



Volume III Issue IV Winter 2004-05

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Teachers rule!



Prunedale students step out briskly to kick off "Walk Across Monterey County".

Thank you, teachers! Chuck Kolofer of Prunedale, Lorraine Ramirez of Santa Lucia (King City), Marc Godoy of Frank Ledesma (Soledad) and Zoya Schola of Marina Vista used P.E. time in October to encourage students to Walk Across Monterey County.



Congratulations from Dennis Lehnen

They went the extra mile (pun intended) to keep students on track with walking throughout the month and reported miles each week. Progress was tracked on maps specially created by AMBAG. Whole Foods provided wholesome snack bars and waters halfway through the month to boost student morale. The grand finale boasted local celebs (KSBW Sports anchor Dennis Lehnen, Soledad Superintendent Jorge Guzman and King City School Board member Shannon Valadarez) awarding certificates for New Balance athletic shoes to the winning teams. Congratulations to the Pumas, the Tigers and the Jaguars! All in all, participating students walked more than 2400 miles. A good time was had by all.



Señor Guzman with the winning Jaguars

Just keep on walking, and we'll do it again next year!



Principal Bilek is a happy guy. His Pumas walked 3+ miles a day- EACH- for the title spot. Way to go!

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Winter Snacks should be a family thing...



Who ya gonna call?

17.9% of Monterey County children live in poverty. Here are some of the county's food resources:

Food Bank for Monterey County
758-1523

Ag Against Hunger

755-1480

Dorothy's Place

(Hot meals)
424-1102

Marina Community Center

384-6009

Meals on Wheels

375-4454

(coastside)

758-6325

(valleyside)

Mid-Bay Emergency

Food & Referral

Castroville

633-3866

Shelter Outreach

Plus /Mobile

339-8221

WIC

393-3252

(coastside)

757-7651

(valleyside

& south county)

During school vacations, try to find some time to make snacks with someone in your family. A reader makes apple pie with Mom and bread with his Dad (who is a baker). Besides enjoying companionship with people who love him, he is gaining cooking skills himself. Try this easy pizza some afternoon.

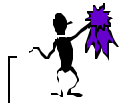
1. Slice, shred and dice your favorite toppings. For **2 individual sized pizzas** you'll need **1-cup shredded mozzarella cheese**, **1 small bell pepper** (take out the seeds and slice it thinly), about **16 thin slices of pepperoni or salami**, **2 large thin-sliced mushrooms** (if you like them). You can add about **half a cup of olives** (slice), **1 sliced zucchini** (pre-cook so the slices are sort of limp), and a **few onion slices**.
2. Choose **pre-made and baked pizza crust or french rolls or bolillos** (split the long way and toasted). Some people like to use **toasted English muffins**.
3. Spread a thin layer of **Italian-flavored tomato paste** on your choice of pizza.
4. Lightly scatter half the shredded cheese over the pizzas. Carefully arrange your chosen toppings over the pizza.
5. Top with the rest of the cheese. Some people like to add **chopped raw garlic**, **crumbled dry oregano or even a few fennel seeds**.
6. Bake pizzas in hot oven or toaster-oven about 8-10 minutes, or until cheese is bubbly. Eat, enjoy, and share with your friends.

For Mexican style pizza, use red chile sauce, mozzarella cheese, refried beans, a little taco meat and some chiles, instead of the ingredients listed above.

Now available for check-out:- the video **Bread Comes To Life** and accompanying book . Both are by George Levenson (The Pumpkin Circle) and are kid-tested and approved. A second grade student at Marina Vista gasped while watching the part where the local bakers go about the business of making bread with obvious enjoyment. "Wow!" said the student "Now I know what I can be. I can be a baker! It's not a boring job where you have to sit down. They're having fun!"
The Spanish language version will be available by February.

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





Try these rewards:

- * Verbal praise
 - * Smiles, nods
 - * Certificate
 - * Excellence announcement on P.A. system
 - * Note from teacher to parents or student
 - * Going first
 - * Choosing activity
 - * Sitting w/friends
 - * No Homework' pass
 - * Listening on earphones to book on cd
 - * Pencils
 - * Pens
 - * Highlighters
 - * Sidewalk chalk
 - * Glitter
 - * Stickers
 - * Yo-yos
 - * Balls
 - * Jacks
 - * Gliders
 - * Specialized paper airplanes
 - * Tops
 - * Shoelaces
 - * Keychains
 - * Magnets
 - * Cups
 - * Crazy straws
 - * Puzzles
 - * Silly Putty
- For the class:**
- * Extra recess
 - * Eat lunch outside

3



This is the Beautiful Bread display, at Farm Day, Monterey.



This is the basket of Beautiful Bread- farm bread, brown bread, Beckmann's bread, all given by Rolfe so that children might know the delicious tastes that might have been baked from the dough growing in the bowl, smelling yeasty and good, from the flour ground in the stone mill loaned by Franklin and cranked by the hands of dozens of students who used the wheat grains carefully stored, given by Dave and Marie, from the sheaf of ripe wheat, heavy with grain, from the pot of wheat grass, waving green, from the packet of wheat berries, that came from the Bread Comes Alive book, that inspired the Beautiful Bread display, at Farm Day. Farm Day in Salinas and King City will be in Feb and March. You should go!

It was Halloween, and the first trial run of handing out little temporary tattoos instead of candy. How could something so simple cause such fear and trembling? Are we really hostages to the sweet treat - the sugary bribe? These little tattoos from the craft store were colorful and appealing: dinosaurs, flowers, birds and many more. And they were inexpensive (18 for a dollar!). Maybe best of all, leftovers would not be tempting. But still.....

"It's OK, lady- kids love tattoos!"

Said the six year old, then ran down the stairs yelling gleefully into the dusk "I got a tattoo!"

Whew!



The Sugary Bribe Has Got To Go!

Offer the right answer quickly and a chocolate kiss is tossed your way. Find a bowl of peppermints on the conference table next to complimentary memo pads. These sweet rewards have gradually become the norm for adults in training situations. In school classes, candy treats are used more and more often to reward good behavior or extra effort. So what?

So: the messages sent by all this candy flying around in learning situations are many, and not so sweet after all. This practice teaches:

- It's good to reward oneself with sugar
- It's good to eat between meals
- It's good to comfort oneself with food, especially sweet food

Meditate on the habits being learned and ask yourself if - just possibly- this whole way of thinking might contribute to obesity.

Before you start fuming about Nutrition Nazis, think about other ways of rewarding students of any age. Read about tattoos (left) or check out the many ideas from Michigan Team Nutrition (far left). Consider a system that logs children's reward points toward a class award or trip. This strategy fosters goal setting, maintaining of longer-term effort and team spirit.

Word Search: Eat Well Everyday

e	s	o	t	a	r	t	e	w	i
t	g	h	b	s	c	n	h	o	o
l	b	n	r	e	o	e	a	k	f
a	s	t	e	y	s	f	o	h	m
h	q	j	r	l	a	i	c	r	z
h	u	e	e	z	l	l	t	u	h
j	v	n	p	x	q	a	g	y	z
i	q	u	m	e	k	e	g	c	e

Hunger and obesity challenge everyone. Hidden Message Answer below.

Start with school breakfast



Marion Nestle on school food ...

“School food is a “hot button” issue, and it well deserves to be. It lies right at the heart of issues related to equality in our society. .. School food is about the balance between corporate interests and those of advocates for children’s health.

The nutritional health of American children has changed during this century, improving dramatically in some ways, but not in others.

Indeed, the most important nutritional problem among children today is obesity —a consequence of eating too much food, rather than too little. Obesity rates are rising rapidly among children and adolescents, especially those who are African-American or Hispanic. The health consequences also are rising: high levels of serum cholesterol, blood pressure, and “adult-onset” diabetes.

What particularly disturbs me about commercial intrusions into school meals is that they are so unnecessary. Schools are perfectly capable of producing nutritionally sound foods that taste good and are enthusiastically consumed by students as well as teachers.

From my own observations, a healthy school meals program (in every sense of the word) requires just three elements: a **committed food service director**, a **supportive principal**, and **devoted parents**. It just seems so obvious that the future of our nation demands each of these elements to be in place in every one of the 95,000 schools in the country. These are, after all, our children. There needs to be one place in society where children feel that their needs come first—not their future as consumers. In American society today, schools are the only option. That’s why every aspect of school food matters so much and is worth every minute spent to promote and protect its integrity.”

Marion Nestle is Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health at New York University. For the complete article see <http://www.ecoliteracy.org/rethinking/rsl-viewpoints/marion-nestle.html>

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.

Just the facts!

From www.cfpa.net

Monterey County School Breakfast Highlights

- **Total # of public schools**
108
- **# of public schools without a school breakfast program**
22
- **# students eligible for free or reduced price breakfast**
41,694
- **# of eligible students not getting school breakfast**
32,063
- **Loss of federal dollars due to lack of participation in school breakfast program**
\$6,459,794
- **Monterey County’s rank for school breakfast participation**
14th
(1 is worst)
4

