



Volume V Issue III

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A Great Start!



A great start is what Mary Blankenship, School Nurse, gives to all the students that come her way. She understands the importance of good nutrition for the health of the “student body” and for the focus and function of the student brain. She knows that if students understand the relationship between their health and the food they eat, they’ll have a better chance to succeed in all ways.

That’s why “Nurse Mary” puts forth the extra effort and teams with teachers to provide nutrition education in the schools she serves. She is enthusiastic about UCCE’s Eatfit and presents these activities to upper grade pupils at Del Rey Woods and Ord Terrace. Blankenship goes the extra mile and facilitates the submission of student art and poetry to the annual Monterey County Grows Health newspaper supplement.

A couple of years ago, school budget belt tightening turned Mary into a kind of circuit nurse- two days at one school, then a couple at the other. Not the best situation, but Blankenship *made* the best of it. Though at the time she told UCCE “I don’t see how I’ll be able to continue with nutrition classes”, she found a way to make it work.

Thank you, Mary!

...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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<http://cemonterey.ucdavis.edu>



For nutrition & food safety info packaged in a very funny, lively and memorable format, check out these music videos by UC Davis’ Carl Winter at http://foodsafe.ucdavis.edu/FSM_Source/HTML_Source_FSM/music_videos.html#CF

A comprehensive resource for consumer information about lead is here: <http://counties.cce.cornell.edu/tompkins/consumer/lead/>

**so your District Wellness
Committee is talking...**

When it comes to
Nutrition Education,
who ya gonna call?
UCCE, that's who!

Implementation



Curriculum, dvds, videos or books from
our resource library, classroom visits, special projects
and other teacher support- we can supply you, Pre-K -
Adult. It's free, you know.

Happy Healthy Me...
Moving, Munching & Reading
Through MyPyramid
Pre-schoolers

Food & Me
Pre-K - Kinder

Reading Across MyPyramid
(includes selected books)
K-3

TWIGS
(Teams with
Intergenerational
Support)
K-6th grades

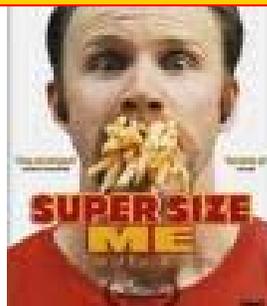
Nutrition To Grow On
Garden-based
Grades 4-6

EatFit
middle and high school

This is a popular
enhancement to
the Eatfit curriculum
used from 5th-12th grades

You asked for it- we have it!
Both the DVD and the
EXCELLENT activities!

To receive FREE
nutrition curriculum &
other goodies for your
class, call
Kathleen
831.759.7373



**New additions
to our resource
library:**

What to Eat,
Marion Nestle

the new american
plate cookbook
American Institute
for Cancer Research

Eat, Drink &
Weigh Less
Mollie Katzen &
Walter Willet, MD

The Omnivore's
Dilemma
Michael Pollan

Hope's Edge
Francis Moore Lappé

GRUB
Anna Lappé
& Bryan Terry

Chew On This
Eric Schlosser





Real life applications...

Here's a clue or two-

Whole-grain Cereal?

The first thing on the ingredient list should be a whole grain (wheat, rice, corn, etc)

Vegetable snack?

Try raw veggies & low-fat ranch dip
Or white bean dip with chips
Or crunchy roasted green peas

Snack w/ fiber?

A slice of whole wheat toast with crunchy peanut butter would be perfect!

High- C?

Try watermelon and strawberries!



Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Customer in Training: Snack Sleuth

Go to your favorite market. Find these items.

1. Whole grain cereal with less than 8 grams of sugar per serving.
2. Ingredients for a vegetable snack (if you include a dip or spread, look for something with 5 grams of fat or less).
3. Snack with at least 2 grams of fiber per serving.
4. Ingredients for a fruit snack with at least 30 mg. Vitamin C per serving.

Describe the foods you found.

Tell why are they nutritious.

Are they hard or soft?

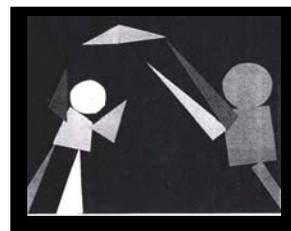
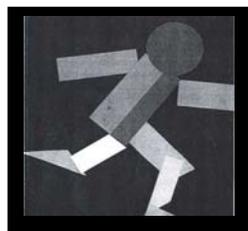
Crunchy or smooth?

Sweet or savory?

What makes them tasty?

Making nutrition knowledge a part of life doesn't have to be a challenge to the teacher's time management skills- it can be as simple as using take home activities like the one above- "real life application" of information.

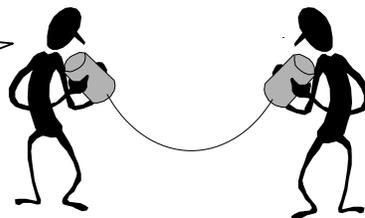
This activity enables reading students at all levels to meet the following model health content standards: #1 *Comprehend essential knowledge*; #3 *Access valid information* and #5 *Make decisions to enhance health*.



Get the lead out!

That's what my dad used to say to me!

I don't think he was talking about your lunch bag...



The FDA is directing this letter to and suppliers of soft vinyl lunchboxes United States. Based on testing done Product Safety Commission, we have learned that the interior linings of certain flexible **vinyl lunchboxes contain lead.** We believe that the source of the lead is likely to be

manufacturers marketed in the by the Consumer



lead-containing compounds used as adjuvants in the manufacture of PVC.

Because neither lead nor lead compounds are authorized for use in food- contact articles such as lunchboxes, and some **migration of lead to food as a result of such use may reasonably be expected, we urge companies to refrain from marketing such lead-containing lunchboxes.**

The **adverse health effects of elevated lead levels** in children are well-documented and may have **long-lasting or permanent consequences.** Because lead accumulates in the body, these effects can occur even at low exposure levels, and **may include delayed mental and physical development, and learning deficiencies.**

But ... "According to CPSC's results, children would have to rub their hands on the lunch box and then lick their hands more than 600 times a day for 15 to 30 days in order to be exposed to a dangerous amount of lead."

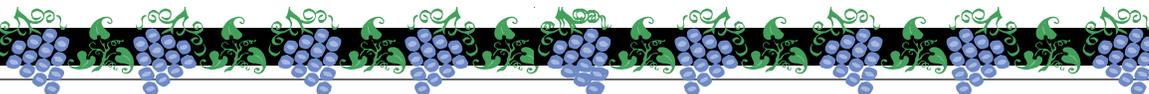
My kids? They'd give it a try, I know! Better to be safe than sorry!



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 that have 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 goals. Partner with Youth FSNE to practice math and language skills for testing, using activities with nutrition content.

For more information call Kathleen at 831.759.7373 .



Unusual sources of lead include:

- Folk remedies & cosmetics such as **greta, azarcon, alarcon, coral, luiga, maria luisa, rueda, litargirio, pay loo ah, sindoor, kohl, kajal, al-kahl or surma**
- Crayons, sidewalk chalk, and pool cue chalk imported from China
- Metal toy jewelry sold in vending machines
- Household electrical, telephone, and computer cords
- Garden hoses

For more info, see link on front page

