



Volume V Issue II

Summer 2006

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Something fresh & juicy ...

"I have a dream..." of something fresh and juicy, said Alisal High School Health Academy teens. A student team worked this spring on the third edition of **Fast Food High School**, UCCE's ongoing *fotonovela* project. Learner-developed materials have been shown to be effective methods for getting the message across, and have the added benefit of transforming participants through the process.



Still, no one could have predicted that this activist group, seeking to improve school food, would see the literal fruits of their labors (organic strawberries, in this case, donated by Amparo Martinez) in the guise of a salad bar on May 24th.

Elsa Ramirez-Brisson of Steps for a Healthier Salinas and Salinas High School District Food Service Director Christina Varela had considered a pilot salad project for three local schools. When they heard about the discussion points raised by teacher Kari Kaney's well-informed teens, pure serendipity took over.

Everyone got into the act: principal John Ramirez, Cafeteria Manager Berta Maldonado - even ALBA farmers, who kindly provided fresh vegetables and fruit to enhance the effort. UCCE's Kathleen Nolan worked "hands-on" to help set things up, and the surprise salad bar was a total success.

82 students chose salad for lunch that first day, loading up on mixed greens, broccoli, orange wedges, cottage cheese and oh, those ripe red juicy berries! Even teens who never set foot in the cafeteria took one look at plates pile high with fresh salad - and then spent cash for their own. What a happy ending - and a great start to summer!

...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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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://foodsafety.ucdavis.edu/FSM_Source/HTML_Source_FSM/music_videos.html#CF

Looking forward to slowing down this summer? Check out this chance to do so through art with Zoya Scholis (a fellow teacher) - <http://www.artforpersonalgrowth.com/>

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

Implementation

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



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

TEACHERS-
have you
returned
your evaluation
for this school
year?

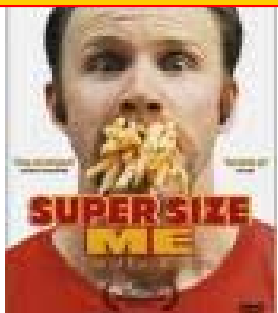
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* Make ice cream

**Try star gazing: find a viewing spot away from city lights. Borrow a glow-in-the-dark star book from the library. Invite your buddies - make some hot chocolate - settle down in sleeping bags and check out the summer sky. Use your book (and a flashlight) to identify constellations, then choose stars make up a few "constellations" on your own.*

**Make fresh lemonade (remember to use a simple syrup to sweeten it - ½ water and ½ sugar heated to dissolve the sugar)*

**Organize a scavenger hunt. Winning team can provide ingredients for everyone to make ice cream! Look for: 1 red sock, a dog's chew toy, 3 plums, a 2-day old newspaper, BBQ tongs, a Frisbee, a beach towel - or - make your own list.*

*Play your favorite sport

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Summer Fun



MAKE ICE CREAM! It's delicious! You don't need an ice cream machine, and you don't need a freezer, so you make this recipe on camping trips, at parties, school, the beach - - just about anywhere!

You will need:

- | | |
|--------------------------------------|--|
| 1 cup half and half (or milk) | 1 tablespoon sugar |
| 1 teaspoon vanilla extract | 2 cups ice cubes (about two large handful) |
| 6 tablespoons rock salt | 1 zippable sandwich bag |
| 1 zippable freezer bag (quart-sized) | 1 pair of oven mitts |
| 1 dishtowel | 1 spoon |



Steps 1&2: Pour the half & half into the sandwich-sized bag. Add sugar & vanilla.

Steps 3 & 4: Seal the bag. (Make sure it's tightly closed, otherwise your ingredients will leak.) Place the closed sandwich bag inside the freezer bag.

Steps 5 & 6: Pour the ice and rock salt into the freezer bag.

Steps 7 & 8: Seal the freezer bag tightly. Put on your oven mitts

Step 9: Shake, rock, roll, & squeeze the bag for a full 5 minutes. (Note: the bag is going to get very cold, between 18-20 degrees F. The mitts or dishtowel will keep your hands from freezing.)

Step 10: Open the freezer bag & remove the sandwich bag. Using the dish towel, quickly wipe away any rock salt & water from the outside of the sandwich bag. (The ice will have almost completely melted, so the outside of your sandwich bag will be wet.) This will keep the salt and water out of your sandwich bag - - and your ice cream! — when you open it.

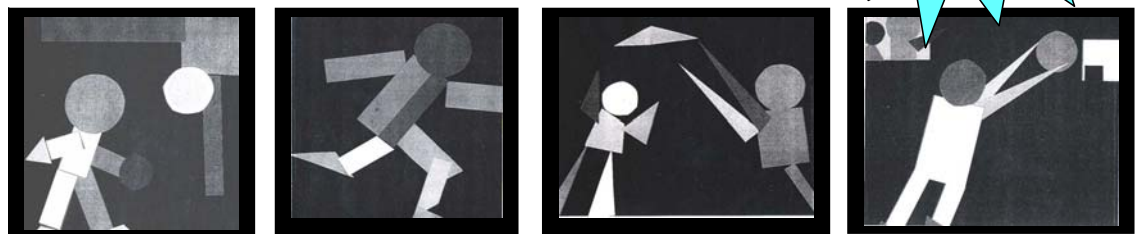
Step 11: Open the sandwich bag and . . . enjoy! You may eat the ice cream right out of the bag, or spoon it into a bowl. To remove every last delicious bit of the ice cream, turn the bag inside out and scrape the sides with your spoon.

Makes 1 serving. (Lee Wardlaw's Recipe (modified) for E-Z Ice Cream)

Serving suggestions: Try drizzling chocolate sauce on your ice cream... sprinkling granola or nuts over it... or mixing it with fresh strawberries, raspberries, blueberries, or peaches.



Baskeball graphics from Del Rey Woods students



Food News: City, State & Federal

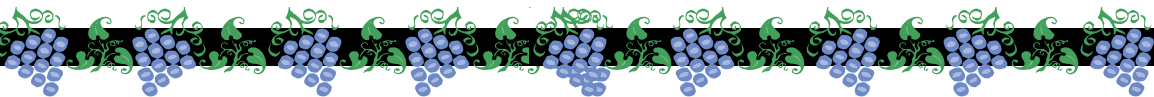
CONGRATULATIONS TO WATSONVILLE CITY COUNCIL FOR A JOB WELL DONE!

Watsonville City Council passed the general plan on May 23, 2006. In his presentation to Council, John Doughty listed the different sections in which Go For Health input had added language regarding nutrition and physical activity. Revisions included language supporting access to healthy food and fruits and vegetables, food security, obesity prevention and community gardens.

SB 1329 (Alquist) - **The Healthy Food Access Act** - passed the state senate yesterday. To see how your senator voted, please visit http://www.leginfo.ca.gov/pub/bill/sen/sb_13011350/sb_1329_vote_20060530_0609PM_sen_floor.html

As the bill moves into the Assembly, we hope local people from across the state will contact their legislators and express how important it is that we increase access to healthy food in low-income communities.

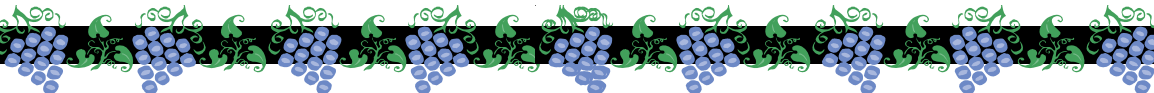
At the beginning of May, the **FTC and HHS** released a **report on food marketing to children**. You can find the report at <http://ftc.gov/opa/2006/05/childhoodobesity.htm>. The report makes welcome recommendations on improving food marketing aimed at kids. Importantly, the agencies recommend that food companies and the Children's Advertising Review Unit (CARU) set nutrition standards for foods that can be marketed to children through television, schools, via cartoon characters on food packages, etc.



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 .



Summer Reading for Teachers

* **Chew on This: Everything You Don't Want to Know About Fast Food.**

Eric Schlosser & Charles Wilson: presents the fast-food industry to preteens. Focus is on aspects that will interest them most

* **Art of Eating.**

M F K Fisher: includes Serve it forth; Consider the oyster; How to cook a wolf; The gastronomical me; An alphabet for gourmets.

* **Grub.** Anna Lappe, Bryant Terry. Adopt a "grub" lifestyle that is both healthy & ethical. Use local resources like farmers markets. Recipes aimed at hip readers include an "Afro diasporic Cookout"

*And now, a book NOT about food, just a fine read:

Zorro: A Novel. Isabel Allende

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