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Agriculture and Natural Resources

CalFresh Healthy Living UCCE

June, 2021



Grow, Garden, Grow

The children will use their imaginations and pretend to grow a garden. Walk them through the steps of preparing the soil (rake, dig, pick weeds, etc.), planting the seeds, and watering the seeds and soil with pretend rain. Talk about the elements needed by the plants to grow such as air (make arm circles and blow air out), sunshine (students will bend to one side and then the other, pretending to be the sun rising in the sky). The students can pretend to be the plants, growing roots (pointing and flexing their toes), growing slowly (move to kneeling position and then stretch arms, up to standing), grow their leaves and flowers (stretch out their arms and fingers). What kind of plant are they?



No More Lessons? No Worries

The scheduled lessons for GGG end in May, however, this is a good time to review all the

that are locally grown. You can have a virtual farmer's market over Zoom or a pretend market in person. Students can share recipes that their families make for special occasions. You can make a smoothie together using any ingredients that students already have at home.

Gardening

Germinate Seeds in a Bag

Materials:

- Stapler
- Spray Bottle
- Seeds (3-4 per child; Use big seeds like Peas, Sunflowers, Pumpkins and Beans)
- Paper Towel (1 per child)
- Plastic Zip Bag (1 per child)

**Step 1**

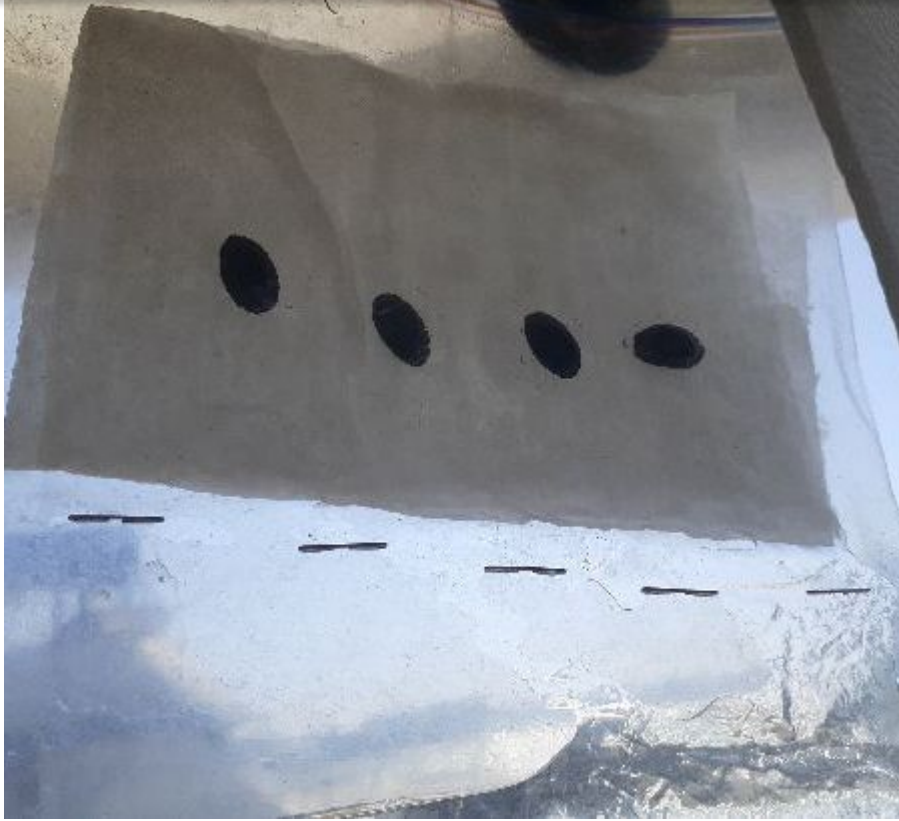
Staple the plastic bags to avoid seeds from rotting. Have the children fold paper towel and moisten with the spray bottle. Place moist towel in bag.

**Step 2**

Put seeds in bag and spray again with water

**Step 3**

Hang the bag on a window. Monitor daily to observe seed germination and spray as needed to keep moist. Have children document progress.

**Step 4**

As soon as seeds are germinated, transplant into a container or directly into the garden.



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Click [here](#) for recipes, videos, and more!

Adult Education

Eating Smart Being Active

Free 6-week course about healthy eating and active living!

In English: 2:30-3:30 pm, May 4, 11, 18, 25, June 1, 8

Registration link: [Click Here](#)

ID 985 7802 1439 Passcode 403229

In Spanish: 1:00-2:00 pm los días 4, 11, 18, 25 de mayo y 1, 8 de junio

Enlace de registro: [Click Here](#)

ID 916 4509 1710 Passcode 402463

Quick Healthy Meals- ENGLISH

Join us for this workshop to learn about quick, tasty, affordable, and healthy meals for you and your family!

When: 1:00-2:00 on March 17

Registration link: [Click Here](#)

ID 987 8049 2418 Passcode 283215

Making Every Dollar Count

Free 6-week class about healthy eating and money management!

In English: 2:30-3:30pm, May 6, 13, 27, 29

June 3, 10

Registration link: [Click Here](#)

ID 950 3028 0127 Passcode 450092

In Spanish: 1:00-2:00pm el 25 de marzo, 1,15, 22, 29 de abril y el 6 de mayo

Enlace de registro: [Click Here](#)

ID 935 7324 2178 Passcode 792414

Quick Healthy Meals- SPANISH

Únase a nosotros en este taller para aprender sobre comidas rápidas, sabrosas, asequibles y saludables para usted y su familia!

Cuando: 1:00-2:00 el 10 de marzo

Enlace de registro: [Click Here](#)

ID 949 7743 8698 Passcode 184093

[OUSD Free Meals](#)

[Map](#)

OUSD Pick up and Delivery detail

[Alameda County Community Food Bank](#)

[Food Now](#)

Emergency Food and EBT enrollment

[Food Stamps NOW](#)

EBT Benefits: grocery delivery, Amazon Prime discounts, & more

COVID-19 Resources

[Toolkit for Child Care Programs | CDC](#)

[Grounding and Balancing Tools](#) from BFS Teacher Zeina Morad

[Helping Children Cope With Changes](#)

[Resulting From COVID-19](#) from the National Association of School Psychologists

[Resources for Undocumented People](#) — from the California Immigrant Youth Justice Alliance

Tenants Rights During the Pandemic ([Oakland](#))

- [Sample Landlord Rental Negotiation Letter](#)
- [Notification of Inability to Pay Rent](#) (Eviction moratorium asks that tenants inform the landlord of their inability to pay rent)
- Legal Support
 - [Eviction Defense Center](#) — *Oakland*, (510) 452-4541
 - [East Bay Community Law Center](#) — *Berkeley*, (510) 548-4040
 - [Bay Area Legal](#) — (800) 551-5554
- Feel free to [email Liana](#) if you are experiencing food insecurity or housing insecurity and we will begin to organize mutual aid to support your family.

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