



The Edible Express



Volume III Issue III

Fall 2004

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

Fall is in the air... and a new school year holds promise for all.



We'll be celebrating holidays - and health. UCCE will be in closer touch with classroom teachers as requested, providing ongoing program support and new presentations that fit your needs, We have more curriculum binders for you. New activities that give students a chance to practice their persuasive writing skills - or their math skills? We have them for you.

If you teach primary (age 4 to K) you might like to pilot the new preschool edition of the popular "Reading Up The Food Guide Pyramid". We'll be testing the unit on "Milk" here in Monterey County, using the book *Kiss the Cow* by Phyllis Root; illustrations by Will Hillenbrand.

Current classroom presentations for participant teachers include:

- Willie Munchright/Pyramid Match: K-3
- Beginning Snack Symposium 1-4
- Nutrition Fear Factor! 4-7
- Are You Eating Candy For Breakfast?: 4-12
- Fast Food: What's In It For Me? 4-12
- "As IF!" (Nutrition, Body Image, Media Awareness) 5-8
- Remember, Popcorn Is A Whole Grain 5-12
- High 5 For High Fiber: 6-12
- Advanced Snack Symposium 5-12
- The Truth About Body Image *plus* Personal Menu Planning For Your Real Life 6-11



She's thinking about:

- *Crisp, juicy apple snacks
- *Tasting our local apple varieties
- *Peanut Butter & Sliced Apple Sandwiches
- *Halloween Games (bobbing for that apple on a string)
- *Learning how to make apple pie
- *Hot Spiced Apple Cider
- *Apple Butter on WW toast

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Allow 45 minutes for grades K-3 and 1 hour for grades 4-12



Snacks should be satisfying...

starving students? Of course you are- school makes everyone really hungry. Try these snacks that satisfy your mouth and your health. Make them at home or in class. Please wash your hands well before beginning.



Super snacks for Super students

When your mouth wants a juicy crunchy munchie, try this one:

Italian-style Romaine Wraps

- Mix lightly but thoroughly: 1 cup shredded (part-skim) mozzarella
1 cup each shredded carrot and zucchini
1 Tsp Italian seasoning
just enough light mayonnaise to hold the mix together
a squirt of fresh lemon juice
a sprinkle of salt and pepper if tasters say so



- Trim just the top half-inch from 6 large clean dry Romaine leaves. With the heel of your hand, flatten the center rib but do not remove it.
 - Place about half a cup of the cheese-veggie mix down the center of each leaf.
 - Roll up (burrito-style), tucking side flaps in as you go. Secure with toothpick.
- Eat right away or keep on plastic-wrap-covered plate in 'frig up to 3 hours.
Makes 6 pieces.*

Sweet'n'Chewy:

Fruit Leather

Trail Mix Krispy Treats

Crunchy Munchies:

Green Goddess Carrot Thin-sticks

* Italian-style Romaine Wraps

Apples and Pears with Cheese Curls

Plenty Fillin':

Classic PBJ
Grahams w/ Milk

* Monterey-melt Refried Toasts

French Bread Pizza your Way

Fresh Fruit Chillin'

Vanilla Banana Split
Berry Icee Shake



When your after-school hunger is a beast that roars, try this one:

Monterey-Melt Refried Toasts

- Split a French roll (or bolillo) in half lengthwise.
- Toast in toaster oven or on comal till cut side is nicely browned and crisp.
- Spread each piece with 4-5 TBS refried beans (seasoned the way you like 'em)
- Top each piece with a thin slice of Monterey jack cheese.
- Place rolls on pan; heat in oven till cheese melts. *Eat right away. Makes 2 pieces.*

**Please- don't pile on extra cheese just 'cause you like it.
You'll turn a great snack into a fat-goey one if you do!**

We have some exciting activities from the Rocky Mountain States for 5th and 6th graders that answer the question "Do I look good?"

"As if!" tells it like it is in 'tweens' own words and helps students to develop critical viewing skills.

Did you order Eatfit students workbooks in the spring?

After a long delay (California budget woes) we have your books right now.

With this popular curriculum IN HAND you CAN start the fall semester right!

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



Bones Need:

Calcium, from:
Milk

Yogurt

Cheese

Calcium-fortified
food items

Beans

Leafy Green
Vegetables
(Kale, Spinach)

Vitamin D, from:
Sunlight
Fortified foods

**Exercise: when
your bones are
stressed, they
fortify
themselves.**

**WEIRD
SCIENCE II**

1. Bring some clean, dry chicken bones to class on Monday.
2. Divide them into 3 bowls.
3. Cover one with plain water, one with white vinegar and one with soda (clear or dark)
4. On Friday, check the bones.

Wow!

3



El Día de los Muertos

The Leg Bone's Connected to the...

We're already thinking about skeletons at the end of October as we celebrate Halloween and Day of the Dead. It's a perfect time to think about bones - our own bones.

How do bones grow? Why are they important? How can



You know Mrs. Jones? She fed her bones with corn and milk and **kale!** She wanted 'em strong, for her whole life long ... (although she was thin as a rail!)

we keep them strong? How about this puzzle- if we have 300 bones as a baby, but only 206 when we're grown up- where do those other 94 go?

Students! This website will answer all these questions and more- (just go to "my body"):
<http://kidshealth.org>

Teachers! Here's a great site for you, complete with activities & discussion points:
<http://www.ktca.org/newtons/14/bones12.html>

Junk Food Drops Out of School!



The Mini Carrot Loaf, Chile-Lime Peanuts and Pretzel Bite Cookies are **IN** - and Caramel Corn, Funnel Cakes and Flamin' Hot Snack Mix are **OUT!** L.A. Unified's Board member Marlene Canter authored the Obesity Prevention Motion and is leading the charge for good eating in the Southern California District where the vision is "Nourishing Children to Achieve Excellence".

Vendors are on notice that all items for sale in schools must meet rigorous nutrition standards, and they've begun formulating wholesome tasty products to meet the new rules that went into effect July 1.

Here on the Central Coast, Alisal Union School District's Director of Food Services and Purchasing Suzanne du Verrier is rolling out a revised policy that reflects the Board's commitment to "providing an environment in which students can learn to make healthful food choices for lifelong health".

The policy calls for use of school garden and local farm produce whenever possible, directs staff and faculty to "model good nutrition and fitness for [the] students", and ensures that "items of questionable nutritional content" be banned from classrooms. *This* is a policy with some teeth in it! (Pun intended)

Ms. du Verrier was a key presenter in the convening for school nutrition policy planning that took place at CSUMB in June. Also present were Food Service Directors from North Monterey County, MPUSD, Live Oak and Santa Cruz City School Districts, as well as District officials from Soledad and Gonzales.

All of us on the Central Coast who care about family health would do well to both thank and support these leaders on the frontlines in the campaign for a fit and healthy student body.



UNIVERSITY of CALIFORNIA
**Agriculture &
 Natural Resources**



Walk Across Monterey County!

The Last Word:

Fast Food High School, Volume 11, was published in the South County Newspapers in August, with their Back To School issue. All's well that ends well.



Many thanks to all who made this project a success:

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Walk Across Monterey County is a month-long walking program for teams of six people.

The teams will have a friendly competition to see who can log the most miles walking- the goal is 30 miles in 30 days, because Monterey County is about 30 miles wide.

Mileage will be recorded on a County map posted in the school office so that student can see their progress.

The team who walks the farthest "across Monterey County" will win, even if the miles they walk are around the athletic field!

Prizes!

- Athletic shoes
- Pedometers
- A chance to win a small ship cruise for 2!
- Improved health for all who walk!

Sign up in teams with your class.

Join us in October 2004 to

Walk Across Monterey County!

Call 759.7373 for registration information



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 teacher or staff on-site workshops, 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

