

University of California Agriculture and Natural Resources

Making a Difference for California

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NUTRITION NEWS

CalFresh Healthy Living, University of California



NUTRITION EDUCATION REVISED



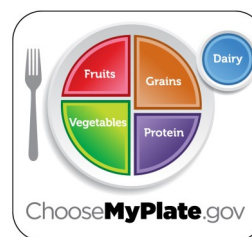
CalFresh Healthy Living, UCCE Placer/Nevada Counties, or as we like to call ourselves, **Let's Eat Healthy!** has been providing nutrition education to students since 2001. The program has evolved over the years to become more comprehensive, but at the core was always in person, hands-on fun, experiential nutrition lessons. I use past tense because times have changed and we are adapting.

Our objectives remain the same:

- Continue to develop and maintain our relationships with teachers, students, and school staff.
- Provide nutrition lessons using evidence-based materials.
- Support our families to maintain healthy lifestyles through wise food choices and physical activity.

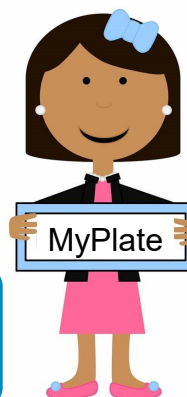


Fall 2020	
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What we will be providing for the 2020-2021 school year:

- Virtual live or recorded book readings in grades kindergarten through third grade
- Short, 12 to 16 minutes recorded nutrition lessons K-5th grade
- Brain break videos
- Virtual school garden tours



*Familiar faces make students feel secure.
We would love to be one of those faces.*

More Resources

Visit our website - **Let's Eat Healthy:**
<http://ceplacer.ucanr.edu>

Find us on Facebook

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SUPPORTING CHILDREN

Kaizer Permanente pediatric infectious disease specialists, Daisy Dodd, MD and David Bronstein, MD, share important advice to keep in mind to support children during this time.

- **Reassure them** – Let them know that generally COVID-19 symptoms are milder in children, and most of the known cases are in adults. Help them understand that safety measures such as social distancing are temporary, but necessary to make sure everyone stays safe.
- **Ask for their help** – Explain that they can keep themselves safe by washing their hands frequently and protecting their coughs and sneezes. Tell them that when they stay safe, they help keep their family, friends, and neighbors safe.
- **Check in daily** – Talk with children regularly. Ask what they're hearing and what questions they have. This is your opportunity to correct any misinformation they have and offer reassurance.
- **Provide structure** – A daily routine can return some normalcy for children, helping them cope with uncertainty and change. Provide a schedule that includes wake-up time, schoolwork, meals, and fun activities throughout the day.
- **Limit media exposure** – Set a specific time each day to watch or read news, being mindful to limit discussion of news reports around children.
- **Model healthy habits by caring for yourself** – You're best able to help your children manage the stresses of this time by keeping yourself healthy and calm. Exercise regularly and remain in regular contact with friends and family to build resilience.



Please share this advice with your parents.

Source: Kaiser Permanente

COOKBOOK CLUB

We've all heard of book clubs, right? What about a Cookbook Club? Get together once a month with a group of friends. Do a video chat and all make one recipe out of a new fun cookbook (or a recipe found online). Everyone cooks "together" and enjoys the meal and each other's company.

Sometimes trying new recipes can be intimidating and cooking with your friends is much more fun than cooking alone. Plus, you can learn from one another! Here are a few key things to keep in mind to make it more fun:

- ☺ Pick a recipe that has lots of color! Hint: fruits and veggies!
- ☺ Pick a recipe that is fun and unique – get out of your comfort zone and spice up the menu a bit!
- ☺ Rotate who picks the recipe and explore all types of cuisines and cooking methods!

If you love to travel and try new restaurants and local cuisines, the idea of a virtual Cookbook Club is a great alternative during this time. Perhaps, you try to recreate one of your favorite entrees from one of your favorite places to visit or challenge everyone to make a dish using a special ingredient.

Have kids and friends with kids? Make it a family affair. Children are more likely to try new foods, if they helped to create the meal.

Virtual Cookbook Club is a nice way to enjoy a healthy meal and spend quality time with friends and family.



Source: *Have a Plant Fruit and Veggies for Better Health*

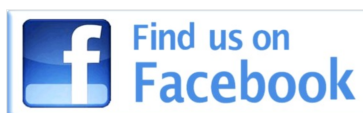
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LetsEatHealthy](http://twitter.com/LetsEatHealthy)

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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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.

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