



Inside this issue:

- 2. Grandmothers Speak: *Preserving harvest bounty*
- 3. Cooking with Children: *Farmer's Market finds*
- 4. Food Safety Tips
- 5-6 Parent Page *Protect your Family From the Flu*
- 7. *Walk Together and Watch the Season Change*
- 8. The Last Word *Indian Summer Menus*

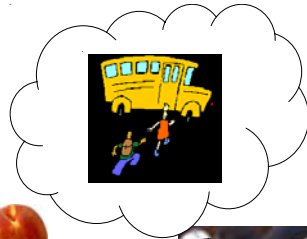


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First Day of School



Remember your first day of school? A day full of excitement and hope - hope that this new world of the classroom will be as satisfying as its promise.

Help your child get off to a good start. Will you pack lunch? Remember to include vegetables and fruit as well as milk money.

Carrot sticks provide crunch with a sandwich. A juicy apple or pear is a tasty snack this time of year (please wash it first).

Will your child eat at school? Look at the menu together and talk about the best choices for good health. This is the time when your child begins a life "out in the world" - a time to encourage starting good health habits.

Remember- a good breakfast really helps your child to focus and learn.

A Pledge of Health

I pledge to keep my body strong; to move and play and think; to eat my fruits and vegetables, and choose water when I drink. I will wash my hands, brush my teeth, contain my sneeze and cough, be safe, be calm, sleep well each night, and turn the TV off.

~J. Gabet

2009

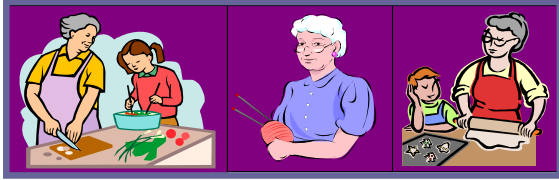
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Una Promesa de Salud

Me comprometo a: mantener mi cuerpo fuerte; a moverme y a jugar y a pensar; comer mis frutas y mis verduras, y elegir el agua para beber. Voy a lavar mis manos, y cepillar mis dientes, contener mis estornudo y tos, ser seguro, tener calma, dormir bien cada noche, ¿y el televisor? ¡Apagarlo!

Recuerda su primer día de clases? Un día que lleno de entusiasmo y esperanza - la esperanza que este nuevo mundo de la sala de la clase será tan satisfactorio como su promesa.

Ayude a su hijo a tener un buen comienzo. ¿Va a empacar la lonche? Recuerde incluir las verduras y frutas, así como el dinero por la leche. (continuada en página 5)



HABLAN LAS ABUELITAS

"Este dicho es de mucho valor..."

En estos días, muchas personas están volviendo a la cocina para preparar las comidas familiares. Esto ahorra dinero y ofrece una cena más nutritiva que uno de alimentos procesados o rápidos. Y todo la familia disfruta de una comida sabrosa y fresca en junta.

Escucha los consejos de la abuela y tome la preparación de alimentos en el hogar un paso más allá-preservar la abundancia de verano para los meses más fríos. Esto no es una sugerencia para ir a una olla a presión y los tarros de conservas, etc. Es una sugerencia de que el secar de los alimentos es fácil, barato y produce grandes resultados - mientras usted duerme.

Deshidratadores de alimentos son una buena inversión-a partir de 59.00 dólares a alrededor de \$ 179.00 para una máquina silenciosa que puede secar a 9 bandejas de frutas o verduras rebanadas por alrededor de \$2.00 de electricidad. Seque las peras de su árbol o las manzanas de un vecino. Compre arándanos o duraznos a muy bajo costo en su temporada en el mercado del agricultor.

Lo que usted elija, deje que los niños ayuden a cargar la secadora y luego desconse.



Sus frutos secos pueden durar hasta un año sin refrigeración, pero probablemente vaya a ser consumido antes. Haga una canasta de regalo delicioso de sus propias frutas secas y verduras, o simplemente disfrute el dulce sabor del verano próximo en el mes de enero cuando la lluvia está cayendo. Tendrá la satisfacción extra - "Lo hice yo mismo".

THE GRANDMOTHERS SPEAK... and what they say has value today.

These days, lots of folks are going back into the kitchen to prepare the family meals. This saves money and provides a more nutritious supper than one from processed or fast foods. And - everyone enjoys a tasty, fresh meal together. Listen to Grandma's advice and take home food preparation one step further- preserve summer's bounty for the colder months.

This isn't a suggestion to jump all the way in- to a pressure cooker and canning jars, etc. It's a tip that food *drying* is easy, inexpensive and produces great results - while you sleep!

Food dehydrators are a good investment- from \$59.00 to about \$179.00 for a quiet machine that can dry up to 9 trays of sliced fruits or veggies for about \$2.00 of electricity.

UCCE's Favorite Family Food 2



Dry the pears from your tree or a neighbor's apples- buy blueberries or peaches very inexpensively at peak season in the farmer's market.

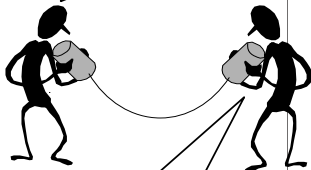
Whatever you choose, let the kids help load the dryer and then relax. Your dried fruit *can* last up to a year without refrigeration- but will probably be eaten before then.

Make a delicious gift basket of your own dried fruits and veggies at the holidays, or just enjoy the sweet taste of summer next January when the rain is coming down.

You'll have that extra satisfaction - "I made it myself".



Handwashing is the
FIRST cooking step
in ANY recipe!



I know -
I know!

When blueberries are plentiful and inexpensive, buy lots! One shopper said "Spread them out on a waxed-paper lined cookie sheet and freeze them."

When frozen, store in freezer bags and use as needed.

You can wash them when they are still frozen.

Sounds like a plan!



COOKING with YOUR CHILD

At the Farmer's Market



What a joy to take a trip to the Farmer's Market with your child, especially now, in the harvest season. Sweet, juicy, colorful, fragrant..... fresh-picked vegetables, fruits and flowers are such an appealing sight.

You can talk with the farmers and sample their crops. You can talk with your child about the foods being sold in a way that gives information appropriate to any age.

For a 2 year old, you might say "Look at the peppers, Fiona - what colors are they? Yes, they are red - and yellow too. And eating them is very good for you".

Talking with an 8 year old, you could point out the ripe blueberries and note that they are delicious and that their "anti-oxidants really support healthy eyes".



At any age, give the young market-goer some money to spend. Supervised food buying is a great way to encourage the habits of health AND help youngsters "manage their money". On a recent trip to the local Farmer's Market, a 7

year old came home and proudly pulled from his back-pack a bunch of broccoli, some fresh-baked cookies and a bunch of flowers for Mom. He was very pleased with himself and his contribution.

Enjoy your bounty right away, Try this classic American summer dessert:

Cantaloupe-Vanilla Sundae

1. Choose small melons if possible ($\frac{1}{2}$ melon for 1 serving)
With a stiff-bristled brush, scrub the outside well under running water.*
2. Cut melon in half crosswise and scoop out seeds.
(if your child is 8 or older and has safe knife skills, it's fun to make a decorative crown cut edging)
3. Put melon halves in bowls, top with light vanilla ice cream or frozen yogurt, and enjoy.



(cantaloupe is rich in Vitamin C)

* Anytime you use "running water", catch it in a dishpan and use it to water houseplants - now, that's green!



(de página 1) Sirve trozos de zanahoria para una cosa crujiente que guste con un sándwich. Una jugosa manzana o pera es un sabroso bocadillo para esta estación del año (por favor, ¡lávela primero!).

¿Comerá su niño en la escuela? Juntos, miren el menú y conversen sobre las mejores opciones para una buena salud. Este es el momento cuando su niño comienza una vida "en el mundo" - y un tiempo para alentar el empiezo de buenos hábitos de salud.

Recuerde, un buen desayuno es un buen modo para ayudar a su hijo a concentrar y aprender.

Manejo seguro de frutas y verduras frescas

Compras

Hay varios pasos fáciles que usted puede tomar para ayudar a mantener sus frutas y vegetales seguras para comer.

Cuando compre productos frescos, solamente escoge frutas o vegetales sin dañados o mohosos. Si no encuentra productos de buena calidad, es mejor usar frutas y vegetales congelados – o hasta enlatados.

Seleccione frutas y vegetales precortados frescos que estén refrigerados o rodeados con hielos. Revise las fechas de consumo de los paquetes y asegúrese de elegir estos artículos antes de esa fecha.

En la carretilla del supermercado, mantenga estos productos separados de la carne cruda de res, aves, pescado o mariscos. Es mejor de poner la carne en bolsas plásticas para que la sangre o el jugo no contaminen los otros alimentos que compre.

En la caja de la tienda, embolse los vegetales y las frutas separadamente de la carne o los químicos caseros.

Gracias a Peggy Van Laanen y Amanda Scott, de Texas a & M

Safe shopping for Fresh Produce

Shopping

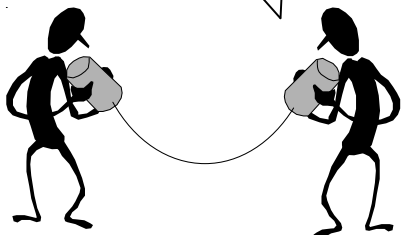
There are several easy steps you can take to help keep fresh fruits and vegetables safe to eat.

When you are shopping for fresh vegetables and fruit, only choose produce without damage or mold. If you can't find good quality produce it's better to use frozen or even canned.

Select pre-cut fresh vegetables and fruit that are refrigerated or surrounded by ice. Avoid torn packages. Check the "use-by" date and be sure to eat the fruit or vegetables before that date.

A good reminder -
**September IS
FOOD SAFETY
MONTH,**
you know!

Yup!



UCCE's
Favorite
Family
Food
4



In the shopping cart, keep your produce separate from raw meat, poultry or seafood. It's best to put the meats in plastic bags so that blood or juice does not contaminate other foods you are buying.

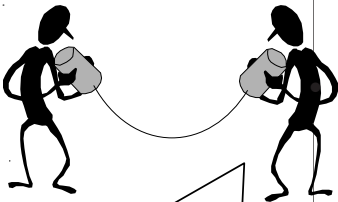
At the check out stand, make sure that fresh veggies and fruit are put in separate bags from raw meats or household chemicals.





Talk to your school principal about the pandemic or emergency plan.

Most important of all- don't put your fingers in your eyes or your nose!



Right! Don't put your fingers in your MOUTH, either!



Parents Page

Protect Your Child and Family from the Flu this School Year! Action Steps from the CDC for Parents.

Here are 4 important tips for staying healthy:

1. **Everyone should wash** hands often with soap and water. Wash hands especially after coughing or sneezing. Use alcohol-based hand sanitizers after hand-washing. This is even more effective.
2. **Cough or sneeze into the bend of your elbow** or shoulder. Do not cough or sneeze into your hands. If you cough or sneeze into a tissue, throw the tissue away immediately and wash your hands.
3. **Stay home if you or your child is sick** for at least 24 hours after the fever goes away. This way you won't share the virus with other people at school or work.
4. **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are ready.

What if flu conditions become WORSE? Parents should think about the following steps:

Keep sick children at home for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should stay at home until at least 24 hours after they feel better.

If anyone in your home is sick, keep any school-aged brothers or sisters home for 5 days from the time the sickness started. Parents should watch their health. They should watch the health of other school-aged children in the home. Look for fever and other symptoms of the flu.

Get ready for the flu during the 2009-2010 school year. Do these steps:

- Plan for **child care at home** if your child gets sick or their school is dismissed.
- Plan to **watch the health of the sick child and any other children** in the home. **Check for fever and other symptoms of flu.**

Do you have children who are at higher risk of serious disease from the flu? Do you have children under the age of 5? Do you have children with asthma or diabetes? Do you have children with any other chronic medical conditions? Talk to your doctor or clinic about the best plan to protect them during the flu season.

Choose a **separate room in the house** for the care of sick family members.

Update emergency contact lists.

Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

La página para los padres

Proteje a su niño y la familia de la gripe de este año escolar. Los pasos de acción de la CDC para los padres.

Aquí hay 4 consejos importantes para mantenerse sano

1. **Todo el mundo debe lavarse las manos** frecuentemente con jabón y agua. Lávese las manos, especialmente después de toser o estornudar. Use un desinfectante basado en alcohol después de lavarse las manos. Esto es aún más eficaz.
2. **Tose o estornude en la curva de su codo o el hombro.** No tose o estornude en sus manos. Si tosa o estornuda en un pañuelo de papel, tire el pañuelo inmediatamente y lávese las manos.
3. **Quédese en casa si usted o su hijo está enfermo**, por lo menos 24 horas después de que la fiebre desaparezca. De esta manera no va a compartir el virus con otras personas en la escuela o el trabajo.
4. **Haga que su familia sean vacunados** contra la gripe estacional y la gripe H1N1 de 2009 cuando las vacunas estén listas

¿Qué pasa si las condiciones de la gripe EMPEORCEN? Los padres deben pensar en los pasos siguientes:

- **Mantenga a los niños enfermos en casa** por lo menos 7 días, incluso si se sientan mejor más pronto. Las personas que todavía están enfermas después de 7 días deben permanecer en casa hasta por lo menos 24 horas después de que se sientan mejor.
- **Si alguien en su casa está enfermo, guarde hermanos o hermanas de la edad escolar en casa por 5 días** desde el momento en que la enfermedad comenzó. Los padres deben vigilar su propia salud. Ellos deben vigilar la salud de los niños de edad escolar en el hogar. Mire si hay la fiebre y otros síntomas de la gripe.

Prepárese para la gripe durante el año escolar 2009-2010. Hagan estos pasos:

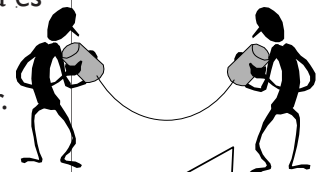
- **Planee para el cuidado de niños en casa** si su hijo se enferma o la escuela es despedida.
- **Planee de mirar la salud de los niños enfermos** y otros niños en el hogar.
- **Mire si hay la fiebre y otros síntomas de la gripe.**
- **Elija una habitación separada en la casa** para el cuidado de familiares enfermos.
- **Revise las listas de contactos de emergencia**
- **Recoja libros, juegos, películas y otros artículos para mantener a su familia entretenida** si las escuelas son despedidas o su hijo está enfermo y debe quedarse en casa.

UCCE's
Favorite
Family
Food
6



Hable con su director de la escuela acerca del plan para emergencias o de la pandemia.

¡Lo más importante de todo, no poner los dedos en los ojos o la nariz!



¡Correcto! ¡No ponga los dedos en la boca, tampoco!



Walk & Watch the Changing Season



As the season changes, cooler temperatures arrive (we hope!). The sky is clear, piles of pumpkins are stacked in the fields – the harvest is in. It's an *invigorating* time of year to get out and walk with your family for exercise.

If it's been awhile since you walked briskly, start with this easy routine. It's suitable for all ages. It's good for your heart. It's even a good choice if you are recovering from illness or surgery (ALWAYS check with your doctor before beginning an exercise program).

- Start walking at an easy pace for 5-10 minutes.
- Stop and find a fence or pole for support while you do gentle stretches for about 5 minutes. (Examples: With your shoulders & back straight, look over your left shoulder as far as you can, then over your right shoulder. Repeat several times.

Reach to the sky with your left hand; stre-e-e-tch up high. Now repeat with the right.

Holding your support, bend one leg slightly. Swing the other leg several times. Reverse legs & repeat.)

- Start walking again and keep up a good pace (you should be breathing harder but still be able to speak comfortably). Walk 30-60 minutes.
- End with another 5 minutes of stretches.



Quando cambia la estación del año, las temperaturas bajan. el cielo está claro, hay calabazas amontonadas en los campos – la cosecha está casi completa. Esta es una época del año estimulante para caminar juntos con su familia.

Si hace tiempo desde que usted ha caminado con brío, empiece con esta rutina fácil. Es apropiado para todas edades. Es buena para su corazón. Es hasta una buen elección si usted está recuperándose de enfermedad o de cirugía (SIEMPRE hablá con su doctor antes de empezar un programa de ejercicios).

- Empiece a caminar con un paso fácil por 5-10 minutos.
- Deje de caminar y busque una cerca o un poste para apoyarse mientras se estire suavemente por casi 5 minutos. (Ejemplos: Con sus hombros y espalda rectos, mire sobre su hombro izquierdo lo más lejos que pueda, entonces sobre su hombro derecho. Repítelo varias veces.

Alcance al cielo con su mano izquierda arriba; estírese muy alto. Entonces use la mano derecha y repítelo esto varias veces.

Mientras se sujete al poste, doble una pierna ligeramente. Balancée la otra pierna enfrente y por atrás, varias veces. Usando la otra pierna, repítelo.)

- Empiece a caminar otra vez y mantenga un paso bueno (debe respirar con fuerza pero todavía hablando confortablemente). Camine 30-60 minutos.
- Termine con otros 5 minutos de estirarse.

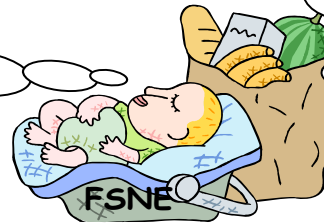


The Last Word

FSNE Families learn how to EAT RIGHT to STAY WELL. On a budget? You can do it!

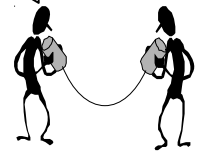
I just have to have a chocolate dessert at least once a week!

I noticed!



The USDA Food Stamp Program

helps participants to purchase healthful foods for better diet and funds this newsletter.



Everyone help! Make “shopping day” a “cooking day” -do prep for the week ahead.

What'll We Have For Dinner?

Indian Summer Food Stamp Menus:

Sunday: Last BBQ for Labor Day: Santa Maria-style Tri-tip (fortunately it's on sale!), BBQ Beans, Coleslaw, Garlic Bread, Fresh Peach Sundaes (with low-fat ice cream or frozen yogurt)

Monday: Slow-Cooker Minestrone (Use lots of harvest vegetables - tomatoes, red bell peppers, squash and chard), Whole Grain Parmesan Toast, Fresh Fruit Salad with Ricotta Dressing, Oatmeal Raisin Cookie

Tuesday: Pasta Carbonara Autunno (Sauté diced pumpkin or butternut squash, slivered red bell peppers and chopped garlic in a little olive oil until veggies are cooked; add a teensy pinch of oregano, black pepper & salt and grated hd cooked egg. Toss cooked pasta in this mix, with grated parmesan - serve topped with crumbled crisp bacon- 1-tsp each); Sliced Tomato Salad; Whole Wheat Rolls, Panna Cotta (Milk-based gelatin dessert)

Wednesday: Oven-fried Chicken, Quick Potato Salad (steam sliced red potatoes; toss w/ thinly sliced celery and dressing of whole-grain mustard, red wine vinegar, olive oil, minced green onions & parsley, salt & pepper- serve warm), Whole Wheat Rolls, Carrot Sticks, Baked Custard

Thursday: Slow-cooked Beef Shank with Carrots, Onions & Garlic over Whole Wheat Rigatoni, Dark Green Salad with lots of veggies, Brownie Pudding (if it's cold) or 100-calorie Fudge Bars (if it's not)

Friday: Fish Tacos (Saute fish portions; serve on fresh corn tortillas w/shredded cabbage, few thin slices of red onion, squeeze of lime & Baja sauce: half & half low-fat mayo & sour cream, with lime juice, pico de gallo chile, chopped cilantro and jalapeño), Frijoles de Olla w/a little grated dry jack cheese, Chilled Melon

Saturday: Halloween or Harvest Festival (Quick eats for the children before your chosen festivities): Creamy Southwestern Tomato Soup (make canned, condensed cream of tomato soup using buttermilk for the liquid; stir in a teensy bit of chili powder and black pepper, serve in mugs topped with a dollop of and a few sliced green onions); (sprinkle refrigerated bread stick one inch cube, grated, for 1 can of sprayed pan till golden); pepper sticks, olives).



low-fat sour cream or plain yogurt
Cheesy Bread Sticks
dough w/grated jack cheese - 1-dough- twist sticks and bake on
Vegetables (carrot and red bell

Time to start thinking about soup. You can still blanch veggies ahead, but use at least some of them in quick soups during the work week.

Plan on pasta once a week. - A family pleaser!

Plan meals around seasonal foods - let the Farmer's Market guide your food choices!

A family picnic can be great this time of year: Take a thermos of hot soup and some sandwiches to the back yard, patio or nearby park and enjoy the change of seasons.

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