

PRESCHOOL NUTRITION NEWS

CalFresh Healthy Living
University of California Cooperative Extension
Placer and Nevada Counties

NUTRITION EDUCATION IS BACK!

We are proud to announce CalFresh Healthy Living, UCCE is available to come back to your school to provide in-person nutrition education. Over the course of the next month, we will be reaching out to school administration and staff, and hopefully begin offering in-person nutrition, physical activity, and garden education to students. Listed below is a reminder of the curricula and educational activities we provide to qualifying Placer and Nevada county schools.

We look forward to reconnecting with teachers we've worked with in the past and to meeting new teachers. But most of all, we can't wait to see everyone in person! For those who are still interested, we can provide virtual learning opportunities to your students. Hope to see you soon!

Go Glow Grow (Preschool and TK)

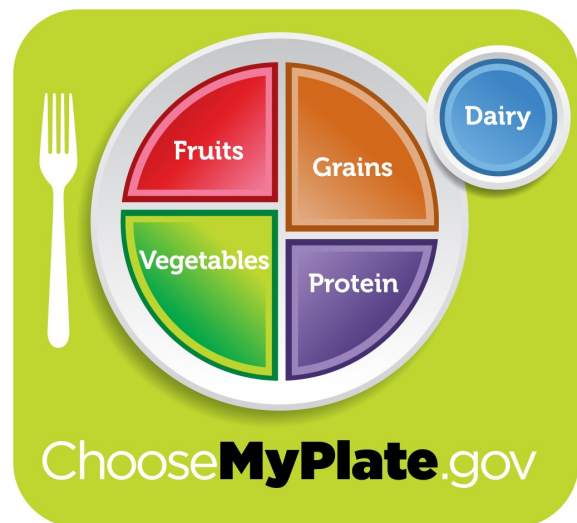
Using the book *Go Glow Grow: Foods for You*, children learn about healthy eating, exercising, and the importance of hand washing.

Happy Healthy Me (Kindergarten)

A nutrition and literacy curriculum designed to provide opportunities for young children to explore nutrition and physical activity concepts in a fun and interactive way!

Coming Soon!

*Preschool
Nutrition News*
is getting an update!
Look for it in an
upcoming email.



University of California Cooperative Extension

UC Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: mafisch@ucanr.edu



Website:
[http://
ceplacer.ucanr.edu](http://ceplacer.ucanr.edu)



<http://www.facebook.com/pages/UC-CalFresh-Nutrition-Education-Program/117228814971510?ref=ts>



<p>Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4- to 6-Year-Olds Combines stories and literacy with nutrition education for Preschool and Pre-Kindergarten.</p>	<p>Go Glow Grow A preschool curriculum that teaches about healthy foods and what they do for the body.</p>
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DAN MACON
County Director
UCCE Placer and Nevada

MICHELE FISCH
Program Supervisor
CalFresh Healthy Living, UCCE Placer and Nevada

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