



University of California  
Agriculture and Natural Resources

## University of California Cooperative Extension Programs Newsletter January 2018

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?

#### **Screen time before bed can impact health in children.**

A study conducted at Penn State College of Medicine found children between the ages of 8 and 17 who used technology sleep less by 30 minutes, had poorer sleep quality and woke up tired after surveying their parents. They also found higher BMI in those that watched TV or used cell phones before bed. Poor sleeping habits are risk factors for higher BMI. The American Academy of Pediatrics recommends setting boundaries with technology to help prevent the negative impact on health such as not allowing screen in during meals or in bedrooms at night.

Read more at <https://www.sciencedaily.com/releases/2017/12/171207182512.htm>

#### **Playgrounds can effect physical activity in children.**

The University of Illinois Prevention Research Center conducted a two year study on park renovation and use. Over 300 playgrounds were in poor condition in the city of Chicago. The goal of the project was for residence to improve their community and overall health. The community choose 39 parks to renovate. Those parks where monitored along with another 39 parks not renovated for a 4 month period and again a year later. Researchers found the renovated parks were used 61% more then those that were not. This shows that with community involvement, renovated parks can have an impact on use of parks and physical activity.

Read more at <https://www.cdc.gov/features/obesity-playgrounds/index.html>

## Nutrition Resources

### Food Safety for Home Delivered Meals

Foodsafety.gov has provided food safety tips for meals that are delivered to homes. Some examples of these are senior assistance programs, churches, and social organizations. They are recommending the same food safety practices are followed for storing and reheating meals. Some tips include refrigerating meals if you don't plan to eat them right away, recommendations of food storage such as poultry for 3-5 days, and reheating left overs to 165°.

Read more at <https://www.foodsafety.gov/risk/deliveries/index.html>

### Does oil help absorption of nutrients in vegetables?

A study published in the American Journal of Clinical Nutrition found soybean oil based salad dressing had a positive effect on nutrient absorption when consuming vegetable. The study looked at college aged women eating salad with various amounts of soybean oil based dressings. Researchers found more oil on the salad led to more nutrient absorption in study participants. Better absorption of nutrients has benefits such as cancer prevention and preservation of eye site. They recommend continuing to add 2 table spoons of dressing to salads to obtain the most benefit.

Read more at <https://www.sciencedaily.com/releases/2017/10/171009124026.htm>



### Slow Cooker Pork Stew Over Brown Rice

#### Ingredients:

- 2 lbs lean pork stew meat
- 3 cups baby carrots
- 1 large onion, sliced
- 1 1/2 teaspoons dried thyme leaves
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1 1/2 cups complete bran and wheat flakes ready-to-eat cereal (crushed to 3/4 cup)
- 1 cup dried tart cherries
- 3/4 cup 100% apple juice or apple cider
- 4 cups hot cooked brown rice

#### Directions:

1. Trim fat from pork.
2. Spray large pan with non-stick cooking spray. Cook half of the pork at a time until browned.
3. In a 4-6 quart crockery cooker layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice or cider over contents in the cooker.
5. Cover and cook on low setting for 7-8 hours or on high setting for 3 1/2 to 4 hours.
6. Prepare the brown rice according to package directions toward the end of the stew cooking time. (Brown rice typically takes about 40-45 minutes to cook).
7. Stir pork mixture and serve over 1/2 cup brown rice.

Source: [What's Cooking? USDA Mixing Bowl](#)

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