

# University of California Agriculture and Natural Resources

Making a Difference for California

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## NUTRITION NEWS

CalFresh Healthy Living, University of California



### HOW TO KEEP THOSE RESOLUTIONS



It's resolution time. Have you decided to make some healthy lifestyle changes? Or are you like most people who say, "Why bother? It's going to be short lived anyway." Read on to find research-backed strategies to help you keep your 2020 resolutions.

#### Refine Your Resolution:

Clearly defined and realistic resolutions that include a specific timeframe are more likely to be maintained than vague aspirations. It's not enough to resolve to be more physically active or to eat better, one needs specifics. Example: I will exercise 30 minutes, 5 mornings a week.

An effective way to make your resolutions more concrete is to use the SMART approach.

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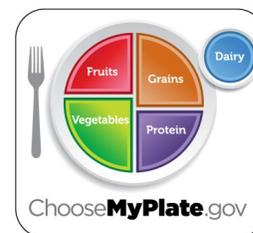
#### Choose Wisely:

Evidence-based approaches should be used instead of popular or fad-based ones. Look for reputable sources such as government, healthcare, and educational institutions for information on healthy behaviors and methods for achieving them.

Aim for sustainable behavior change. Take sensible, incremental steps toward a healthier overall dietary pattern.

When making any type of lifestyle change, the key is to go slowly. The results will be more effective. The goal is to create healthy habits that will last a lifetime.

Winter 2020	
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## HOW TO KEEP THOSE RESOLUTIONS *(CONTINUED)*

### **Be Accountable:**

Holding yourself accountable can be very motivating. Write your goals down in a journal, into a smart phone app, or on a post-it-note stuck to the refrigerator—anywhere you will see them often to keep you focused. Then, share your plan with a partner, friend, or family member, and consider sending them updates.

### **Do What You Enjoy:**

Choose a resolution that you like. You're more likely to stick to dietary changes, if you don't feel deprived. When determining a physical activity, choosing one that you enjoy will make it more likely you'll continue doing it. Also, carefully consider an activity's time and location and how these fit with your current schedule. If participation adds stress to your life, reconsider your choice. Sometimes it takes a few tries to find the right activity for you.

### **Keep It Up:**

Don't let each new January be part of an annual cycle of unrealistic resolutions. As you formulate this year's resolutions, be clear, be SMART, and enjoy each step toward fulfilling those resolutions. Behavior change is more than a once-a-year resolution; it is a lifetime's journey.

Now that you are making healthy lifestyle changes for yourself, why not make them for your classroom? Learn how you can start a new practice such as Books for Birthdays. Check out page 3 for more information. Invite other teachers to follow.



Source: Tufts University Health and Nutrition Letter

## BOOKS FOR BIRTHDAYS

**B**ooks for birthdays is a great way to commemorate students' birthdays, support school wellness policies, avoid food safety and allergy issues, and build classroom libraries. It is a simple change that encourages students to add their favorite book to the classroom library on their birthday instead of bringing treats for their classmates.

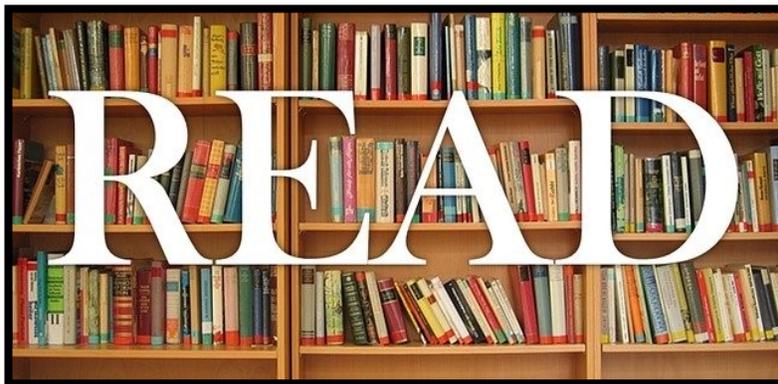
### Why Does it Matter?

Books for birthdays provides a healthy alternative to cupcakes and plastic goodies. Many parents want to (or feel guilty if they cannot) make something special for their child's birthday to share at school. Parents tend to go for high sugar, low-nutrient treats to celebrate these "special occasions." However, on average, there are 32 "special occasions" per year in an elementary school classroom, so these high-sugar, low-nutrient foods have become regular additions to students' diets rather than occasional treats.



### How Does this Work?

- Student picks his/her favorite book. This does not have to be a new book; it can be a well-loved book from home or one purchased from a second hand store.
- They (or their parent) write their name and a brief birthday message on the inside cover.
- The student donates the book to their classroom.
- Many teachers will read the book with the class to celebrate the special day.
- The book will be in the classroom for years to come.



Source: UCCE San Luis Obispo County

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## Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4 to 6 Years Olds

Combines stories and literacy with nutrition education.

## Eating Healthy from Farm to Fork...Promoting School Wellness

A nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits. (K-2nd Grade)

## My Amazing Body - 1st Grade

## Good for Me and You - 2nd Grade

## It's My Choice...Eat Right! Be Active! - 3rd Grade

These curricula promote healthy eating and physical activity. Children will gain skills to practice appropriate healthy behaviors.

## Nutrition to Grow On

A garden-enhanced nutrition education curriculum. Objectives: 1) Teach the importance of making healthful food choices; and 2) improve children's preference for fruits and vegetables by giving them an opportunity to work with the land and grow their own produce. (4th-6th Grade)

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