



## What did you do on your summer vacation?

### Inside this issue:

2. Hunger Attack - Feed Your Appetite, Protect Your Wallet

3. Satisfying Snacks for Starving Students

4. School Food - the beat goes on; Boney Maroni



Here are two Salinas High School girls at their summer job, weeding crops in the '50s or '60s. What a nifty little cart they had, to make their job easier. They earned money for new school clothes and stayed fit in the process.

*Thanks to UC Cooperative Extension Archives for the use of this picture.*

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

Now the lazy days of summer are behind us and teachers are adjusting to new assignments and welcoming new classes all over Monterey County.

Are you feeling the press of time when it comes to integrating nutrition education into your class day? Here are a few tips that will help:

- Teach in "Small Bites" of 4-5 minutes, as a gathering activity at the start of each school day. For instructions, bookmarks and study guides, go here: [http://cemonterey.ucdavis.edu/EFNEP122/Teachers\\_Corner.htm](http://cemonterey.ucdavis.edu/EFNEP122/Teachers_Corner.htm)

- Save nutrition activities for P.E. time on rainy days!

- Integrate primary nutrition curriculum into reading study time. For easy-find standards alignments, go here: [http://cemonterey.ucdavis.edu/EFNEP122/Youth\\_Curriculum.htm](http://cemonterey.ucdavis.edu/EFNEP122/Youth_Curriculum.htm)

- Discuss school menus and the nutritional properties of food as you walk students to the lunchroom.

- Distribute pages to color as time permits, and use these snippets of time for food-based discussions. <http://cemonterey.ucdavis.edu/files/42213.pdf>

- Use the *Reading Across MyPyramid Songs & Physical Activities* during regular P.E. time.

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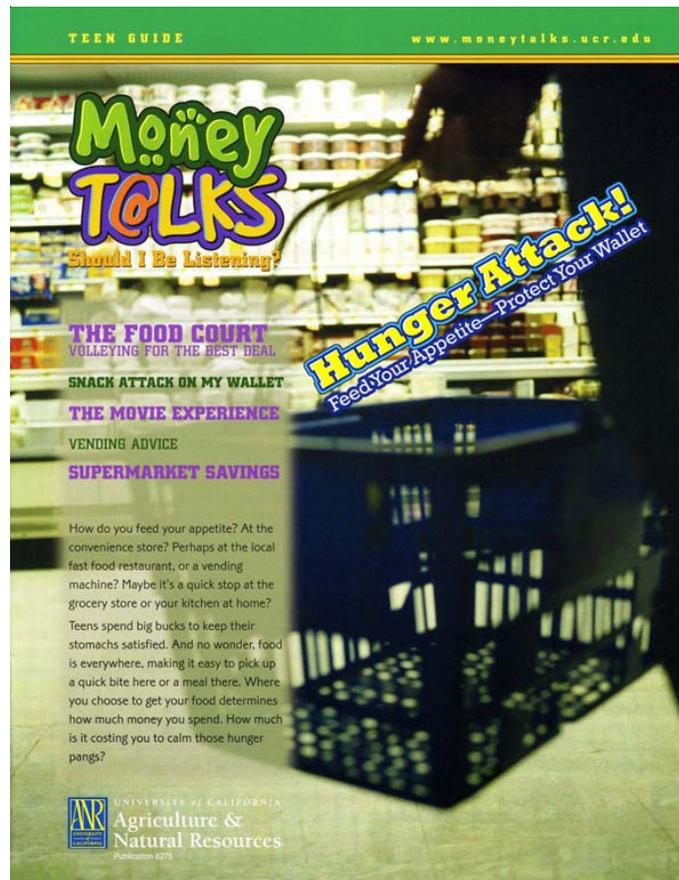
# New items for fall...

Balancing the 3 WHATS - what your mouth wants, what your body needs and what your pocket can afford - is a challenge at any age!

This new student work book from the Money Talks series give students the information and decision-making skills they need to "volley for the best deal on the food court".

Complete with teacher binder, it's an ideal companion piece to Eatfit..

Reserve yours today.



Students - have you made up your mind to "get healthy"? Here are some small steps to get you started:

- Skip second helpings
- Drink water before a meal
- Do sit-ups while watching TV
- Try a new fruit or vegetable- Ever had a Rambutan? Bok Choy? How about Winter Melon? (It's really squash!
- Eat less fast food.
- Drink 2 glasses of water instead of soda



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## New DVDs in the Resource Library:

- \* Making Healthy Choices (Discovery)
- \* Real Food - the Cost of Convenience (Learning Seed)
- \* Food Safety (Discovery)
- \* Setting Goals for Healthy Living (Discovery)

To receive FREE nutrition curriculum & other goodies for your class, call Kathleen ..... at 759.7373



# A Satisfying Snack for a Starving Student ...

School makes everyone really hungry. Here are some snacks that satisfy your mouth AND your health. Make them at home or in class. Please! Wash your hands well before beginning.



## Sweet'n'Chewy:

- Fruit Leather
- Trail Mix Krispy Treats

## Crunchy Munchies:

- Green Goddess Carrot Thin-Sticks
- Italian Style Romaine Wraps
- Apple & Pear Slices w/Cheese Curls

## Plenty Fillin':

- Classic PBJ Grahams w/Cold Milk
- Monterey-Melt Refried Toasts
- French Bread Pizza Your Way

## Fresh Fruit Chillin':

- Vanilla Banana Split
- Berry Icee Shake

**Trail Mix Krispy Treats** are a new, more nutritious twist on the old favorite. Use the recipe on the side of the cereal box, but use 1 cup less cereal – instead, chop and add: ¼ cup EACH raisins, peanuts, shelled sunflower seeds and dried apricots.



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

**Monterey-Melt Refried Toasts:** on a toasted split French roll or bolillo, spread 4-5 TBS refried beans, seasoned the way you like them. Top with a *thin* slice of Monterey Jack cheese and heat on pan in oven till cheese is melted and bubbly. Eat right away.

Please- don't pile on extra cheese just because you like it- that will turn a great snack into a fatty-goey thing!

- Egg Salad Dip
- String Cheese
- WW Crackers
- Ants on a Log
- Oatmeal-Raisin Cookie
- Cottage Cheese/Fruit
- Tuna Salad Dip



# What do YOU think about "fixin' school food"?



School Food Service admin, school board members, community health agencies, and concerned parents met on July 8 in a town hall-style forum with the Honorable Jane Thornton, Under-Secretary in charge of SNAP and Child Nutrition; U.S. Representative Sam Farr and CA Assembly Member Bill Monnig. The focus was school food, and topics ranged from easing certification procedures to the onerous high calorie minimums currently required to be served to students, to the ...chocolate milk? Or, not...controversial to say the least. A very productive meeting that gives rise to optimism.



Halloween is a perfect time to think about skeletons.

Everybody has 'em.

Points to ponder:

- What do bones do for you? (*jacket on a coat hangar is a good visual*)

- How can you take care of your bones? (*yes, running is GREAT for bones*)

- How can you make your own meal plan of calcium-rich foods to keep bones hard and strong?

Teachers- try the old "soaking a chicken bone in vinegar water for about a week to make it flexible" trick- students are ALWAYS impressed with this prop.

For more talking points, facts and activities about bones, call Kathy at 759-7373

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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.