



Volume IV Issue I

Spring 2005

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... creating an information bridge that allows educators easy access to ready to use, research based nutrition information.

University of California and U.S. Department of Agriculture cooperating

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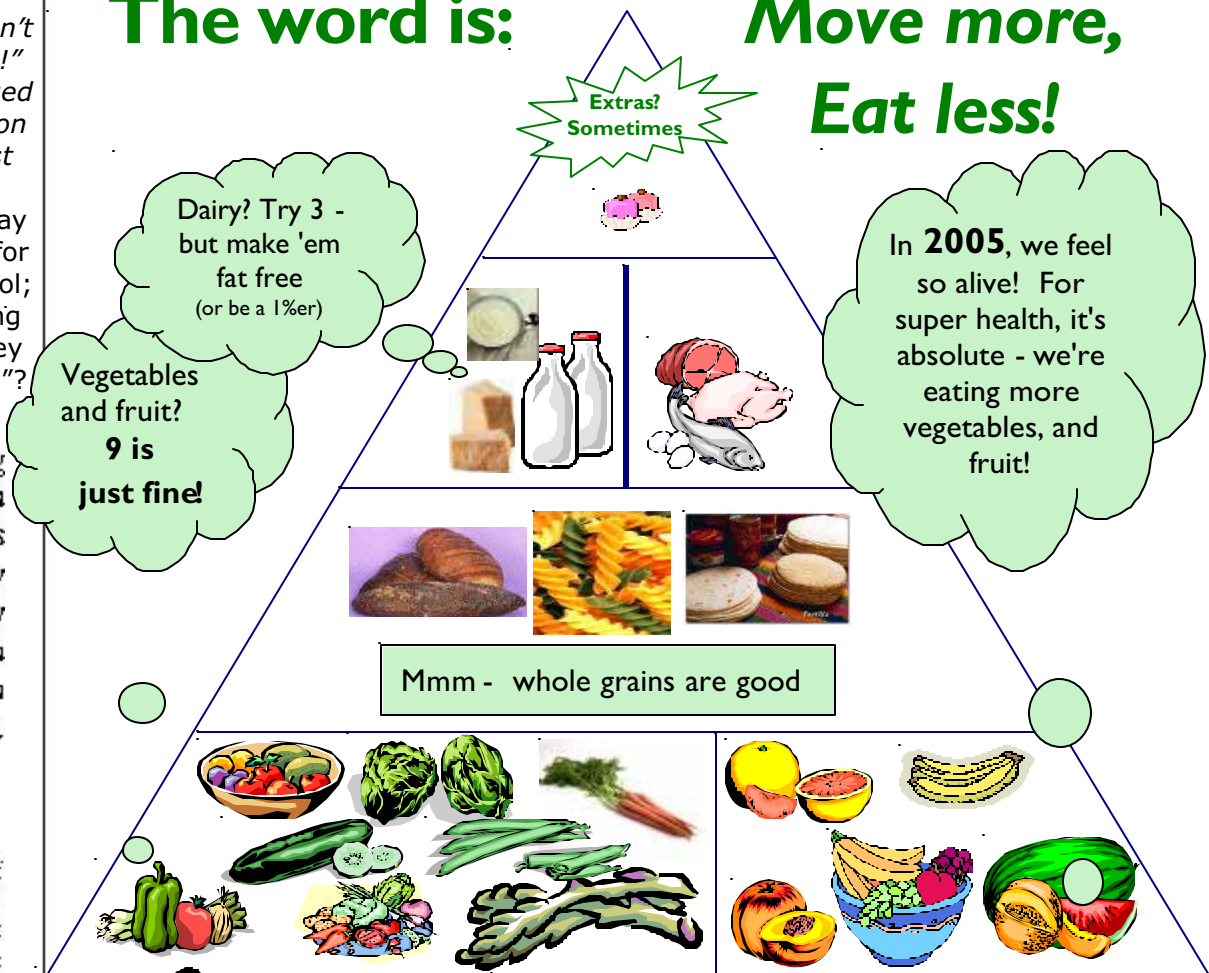
phone 831.759.7350 fax 831.758.3018

http://ce.monterey.ucdavis.edu

Celebrate delicious, nutritious food- - and active play, every day. in 2005

The word is:

Move more, Eat less!



In 2005, walk out & enjoy radiant health from garden roots

New Food Guidelines

S T I Q R D E Z C E D N Z O P
 D E V K W A K I N K E E R H T
 S T L H R I A W U I N Q D R Q
 X V O B M R M Z B E I E W S N
 R L F O A Y T A I V B F Z O Y
 E U U V I T E C S Q M D A Y O
 G R A I N S E G F O O C G Z A
 E B X R K H S G Z R C F Y P P
 J O G P S Q C E E B U H O Q A
 E O K H I D N S Y V T I B R Q
 E N N B J O Z H J L Z S T E D
 S F I S P L G T A A P O S N T
 Z Z B N A L F E W M K I A T F
 L Y F L H Z H G Y D L E R Y S
 R F C T F F R X M F F Q J O N

A word search for the intermediate - to - advanced puzzle solver.

Can you find the words in this message?

" Nine vegetables and fruit, whole grains and three dairy combined - make a healthy day"

Eat, eat, eat the new way- Be cool with nine a day! 2-4 with every meal, like this:

A breakfast burrito: potatoes & beans, cheese & salsa, with a glass of orange juice.

Snack on a banana

For lunch, a small burger & side salad: lettuce, radishes & carrots.

Afternoon munchies: have a juicy apple.

At dinner, try Chicken with Rice, & zucchini with a little cheese & salsa.

For a healthy look that's really cute, Eat more vegetables, and fruit

A different snack.. peanut butter-a-dillas

At Farm Day, the students said "Eeyeww!", but we're not kidding! **IF**- someone you know makes good homemade jam - and **if** you are a peanut butter eater, try it!

1. Mix 1 tablespoon peanut butter really well with 1 teaspoon good jam. Spread it carefully over a nice fresh whole wheat tortilla. Try to spread the mix to the edges of the tortilla.

2. Heat a heavy frying pan or comal over medium heat for about 45 seconds. Place the tortilla on the pan and cook on low heat for 30 seconds. Carefully turn it over, using a pancake turner. Cook another 45 seconds on the second side, then take it out and put it on a plate. The inside should be nice and melty. Pour a big glass of cold 1% milk and enjoy! Note: Either do this when an adult is home, or let the adult do it for you.



NEW!! In response to teacher requests, we have 2 new and very informal powerpoints. One is on FIBER that features a menu making activity, and the other is on the truth about the ubiquitous flamin' hot SNACKS you may see everywhere. The latter includes a look at the nutrition label and some energy use calulations. Both are suitable for 5-6th grade and up and are available on zip or as overheads.

To receive **FREE** nutrition education curriculum and other goodies for your class, call **Kathleen at 759-7373**



Who ya gonna call?



School Food & Wellness

Elsa Brisson
School Health Coordinator
MCOE
831.784.4113

Farm To School Partnership

Kari Bernardi
831.582.5115

School Nurse Forum

Jean Hisely
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Monterey County 4-H

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It wasn't funny!

Remember the commercial showing a chubby boy holding his dog's leash as the dog ran on the treadmill and the boy watched TV? We laughed, but it wasn't really funny. It was sad, and medically dangerous. By now no one is laughing and everyone is talking and worrying about childhood obesity.

Locally, a virtual army is being mobilized to work on the issue. In the tri-county area, teachers, school nurses, community health professionals, growers and just plain concerned folks are meeting to develop the best courses of action. Different approaches will combat the many root causes of this seemingly intractable problem. Walkable communities, smart growth, nutrition education, improved food access, peer counseling, after school activities, sports programs and mentoring - surely with all these in place we can help transform our communities into an environment that supports youthful health and fitness.

At the end of January, enormously effective daylong summits were held in Monterey and Santa Cruz Counties to exchange information and begin the process of strategic planning. State Superintendent of Schools O'Connell offered congratulations via video to participants at CSUMB including Monterey County Schools Chief Bill Barr and Salinas Mayor Anna Caballero. The Santa Cruz summit offered a town-hall style meeting segment with some piercing questions being put to elected officials such as United States Representative Sam Farr, and State Assembly Members Simón Salinas and John Laird. Local school board members, school food service directors and other municipal officials were next to respond to community concerns.

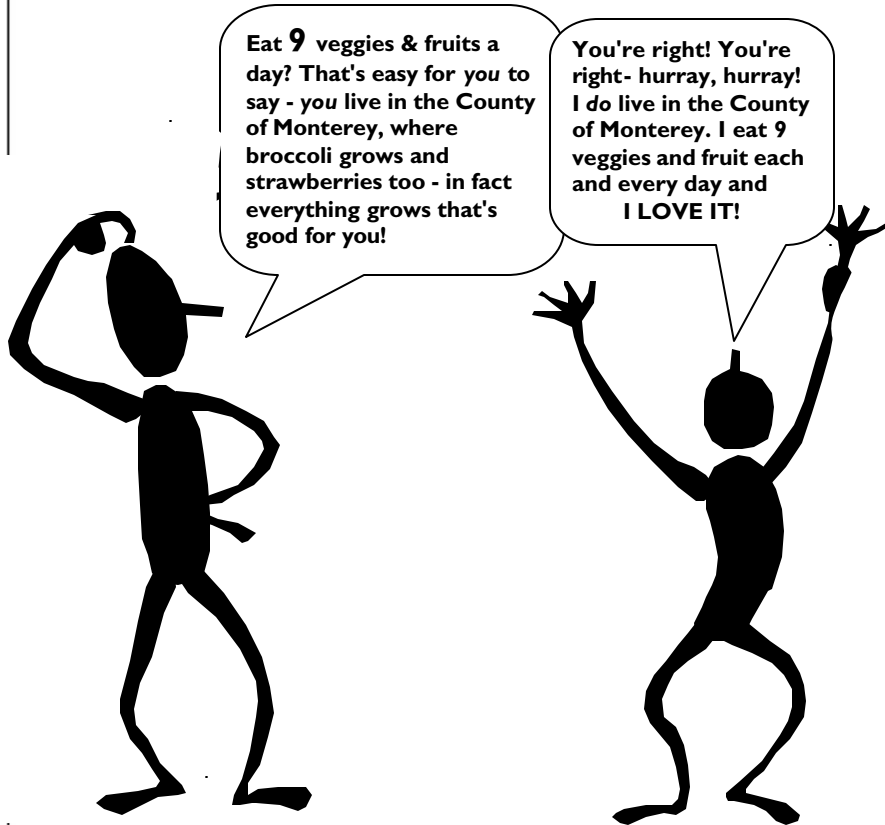
Participants were animated and invigorated by both these events. Committees will carry the work forward, most notably (at the moment) in school nutrition and wellness policy development, and in the farm-to-school partnership to bring locally grown vegetables and fruit into the school cafeteria. Monterey County 4-H is thinking about a program that will motivate and prepare 5th, 7th and 9th grade students to pass the 2006 Fitnessgram with flying colors.

Join this community- there is a perfect place for your ideas, skills and effort. ~~Pick someone to contact~~ (see left) and call today! When a ninth grade boy asks you - sotto voce - "Does Slim-Fast work for kids?" it's a call for support and friendship that must be answered.

Be there for him.

no excuses...





Eat **9** veggies & fruits a day? That's easy for you to say - you live in the County of Monterey, where broccoli grows and strawberries too - in fact everything grows that's good for you!

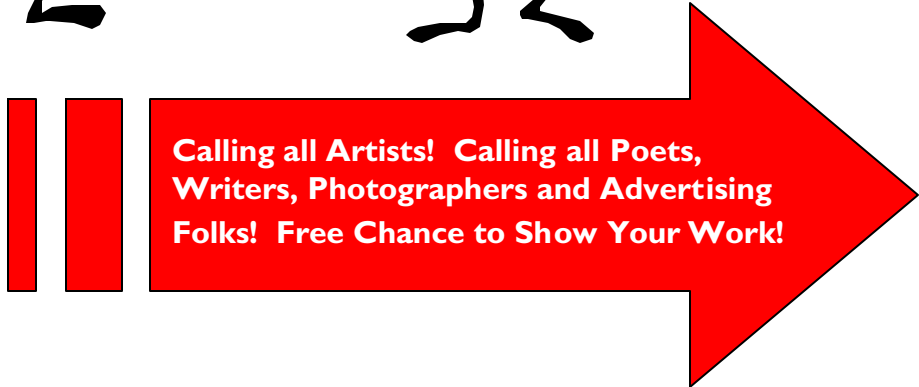
You're right! You're right- hurray, hurray! I do live in the County of Monterey. I eat **9** veggies and fruit each and every day and **I LOVE IT!**



Calling all student artists and writers!

Be part of "Monterey County Grows Health", a newspaper supplement to be published and distributed to thousands of local residents on Wed before Mother's Day. Send your work: a short story, article, poem or letter - or artwork or photos of food or sports. Address below. FAX or email are ok too. If you are really creative, develop a "WOW" a for a local grower. These ads will directly fund the paper, so do your artistic best. Got questions? Call Kathleen at 759.7373. Deadline is 4.10.05. Editor's choice. Decisions are final. What will you get? No pay, just fame!

UCCE, Family Nutrition Program, 1 432 Abbott St, Salinas, CA, 93901 FAX 758.3018 email: kmnolan@ucdavis.edu



Calling all Artists! Calling all Poets, Writers, Photographers and Advertising Folks! Free Chance to Show Your Work!

The University of California Cooperative Extension's Youth Nutrition Education Program is for teachers, youth program coordinators, staff and counselors working with students at schools with 50% or more participation in the Free and Reduced School Meal Plan, in Monterey and Santa Cruz Counties. Our goal is to encourage students to try many different foods, eat plenty of nutritious fruits and vegetables and enjoy appetizing and nutritious snacks, especially whole grain snacks that they can prepare themselves. Gardening projects help students learn about plant food sources from hands-on experiences.

UCCE offers free on-site workshops, for teachers or staff, free ongoing program support and free curriculum - choose from a variety of educator-developed selections geared toward helping your class to achieve AYP standards. Partner with Youth FSNEP to practice math and language skills for testing using activities with nutrition content.

For more information call Kathleen at 831.759.7373.

