits are 4th and 5th grade specific. The Community Youth Organization version targets 5 to 11 year olds, including 20 activities and physically active games.



Snack Smart and Get Active

Why Snacks?



Most kids like snacks. That's great! Think of snacks as mini-meals that help provide nutrients and food energy your child needs to grow, play, and learn.



Help your child snack smart. Your child has a small stomach. So he or she probably eats less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.



Keep food group snacks handy.



For example, raw vegetables, fruit, juice, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.



Let snacks fill in the gaps. If your child misses juice for breakfast, offer fruit at snack time.



Time snacks carefully. Two to three hours before meals. That way your child will be hungry for lunch or dinner.



Offer snacks to satisfy hunger. Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to emotional overeating later on.



Keep snacks small. If your child is still hungry, he or she can ask for more. Let your child decide what's enough.



Encourage tooth brushing after snacking.

Especially after eating bread, crackers, and sweet foods.



Snack wisely yourself! Do you snack when you feel stressed or bored – or just when you're hungry? What foods do you snack on?



Remember, your child learns snack habits by watching you. Be a great role model!



Go easy on snacks with added sugars. Offer milk, juice, or water as snack drinks.

Soft drinks and fruit drinks can crowd out foods your child needs to grow and stay healthy.

Make food group foods the usual snacks. A little candy occasionally is okay.

Get Active

As with healthy eating, kids are more likely to want to be active when other family members are active too. Find ways to build physical activity—step-by-step—into your family routine. Here are some tips on getting family members together for physical activities:

- Plan regular physical activities as a family. Take an after-dinner family walk three days a week—or schedule a weekly Saturday afternoon trip to the pool.
- Limit television, video games or computer time to one to two hours a day.
- Focus on fun rather than skill. If kids think of physical activity as fun they'll be more likely to want to do it.
- Encourage your kids to play outside with other children. Be sure where they are playing is safe.
- Use fun physical activities as a reward. When your family reaches one of its goals, celebrate with a fun, active outing you can enjoy together. Go play miniature golf, practice at a batting cage, visit a water slide park, go canoeing, hiking, or ice skating.
- Include activity in your daily routine. Take the stairs. Park farther away at the store and walk. Have your child participate in chores that involve physical activity such as cleaning, gardening or walking the dog.
- Expose your kids to a variety of physical activities and allow them to choose which ones they like best.

(Sources: Nibbles for Health: Nutrition Newsletters for Parents of Young Children; and Healthy Habits for Healthy Kids, 2003, American Dietetic Association)

Additional Resources:

www.mealsmatter.org
www.kidshealth.org
www.sports4kids.org



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, **Dana Andrews, 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.

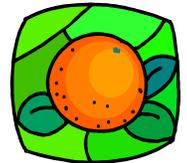


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