



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

# CalFresh Healthy Living, UCCE Imperial County

## Agriculture & Nutrition Education Curriculum



# UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources

UC  
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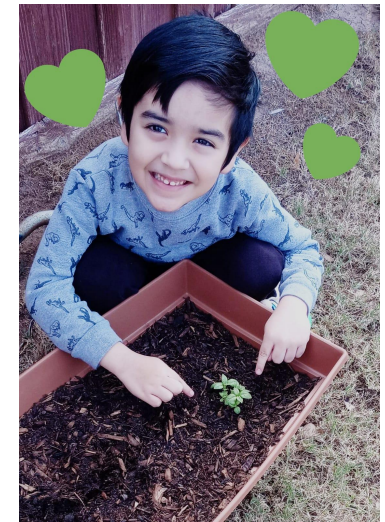
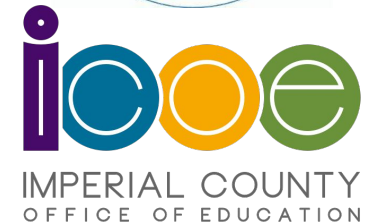
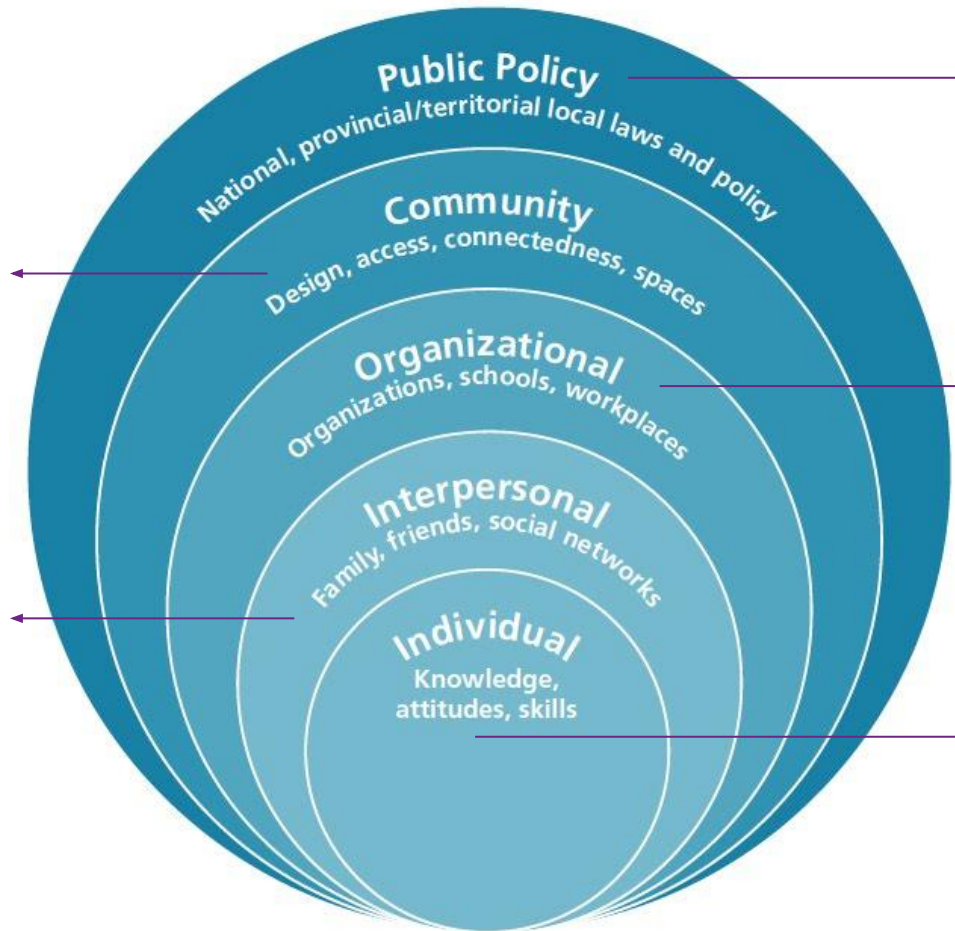


This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.

# Social Ecological Model



Best S.T.E.P. Forward Community Garden



A Social-Ecological Model for Physical Activity - Adapted from Heise, L., Ellsberg, M., & Gottemoeller, M. (1999)



# School Garden Education

CalFresh Healthy Living, UCCE Community Education Specialists implement Policy, Systems and Environmental change, providing garden-enhanced nutrition education curricula to SNAP-Ed eligible schools throughout Imperial County.





# Direct Education

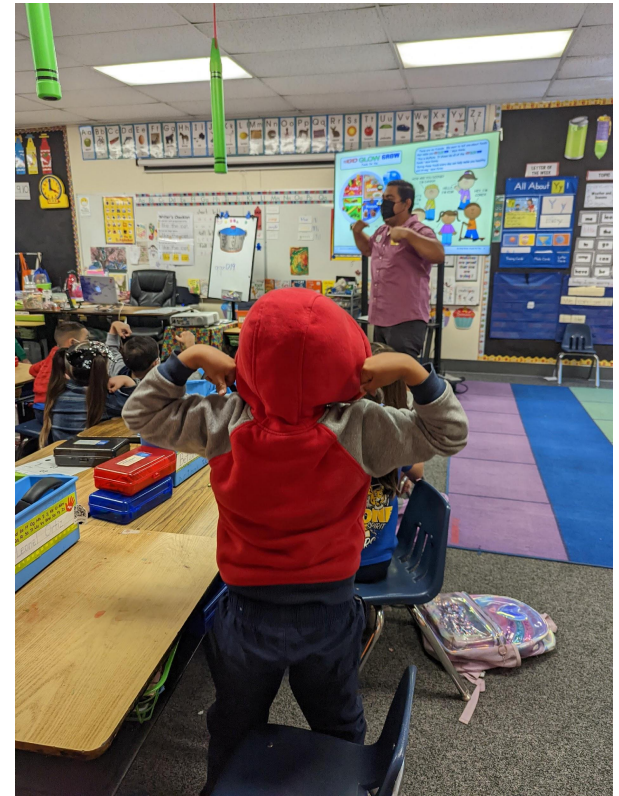
Staff deliver teacher trainings and model activities in classrooms utilizing evidence-based and practice tested lessons that align with Common Core State Standards.

TWIGS Curriculum Standards  
(Grades K-6)



## -Nutrition Lessons-

Common Core State Standards in English Language Arts Supported (K-12)														
Nutrition Lessons	N 1	N 2	N 3	N 4	N 5	N 6	N 7	N 8	N 9	N 10	N 11	N 12	N 13	N 14
<b>Reading Standards for Literature</b>														
Key Ideas and Details	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Craft and Structure	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Integration of Knowledge and Ideas	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Range of Reading and Level of Text Complexity	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>Reading Standards for Informational Text</b>														
Key Ideas and Details	K.1. 2.3. 4.5	-	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	-	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5
Craft and Structure	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Integration of Knowledge and Ideas	K.1. 2.3. 4.5	-	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5	-	K.1. 2.3. 4.5	K.1. 2.3. 4.5	K.1. 2.3. 4.5



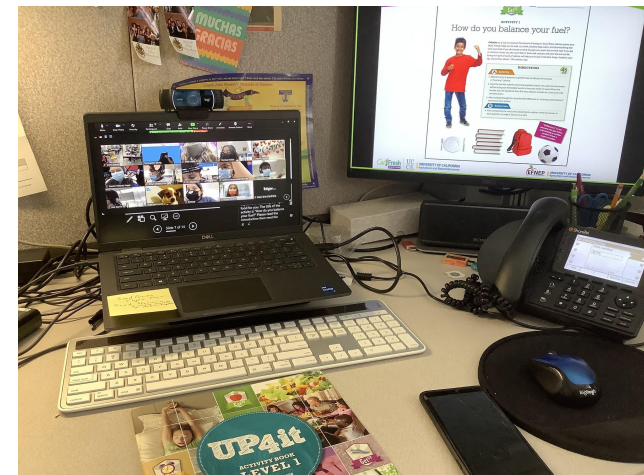
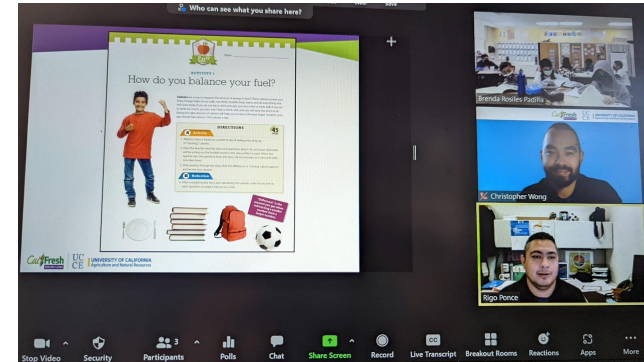
**GO GLOW GROW**

# Virtual Education



Distance Learning adaptations of nutrition and gardening curricula are available for use by volunteer teacher/extenders.

CFHL, UCCE provides teachers with a lesson plan template which includes links to videos, activities, and materials. The teacher delivers the content to students during class.





# Partnership with Imperial County Office of Education's Federal and State Preschools

CalFresh Healthy Living, UCCE staff delivers SNAP-Ed services at 14 sites spread throughout Calexico, Heber, El Centro, Brawley, Westmorland and Calipatria.



**EARLY CARE & EDUCATION PROGRAMS**  
IMPERIAL COUNTY OFFICE OF EDUCATION



This image shows freshly transplanted bell pepper starts.



CFHL, UCCE Imperial staff have developed a strong relationship with ICOE ECEP community.

Meeting with administration as needed, providing teacher curriculum workshops and supporting agency events.



This image shows a student planting pea seeds in soil.



CFHL, UCCE  
Imperial staff  
support preschool  
teachers with  
garden kick-offs  
during winter and  
spring planting  
seasons.

Dates are  
coordinated by  
phone/email with  
site supervisors.



This image shows a student covering seeds with soil.





This image shows student's hands planting lettuce transplants, guided by a string running across the bed.

Programming includes nutrition lesson from Go, Glow, Grow curriculum.

Followed by a MyPlate Parachute Physical Activity Break.

Closing with planting in raised wooden boxes using a square foot gardening method.



ICOE ECEP sites have built and maintained raised wooded boxes, replacing broken containers over time.

CFHL, UCCE Imperial staff provides technical assistance and purchases seeds, transplants and potting soil when necessary.



This image shows a student hand watering seeds planted in soil.

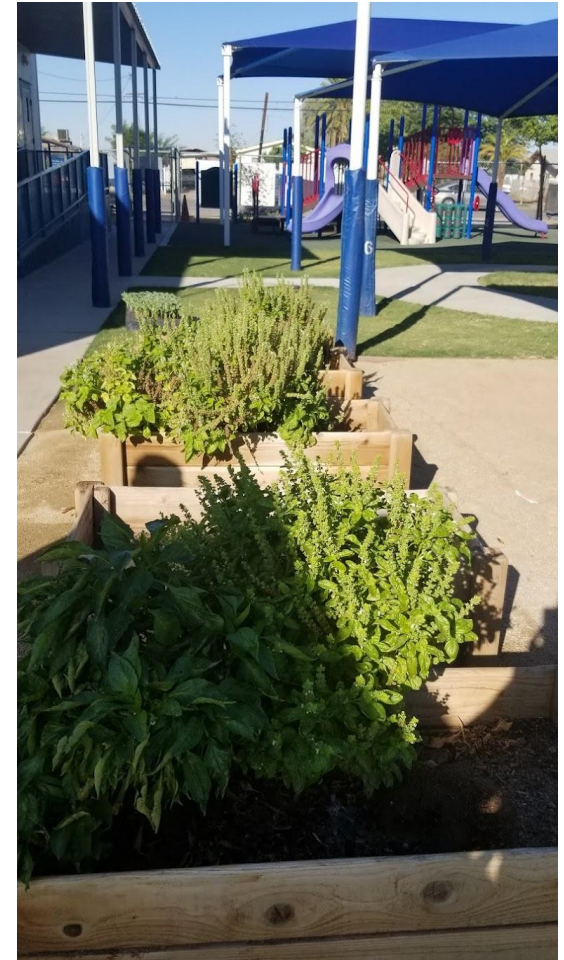




This image shows parents helping children plant celery.

ICOE ECEP  
community of parent  
volunteers help  
prepare and maintain  
edible garden boxes  
before and after  
kickoffs.

Sites can provide  
opportunities for  
taste-testing and  
allow families to  
harvest vegetables,  
herbs and seeds for  
home consumption.



This image shows basil and bell peppers growing next to preschool playground.



Site irrigation varies from hand watering to drip irrigation system.



This image shows a student hand watering cauliflower and bell peppers.

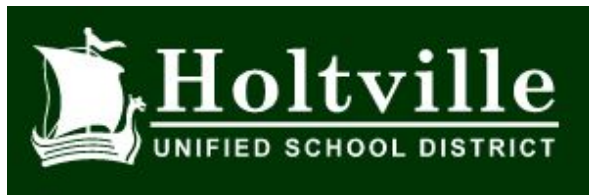


This image shows an example of drip irrigation in a garden box.



# Collaboration with Elementary Schools

TWIGS Curriculum can be utilized for garden and nutrition education at your school site.



**EL CENTRO ELEMENTARY**  
SCHOOL DISTRICT



# TWIGS Gardening Activity

## Design a Garden

GARDENING  
ACTIVITY **3**

### Why Do This?

Planning together will make this garden belong to all the participants. When folks see their input in place they are going to continue their support for and involvement with their garden. When creating the garden design, the garden creators will learn from doing the mapping and research.

### Summary:

This activity helps participants plan a garden. Everyone provides input and the group then decides what design will best meet the groups' needs. The plan is put on paper for all to see and review.

### Some Helpful Information:

Gardening is up there with TV and Shopping as one of America's favorite pastimes. Some folks enjoy growing vegetables, some grow cactus, while others grow flowers. Some grow it all. There are all kinds of gardens. Successful ones are usually carefully planned. For your garden to be a success it will need lots of coordinated effort. This means everyone will take part. It works best if everyone is included in the planning. Here are some general rules for a successful garden;

# Gardening Activity #3: Design a Garden

Design a garden for your school or home, while thinking about what makes a garden successful. We'll learn about what gardens need to grow delicious fruits and vegetables.

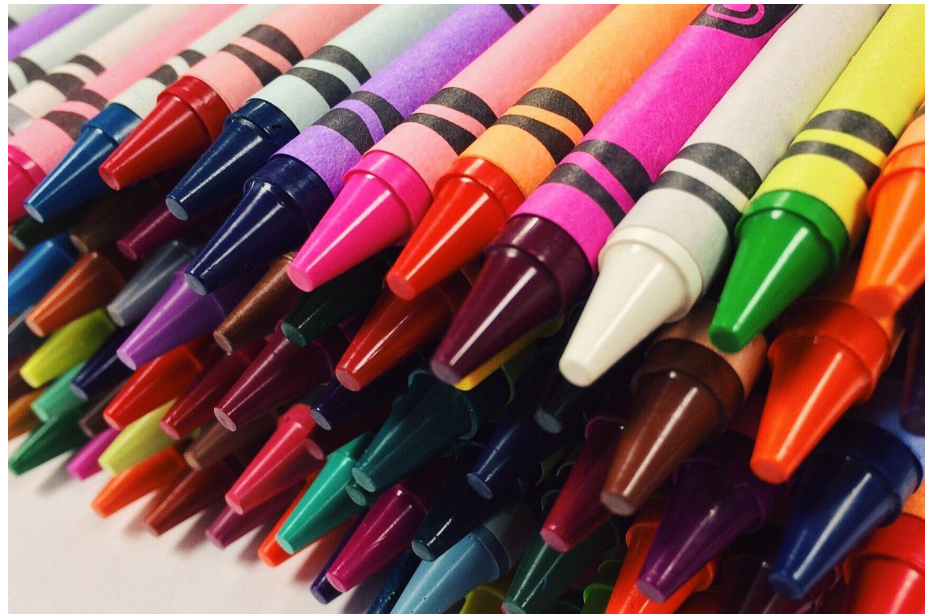


*J Garget from Pixabay*



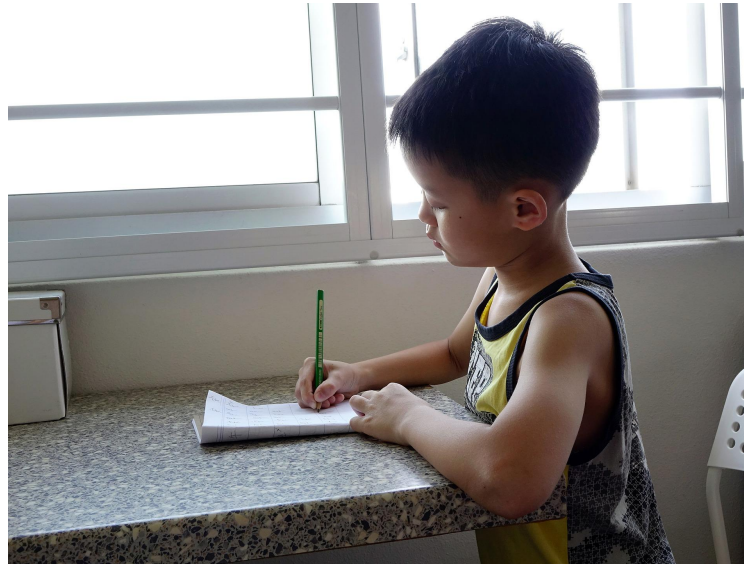
# Materials Needed

- Paper
- Drawing materials – pens, markers, crayons, pencils
- Active imagination!



*Wokandapix from Pixabay*

# *Write Down Your Ideas!*



*Jason Goh from Pixabay*

As we learn about what a garden needs, make notes of what you want in your garden. They will come in handy in a few minutes!



Take a moment to think about what things a garden might need to grow fruits and vegetables.

# Garden Space Size

*How big is your garden space? Small and square? Long and narrow? A circle?*



*Chris Pedley from Pixabay*



*mac231 from Pixabay*



# Time of Year for Planting


































## Picking Plants for Your Garden

























*What month will you be planting in your dream garden?*

- Find that month on the charts on the next slide and see what grows!



OpenClipart-Vectors from Pixabay

	Sep	Oct	Nov	Dec	Level of Difficulty	Seed or Transplant
Broccoli					 	
Carrot						
Cauliflower					 	
Cilantro						
Garlic					 	
Lettuce, Leaf						
Onion					 	 
Peas						
Parsley						
Potato, red or white					 	
Radish						
Swiss Chard					 	
Spinach						

	Jan	Feb	Mar	Apr	Level of Difficulty	Seed or Transplant
Basil						
Beans, green or yellow					 	
Cilantro						
Cucumber					 	
Eggplant					 	
Parsley						
Bell Peppers					 	
Radish						
Summer Squash						
Tomato						



# Sun

- Plants need sun to grow.
- Does the garden space you're thinking of have sunshine?

*Estimate how many hours of sunshine it may receive.*



*PublicDomainPictures from Pixabay*

# Soil

Healthy soil is important for all plants.



*Jesus Leal from Pixabay*



*Gundula Vogel from Pixabay*

*What soil will you use for your  
school/classroom garden?*



# Water

Water keeps plants moist and helps them grow, and can come from different places:

- Hoses
- Watering cans
- Sprinklers

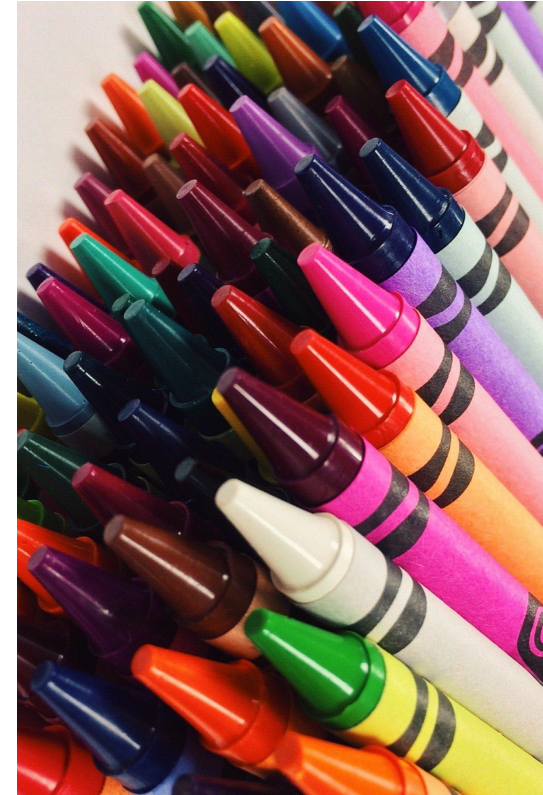
*Where will you access water from?*



*Victoria Islas from Pixabay*

# Let's start drawing!

Take some time to design your dream school or home garden based on what we learned together. Get creative! You can use crayons and paper to design your garden. Make it as simple or as fancy as you want!



*Wokandapix from Pixabay*

1. Discuss your gardening plans with everyone at the table.
2. Design your ideal garden plot on an individual piece of paper and share.
3. Connect your design to everyone else's on a large sticky pad, forming a community garden.
4. Identify a volunteer to share the group's collaboration with everyone.



# Discussion Time!

1. What similarities are there between your design and someone else's?
2. What differences are there between your design and someone else's?
3. Is there anything from another person's design you'd like to add to your garden?

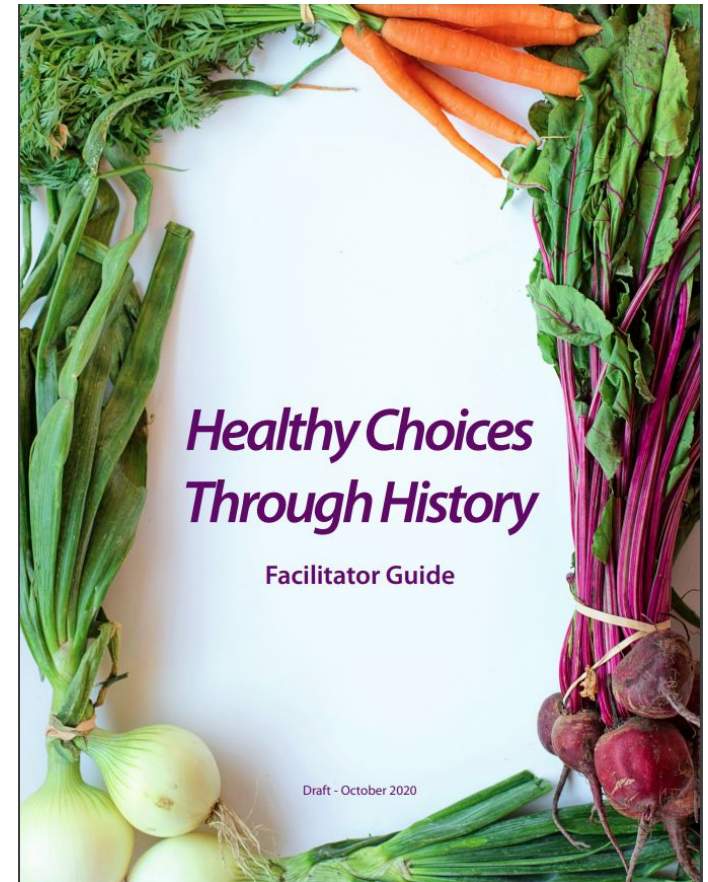
# Healthy Choices Through History

**Fieldtrips coming soon...**

*Featuring Nature Walk, Sensory Garden Experience, Veggie Taste-Testing, & Physical Activity Fun*

**Including:**

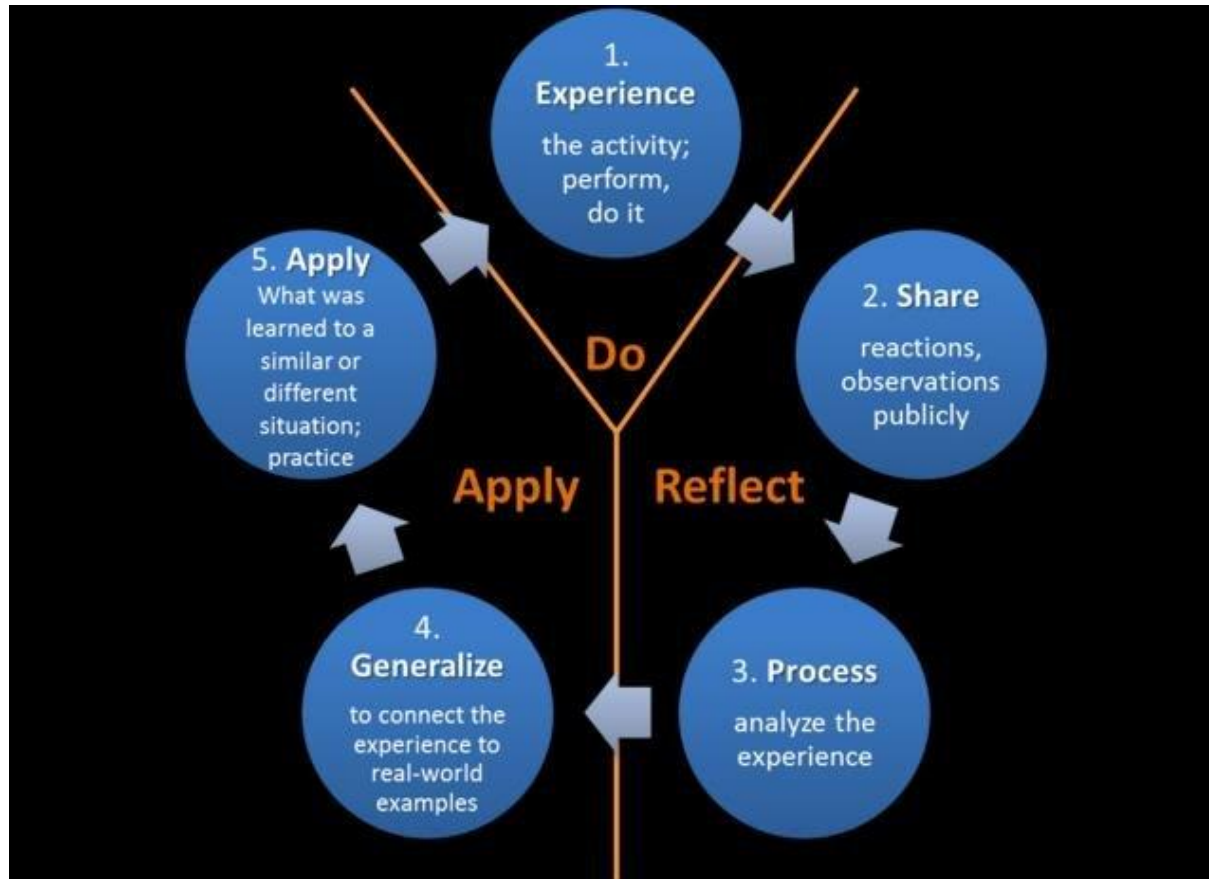
*Classroom Lessons on Macronutrients in Native American Diets & California Agriculture and Climate*





# Healthy Choices Through History

## Inquiry-based Pedagogy



Experiential Learning Cycle

# Healthy Choices Through History

## Lesson 1

### Major Learning Concepts

- Youth should understand that the Native American tribes ate a wide variety of foods that provided them with the nutrients needed to live healthy lives
- Youth should be able to describe the three macronutrients and their function in the body

### Concepts and Vocabulary

**Agriculture:** the science and practice of using the land to grow crops and raise livestock.

**Calorie:** the measurement of energy from food.

**Carbohydrate:** a nutrient that provides energy in the form of calories.

**Fat:** a nutrient that provides energy in the form of calories and structure for cells in the body.

**Hunter-Gatherer:** a lifestyle that involved many people in a community hunting wild game and foraging wild plants for food

**Livestock:** animals raised in an agricultural setting that are used for food and other products like wool and leather.

**Macronutrients:** nutrients that are needed in large amounts which supply the body with energy.

**Native American:** people who lived in the Americas before exploration and immigration from other countries took place.

**Nutrients:** substances our bodies need to grow and stay healthy.

**Protein:** a nutrient that provides energy in the form of calories, and is a building block of many tissues in the body.

**Seasonally Available:** foods which are only available at certain times of the year due to climate.



## YUCCA

Members of the Kumeyaay climbed down steep hills in the desert to get to yucca plants.

The Kumeyaay picked the flowers from yucca plants. The Kumeyaay ate all the parts of the yucca plants.

The flower petals were boiled and eaten and the leaves were ground up into a paste or chopped up to make tea.

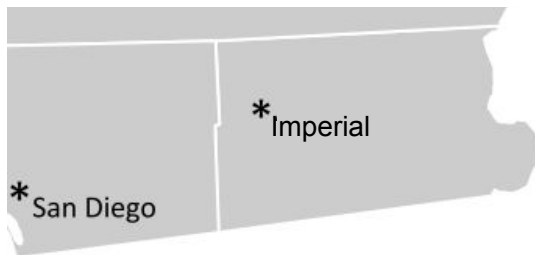


# Healthy Choices Through History

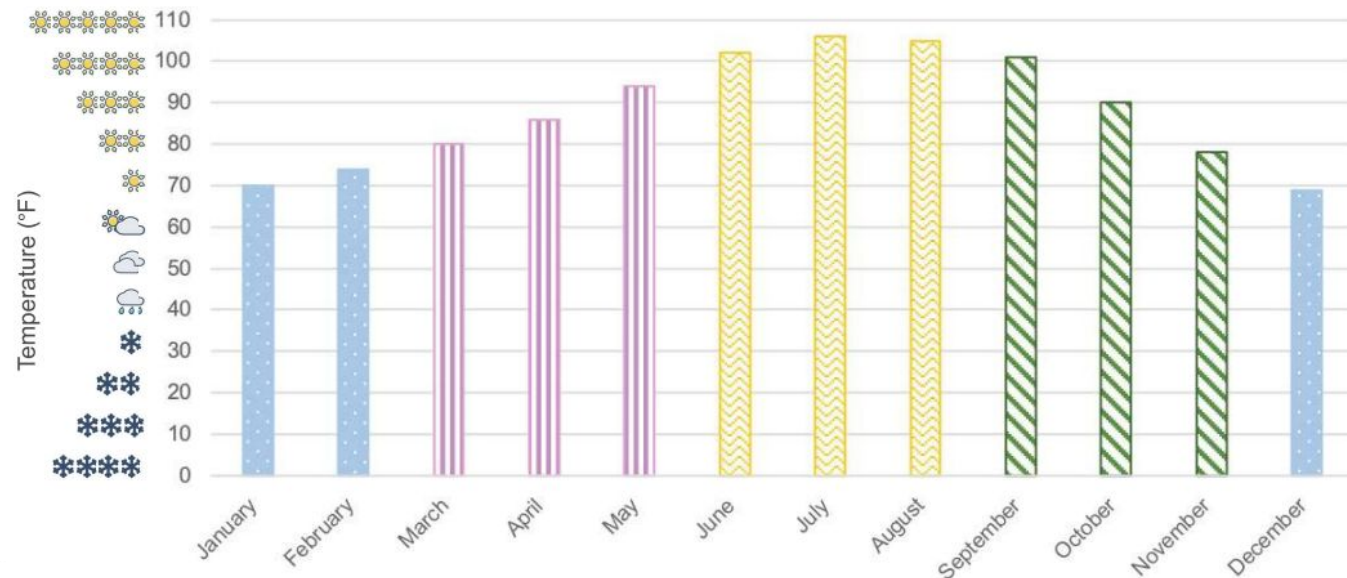
## Lesson 6

### Major Learning Concepts

- Youth should understand that California has many microclimates, which allows a wide-variety of crops and livestock to be grown and produced
- Youth should understand that different regions of California grow and raise different crops and livestock



IMPERIAL AVERAGE TEMPERATURE BY MONTH



# Harvest of the Month

## Harvest of the Month™

Network for a Healthy California

Botanical name: Brassica oleracea



### Rainbow Coleslaw

Makes 12 servings. 1/2 cup per serving.  
Prep time: 15 minutes

#### Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- 1/2 cup chopped yellow or red bell pepper
- 1/2 cup shredded carrots
- 1/2 cup chopped red onion
- 1/2 cup fat free mayonnaise
- 1 teaspoon red wine vinegar
- 1/4 teaspoon celery seed (optional)
- 1/2 cup lowfat Cheddar cheese, cubed

1. In large bowl, combine vegetables
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

Nutrition information per serving:  
Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g,  
Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 2 mg, Sodium 145 mg

## February



Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast					
	1 Cereal Assorted Blueberry Waffles Variety of Fruits	2 Cereal Assorted Power Breakfast * Variety of Fruits	3 Cereal Assorted French Toast Variety of Fruits	4 Cereal Assorted Fruit Yogurt Variety of Fruits	Choice of 1% White Milk or Non-fat White/Chocolate Milk Offered Daily
7 Cereal Assorted Breakfast Sandwich * Variety of Fruits	8 Cereal Assorted Chorizo & Egg Burrito Variety of Fruits	9 Cereal Assorted Power Breakfast * Variety of Fruits	10 Cereal Assorted Biscuit & Sausage * Variety of Fruits	11 Cereal Assorted Fruit Parfait Variety of Fruits	Re-think your Drink.....Choose Water First
14 Valentine's day Lincoln's Birthday	15 Cereal Assorted Mini Bagels Variety of Fruits	16 Cereal Assorted Power Breakfast * Variety of Fruits	17 Cereal Assorted Chicken & Waffles Variety of Fruits	18 Cereal Assorted Fruit Yogurt & D'Stella Healthy Oatmeal Cookie Variety of Fruits	
21 President's Day NO SCHOOL	22 Cereal Assorted Breakfast Burrito Variety of Fruits	23 Cereal Assorted Power Breakfast * Variety of Fruits	24 Cereal Assorted Machaca & Egg Burrito Variety of Fruits	25 Cereal Assorted Fruit Yogurt & D'Stella Healthy Oatmeal Cookie Variety of Fruits	
28 Cereal Assorted Breakfast Burrito Variety of Fruits					Don't Forget!!!! Take at least 1 Fruit or Vegetable
Lunch					
	1 Spaghetti & Meat Sauce Garlic Bread Variety of Fruits & Veggies	2 Chicken Burger Condiments Variety of Fruits & Veggies	3 Oven Fried Chicken Corn Tortillas/Fresh Salsa Variety of Fruits & Veggies	4 Domino's Pizza * Whole Corn Doritos/String Cheese Variety of Fruits & Veggies	5 food groups so that your meal counts as a complete meal.
7 Cheeseburger Lettuce/Tomato/Condiments Variety of Fruits & Veggies	8 Mac & Cheese Dinner Roll/String Cheese Variety of Fruits & Veggies	9 Turkey Sandwich Lettuce/Tomato/Condiments Whole Corn Doritos Variety of Fruits & Veggies	10 Carne Asada Burrito Fresh Salsa/Condiments Variety of Fruits & Veggies	11 Chicken Strips Elf Cinnamon Crackers Condiments Variety of Fruits & Veggies	Menu subject to change due to availability
14 Valentine's day Lincoln's Birthday	15 Turkey Corndog Sunchips/Condiments Variety of Fruits & Veggies	16 Chicken Tamale Fresh Salsa/String Cheese Variety of Fruits & Veggies	17 Lasagna with Ground Beef Garlic Bread Variety of Fruits & Veggies	18 Domino's Pizza * Whole Corn Doritos/String Cheese Variety of Fruits & Veggies	A * symbol marks a menu day containing any PORK products.
21 President's Day	22 Grilled Ham & Cheese Sandwich * Lettuce/Tomato/Whole Corn Doritos Variety of Fruits & Veggies	23 Bean & Cheese Burrito Whole Corn Doritos/Fresh Salsa Variety of Fruits & Veggies	24 Beef Barbacoa Spanish Rice/Corn Tortillas Fresh Salsa/Condiments Variety of Fruits & Veggies	25 Hot Dog on a Bun Condiments Variety of Fruits & Veggies	All Grains offered are Whole Grain Rich
28 Enchiladas Fresh Salsa/Condiments Variety of Fruits & Veggies					NOTE: Meals, foods, and beverages served at our schools, meets state and federal requirements based on the USDA Dietary Guidelines.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs. NOTICE: The data contained within this report and the Nutrition Menu Planning and Nutritional analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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# Harvest of the Month

## Harvest of the Month™

Network for a Healthy California

Botanical name: *Vitis labrusca*



### Great Grape Smoothie

Makes 2 servings. 1 cup per serving.  
Prep time: 5 minutes

#### Ingredients:

- 1 cup seedless grapes
- ¼ cup frozen cherries
- ¼ cup unsweetened frozen strawberries
- ¼ cup orange slices
- ½ cup banana slices

1. Combine all ingredients in a blender. Blend until mixture is smooth.
2. Pour into glasses and serve immediately.

3. **Helpful Hint:** For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake or pie pan. Cover and freeze 1 1/2 to 2 hours until frozen.

Nutrition information per serving:  
Calories 187, Carbohydrate 48 g, Dietary Fiber 5 g, Protein 2 g,  
Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 4 mg



Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>					
Breakfast is available FREE TO ALL students everyday. From 7:00am-8:00am		1 Cereal Assorted Power Breakfast * Variety of Fruits	2 Cereal Assorted Breakfast Burrito Variety of Fruits	3 Cereal Assorted Fruit Parfait Variety of Fruits	Choice of 1% White Milk or Non-fat White/Chocolate Milk Offered Daily
6 Cereal Assorted Mini Bagels Variety of Fruits	7 Cereal Assorted Biscuit & Sausage * Variety of Fruits	8 Cereal Assorted Power Breakfast * Variety of Fruits	9 Cereal Assorted Machaca & Egg Burrito Variety of Fruits	10 Cereal Assorted French Toast Variety of Fruits	Re-think your Drink.....Choose Water First
<b>Lunch</b>					
<b>NOTE:</b> Meals, foods, and beverages served at our schools, meets state and federal requirements based on the USDA Dietary Guidelines.		1 Spaghetti & Meat Sauce Garlic Bread Variety of Fruits & Veggies	2 Beef Crunchy Taco Fresh Salsa Variety of Fruits & Veggies	3 Domino's Pizza * Whole Corn Doritos/String Cheese Variety of Fruits & Veggies	and at least 3 of the
6 Cheeseburger Lettuce/Tomato/Condiments Variety of Fruits & Veggies	7 Oven Fried Chicken Corn Tortillas/Fresh Salsa Variety of Fruits & Veggies	8 Mac & Cheese Dinner Roll/String Cheese Variety of Fruits & Veggies	9 Chicken Mole Spanish Rice/Corn Tortillas Variety of Fruits & Veggies	10 Chicken Burger Condiments Variety of Fruits & Veggies	5 food groups so that your meal counts as a complete meal.
					A* symbol marks a menu day containing any PORK products.
					All Grains offered are Whole Grain Rich

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- The school has a partnership with Farm to School, local business(es), or a farmer's market.\*

### SCHOOL COMMUNITY INVOLVEMENT

- A monthly menu is posted in the main office.
- A menu board with creative, descriptive names for today's featured meal options is located in the main office.
- A monthly menu is provided to students, families, teachers, and administrators.\*
- Information about the benefits of school meals is provided to teachers and administration at least annually.\*
- Nutrition education is incorporated into the school day.\*
- Students are engaged in growing food (for example, gardening, seed planting, farm tours, etc.).\*
- Elementary schools provide recess before lunch.\*
- The school participates in one or more food promotion programs such as Chefs Move to Schools, Fuel Up to Play 60, Share Our Strength, etc.\*
- The school has a partnership with Farm to School, local business(es), or a farmer's market.\*
- Smarter Lunchrooms strategies are included in the Local School Wellness Policy.\*

School Involvement Subtotal \_\_\_\_ of 10

### SMARTER LUNCHROOMS SCORECARD TOTAL

Focus on Fruit	_____	of 6
Vary the Vegetables	_____	of 8
Highlight the Salad	_____	of 4
Move More White Milk	_____	of 5
Reimbursable Meals	_____	of 11
Lunchroom Atmosphere	_____	of 10
Student Involvement	_____	of 6
School Involvement	_____	of 10

Scorecard Total \_\_\_\_ of 60

### AWARD LEVEL



#### Bronze 15-25

Great job! This lunchroom is off to a strong start.



#### Silver 26-45

Excellent. Think of all the kids that are inspired to eat healthier!



#### Gold 46-60

This lunchroom is making the most of the Smarter Lunchroom Movement. Keep reaching for the top!

For Scorecard FAQs visit:  
[SmarterLunchrooms.org](http://SmarterLunchrooms.org)

The asterisk \* indicates items that may need input from other school nutrition staff, teachers, or administration.

Smarter Lunchrooms Scorecard 2.0

© Smarter Lunchrooms Movement, Cornell University 2019  
Funded in part by USDA FNS/ERS



# School Wellness Policy

**CFHL staff can join your School Wellness Committee and recommend policy updates that include Farm-to-School language.**

School District and Nutrition Services will support developing a Farm to School program

- Nutrition Services will develop and implement a plan to integrate local produce into meals served as part of the school meals program. The plan will identify specific strategies and goals to increase the use of local produce.



- School food services will coordinate its menus with seasonal production of local farms so that school meals will reflect seasonality and local agriculture.<sup>21</sup>

food, nutrition, mathematics, science, language arts and the environment.

Sample Farm to School Language for School Wellness Policies from Public Health Law Center & Public Health Seattle & King County and Washington State Department of Agriculture 2013  
Made possible with funding from the Centers for Disease Control and Prevention.

# High School Youth Engagement



## 'A,' as in appetizing

CHS culinary arts class share skills with elementary students



Dool Elementary School students Velasquez, 9, (left) and Veronice Longino, 10, (right) cook French toast on a griddle alongside Calexico High School students during the 4-H Teens-As-Teachers Cooking Academy held Thursday afternoon at Calexico High. PHOTO BY VINCENT OSUNA.

BY VINCENT OSUNA

**C**ALEXICO — The possibility of turning her love for the culinary arts into a career didn't come to the attention of Calexico High School senior Nelly Rodriguez until she was in high school. In her opinion, she should have gotten the notion much sooner. Through the 4-H Teens-As-Teachers Cooking Academy held Thursday, Rodriguez, along with her fellow Calexico High advanced culinary arts classmates, was able to provide Dool Elementary School students an early glimpse into the career possibilities in the kitchen.

SEE CULINARY / A5



Dool Elementary School's Christian Ramirez, 11, (left) smiles as he stirs batter while Calexico High School senior Andrew Yezzer (right) looks at a recipe during the 4-H Teens-As-Teachers Cooking Academy held Thursday afternoon at Calexico High. PHOTO BY VINCENT OSUNA.



California Gov. Gavin Newsom presents his first state budget during a news conference on Thursday, in Sacramento. AP PHOTO/RICH FREDERICK/CELLI

## 10 takeaways from Newsom's \$209 billion budget

BY JUDY LIN AND LAUREL ROSENHALL

CALIFORNIA

SACRAMENTO — Gov. Gavin Newsom presented a \$209 billion proposed budget Thursday, containing \$114 billion in general fund spending and \$95 billion more from bonds and special funds.

It takes off five months of negotiations with lawmakers, who must approve a spending plan by June 15.

Here are the highlights:

**Surplus surprise**

Citing a strong economy and lower-than-expected spending on health care for the poor, California's surplus is even bigger than expected. Newsom announced a projected increase of \$6 billion in extra revenue to \$21.4 billion for the 2019-2020 fiscal year. To put that latter figure into perspective, it's more than the state spends on higher education in a year.

Overall, Newsom's proposed budget would use \$1.4 billion to pay down debt, boost education and health care programs, and tackle housing and homelessness.

**Pension payments**

Following in Jerry Brown's footsteps,







Thank you!





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