



University of California
Agriculture and Natural Resources

University of California Cooperative Extension Programs Newsletter

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The following updates and resources are brought to you by your local UCCE office. These resources will help guide your program participants to make healthier lifestyle choices. For more information, contact:

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Did You Know?

Juicy Information

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) helps to feed half of all children at some point in the first five years of their lives as well as 25% of pregnant women. Reaching this large amount of people gives the program an opportunity to affect dietary patterns of many Americans. With the rise in obesity rates leading to many chronic diseases in adults and children, the WIC has decided to remove juice from their voucher program. Studies have found that 2 year olds who consume fruit juice on a regular bases, are more likely to become over weight by age 4. Because of the perception of WIC participants, they believe juice is healthy and should be consumed often. WIC juices meet the requirement of the recommended daily allowance of 120% vitamin C which can also be reached by eating whole fruit such as 1/4 of an orange or 1/4 cup of broccoli. Other benefits of eating a whole fruit is fiber which juice lacks. The decision to remove juice is expected to benefit many Americans who participate in this program by improving diet and over all health.

Read more at <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2617994?resultClick=1>

Taking wellness to the workplace.

A study published in the American Journal of Lifestyle Medicine, assessed the implementation of a teaching style kitchen in the workplace. This study is a part of the movement to lead Americans to healthier lifestyles to prevent obesity and related chronic diseases. The curriculum used was *Healthy Kitchen Healthy Lives*. Two groups containing 20 people each, participated in the 14-16 week intervention. Lessons were interactive including lectures on nutrition, mindfulness and movement along with hands on cooking. Participants also had access to a personal health coach, gym pass and activity tracking device. The study found significant decreases in weight, blood pressure, cholesterol and other health factors after the intervention. Other positive behaviors found were reading nutrition labels, cooking meals from scratch and using ready made meals less often. This type of teaching style was found to be feasible with continued follow up for long term results.

Read more at <https://www.hsph.harvard.edu/nutritionsource/2017/05/23/more-than-cooking-teaching-kitchens-as-learning-labs-for-life-skills/>

Nutrition Resources

Family garden leaves to more vegetable consumption in children.

An article recently published in The Academy of Nutrition and Dietetics provided tips on growing in home gardens after researcher found children with in home gardens eat significantly more vegetables than those with out. Not all children live in communities with room to create a garden in their home or have proper soil needed to grow vegetables. To overcome these barriers, there are several ways a small container garden can be created. Some ideas are wheel barrels, buckets or hanging baskets. This will help with small spaces and adding fresh soil and fertilizer to these containers, will give the plants nutrients needed to grow. Children are more likely to eat the vegetables they grown and we will from their experiences.

Read more at <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/start-a-container-garden-with-your-family>

Do box top food products meet nutrition standards?

A recent study found that only 1/3 of box top food products meet the Smart Snacks in Schools standards out of nearly 1,000 assessed. Families are encouraged to purchases foods with box tops in exchange for rewards for schools. Many of these foods were high in sodium and lacked ingredients needed for a healthy diet. The Healthy, Hunger-Free Kids Act protects children from marketing food in the classroom but the box top program does not fall under this act. Many of these foods are not allowed to be sold in schools but are branded for families to purchase to outside of school. This leaves allows food manufactures to still market to kids outside the school by enticing them to buy their products and gain rewards for their schools.

Read more at <https://www.hsph.harvard.edu/nutritionsource/2017/08/29/box-tops-foods-smart-snacks-standards/>



Dutch Apple Yogurt Dessert

Makes: 2 Servings

Ingredients:

- 1/2 cup yogurt, non-fat vanilla
- 1/2 cup applesauce, unsweetened
- 1 tablespoon raisins (seedless)
- 1/8 teaspoon cinnamon (ground)
- 1 teaspoon brown sugar
- 1 tablespoon nuts (as topping or crunchy cereal)

Directions:

1. Wash hands thoroughly with warm water and soap.
2. Combined all ingredients in a small bowl.
3. Cover and refrigerate until chilled.
4. Eat and enjoy as a snack or dessert.

[Source:](#)

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