

Eating Right is Basic



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Kids in the Garden HEAL Project



Second and third graders at Hatch Elementary School in Half Moon Bay have been participating in a “Healthy Eating Active Living” program that involves gardening, good nutrition, and exercise. Supported by a grant from Kaiser Permanente through the nonprofit Coastside Health Committee, six classes of students spend at least one hour each week in the school’s garden growing vegetables and learning about science. Each class works on two raised planter boxes of soil, and the students have grown broccoli, lettuce, carrots, spinach, and peas, among other vegetables. Recently students SOLD school garden-grown rainbow chard to two local restaurants in Half Moon Bay.

Garden Coordinator Kim Borick and Program Coordinator Lisa Hellerich have worked with Cooperative Extension Advisor Marilyn Johns to gain gardening resources and teaching aids, including the gardening and UCCE nutrition curricula TWIGS (Teams With Intergenerational Support).



They are using the *Ziplock Greenhouse* and *Parts of Plants We Eat* lessons from TWIGS, as well as lessons from other curricula that are correlated to California’s academic content standards.

According to Lisa, “Students learn about fitness and nutrition during their time working the soil and on the playground, and that, in turn, helps out teachers. The main focus is to actually tie into the school curriculum. Students learn about science, math, and social studies through the garden”.

According to parent Leslie McCarthy, who has two children in the program, “It’s a holistic vision of trying to lift the spirits, the intellects, and the physical well-being of our children”. The program aims to expand the “farm-to-school” process so that some of the food the children grow can be used in the school lunch program. It is hoped that Hatch’s program will become a model for other schools.

For more information about the program, contact Maureen Perron of the Coastside Health Committee (650) 726-6445.



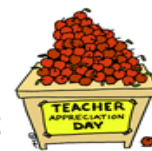
For more information
please contact:

Lisa Yamashiro, R.D.

University of California Cooperative Extension
San Francisco/San Mateo Counties
300 Piedmont Ave., Bldg B, Room 227
San Bruno, CA 94066
TEL: (650) 871-7559 FAX: (650) 871-7399
layamashiro@ucdavis.edu
Website: <http://cesanmateo.ucdavis.edu>

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*“The meaning of life is
to find your gift.
The purpose of life is to
give it away.”*



Year-End Report Forms

To our participating teachers, child care providers, and youth leaders:

Please be sure to return the “End of Year Reporting Form” documenting the estimated number of hours you spent in implementing nutrition education activities this school year. **Our funding depends on getting these forms back from you at the end of each school year, and enables us to provide curricula, resources, training, and support services at no cost.** Thank you for promptly returning this important form. Upon receipt of your form, we will send you additional nutrition education resources, so be sure to send it in today!



The **California Children's 5 A Day - Power Play! Campaign** encourages 9 to 11 year old children to eat 3 1/2 to 5 cups of fruits and vegetables and be physically

active for at least 60 minutes every day. The Campaign works with schools, youth organizations, retailers, and the media to surround children with empowering messages and to create environments in which eating fruits and vegetables and being physically active is both easy and socially supported.

School Idea & Resource Kit: 4th grade edition. Includes 10 classroom activities and student workbooks.

School Idea & Resource Kit: 5th grade edition. Includes 10 classroom activities and student workbooks.

Community Youth Organization Idea & Resource Kit: for 5 to 11 year olds. Includes 20 activities, including physically active games.

These English/Spanish materials are available FREE to eligible San Francisco schools and organizations!

Welcome!

May Woo, R.D., Program Representative

We welcome May Woo, Registered Dietitian, who recently joined our team as Program Representative. She has a Bachelor's degree in Food, Nutrition and Dietetics from UC Berkeley. May is no stranger to the team as she has had previous collaborations with us when she worked at San Francisco Head Start. As the Head Start Nutrition Manager for the past 10 years, she provided nutrition education to diverse groups of children and families. Prior to this, she worked in food service management at St. Mary's Medical Center. We are excited she will continue to focus on nutrition education with UCCE.



Please contact May at maywoo@ucdavis.edu if you would like to arrange a teacher training on any of our curricula, classroom visits for participating teachers, parent nutrition workshops, or special events.



Master Gardener Program is Starting!

Applications are due JUNE 1st!

UC Cooperative Extension is planning to offer the first Master Gardener certification program in San Mateo/San Francisco Counties, slated to begin in September. Katherine Jones, Horticulture Associate, is working on developing the 80-hour training program, which will include basic botany, pest/disease control, and ornamental crops. Upon completion of the course, participants will complete a given number of volunteer hours, activities which could include hosting plant clinics, forming community gardens, or assisting with school or youth organization gardens before earning the title of Master Gardener. Ten current Master Gardeners are providing their volunteer expertise by assisting in the planning. If you would like to become a Master Gardener, please go to our website <http://cesanmateo.ucdavis.edu/Gardening/>, or contact Katherine Jones at (650) 726-9059 Ext. 109.

Kids in the Garden



Gardening Resources



Contact **Seeds of Change** for your seed donations. Depending on availability, they share seeds with organizations that promote education and sustainable living through organic gardening projects. If you are involved in a school, community, or outreach program that could benefit from their donation program, visit their website at <http://www.seedsofchange.com/donations> and submit the order form. They only request postage - \$15.00 per 100 seed packets.

Western Growers Charitable Foundation is offering youth garden grants of up to \$1500 via their Association web site: www.wga.com. Applications are due June 1st with grants only available to schools and organizations in California and Arizona. Check out their web site!

What does research say about the benefits of garden based learning? Check out **California School Garden Network** website: <http://www.csgn.org/research>



Books to Sprout Young Minds

Growing Colors by Bruce McMillan

Color photographs and one-word captions introduce 14 fruits and vegetables and their colors. Each two-page spread has a large, close-up photo of a single fruit or vegetable, the color word to describe it, and a smaller photo of the plant. This book can be used as an introduction to colors and fruits and vegetables for young children., or as a springboard for creative projects for older children such as photography, painting, and learning more about the plant varieties. Ages 3 and up.



Tops and Bottoms by Janet Stevens

Hare tricks the lazy Bear into a deal using his wits. Hare will provide the labor for a wonderful crop on Bear's land, but Bear must choose if he wants to harvest the tops or the bottoms of the plants. This is an excellent book to discuss different types of plants and parts of the plant we eat. Delightful illustrations and a witty text. (Recommended for K-1 as part of UCCE's "Reading Across MyPyramid" curriculum.)

Growing Vegetable Soup by Lois Ehlert

Vivid colors and large, bold print make this simple picture book come alive. Noted author and illustrator Lois Ehlert, takes children through the steps of growing, harvesting, and preparing vegetables for soup. Although simply written for young children, this book can serve as a catalyst for introducing older children to a variety of vegetables and how to make soup. (part of UCCE's "Happy, Healthy Me" curriculum for 4-6 year olds)

The Ugly Vegetables by Grace Lin

When a little girl and her mother dig, plant, and water their garden, they do things differently than the neighbors. When their plants grow, they look different. The little girl thinks their own vegetables are just plain ugly. But when harvest time comes, Mom knows just what to do....Discover the magic that grows in a vegetable garden and find out what might happen if you, too, plant ugly vegetables. (Recommended for grades 2-3 as part of UCCE's "Reading Across MyPyramid" curriculum)

We Love Fruit! and **Vegetables, Vegetables!**

by Allan Fowler and Fay Robinson
Explains types of fruit and vegetable plants and parts, and how they are grown, harvested, and prepared. Contains full color photos and easy to read facts. Ages 4-8.

Grow it Again by Elizabeth MacLeod

Bring your avocado pit and garlic bulbs back to life by growing them again. Turn a snap pea into a vine, an orange into a tree and much more! You can create a garden from last night's dinner, make easy recipes, and decorate your own colorful pots and planters. Illustrated step-by-step instructions make it easy!

FYI . . . Youth FSNEP

The **Youth Food Stamp Nutrition Education Program** is a federally funded program to provide nutrition education to youth who are from families that receive or have applied for food stamps. It is implemented through a joint agreement among the United States Department of Agriculture, the California Department of Social Services, and the University of California Cooperative Extension. We work cooperatively with schools, targeting those with at least 50% of students receiving free or reduced price school lunches, and with child care providers and other organizations serving low-income children in San Francisco/San Mateo Counties.

We simply ask that teachers/extenders provide at least 15 hours of nutrition education in the classroom yearly. By partnering with us, you will reap valuable benefits such as professional development training, nutrition curricula at no cost, tri-annual newsletter, complimentary nutrition/cooking lessons for kids, Family Nutrition Night events, and much more!

May Woo, R.D. provides free on-site training to teachers, providers, and youth leaders to conduct educational activities using any of our curricula. Let us know if you would like your school or agency to benefit from our nutrition education services.



The federally funded **Expanded Food and Nutrition Education Program (EFNEP)** helps limited resource families with young children lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. Our Nutrition Education Program Representatives, **Dana Andrews, Jenny Lam, and Jan McCulloch** are available to provide nutrition presentations for parents in English, Chinese, Spanish, and Vietnamese. We can also send out complimentary nutrition information packets to eligible families through our home-study program. Please contact us to arrange a series of free classes or workshops, or for more information.

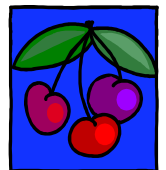


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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

San Francisco/San Mateo Counties
300 Piedmont Ave., Building B, Room 227
San Bruno, CA 94066



Edited by:

Lisa A. Yamashiro, R.D., Program Representative
Marilyn J. Johns, County Director



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