

## Yolo Youth FSNE Program Team



**Marcel Horowitz**  
Program Manager



**Angela Asch**  
Program Coordinator



**Karisa Huie**  
Office Support



### **Food Stamp Nutrition Education Program**

70 Cottonwood Street  
Woodland, CA 95695

Phone: 530-666-8143  
Fax: 530-666-8736

E-mail: [mhorowitz@ucdavis.edu](mailto:mhorowitz@ucdavis.edu)



You have taught them  
to count and color.  
You have taught them to  
share and sing.  
Have you taught them  
how to eat and exercise?

*Fuel their minds!*

We can help you do that.

# Here is How We Can

**Studies show that a healthy diet and plenty of active play increases student achievement**, and that what and how people choose to eat is primarily set in childhood. Your school plays a crucial role in ensuring that your students have the foundation for healthy habits.

**A**nd while I am sure you agree in teaching these concepts, and the importance of proper nutrition and physical activity for developing bodies, you probably feel that you don't have time for one more thing.

**W**e can help.

**FSNE** is a cooperative non-profit program that is sponsored by Yolo County, the State of California, and the United States Department of Agriculture. It is administered through the University of California. Our goal is to help you integrate nutrition education and physical activity into your classroom. Schools that serve a majority of low-income clients qualify for services.

**G**overnment grants provide all of the training and resources you need to help ensure a healthy start for your students. **This means there is no out-of-pocket expense to you, and minimal set-up time for activities.** We do the leg work for you.

**Its free and easy!**



## 4. Keep in Touch

We can either set up a monthly rotation schedule, or a less formal approach, and we will contact you intermittently to schedule a time to refresh your stock of storybooks and activity kits.

In addition to these kits, we can help you with other in-school activities. We offer:

- School-garden support
- Meal planning consultations
- Health focused events
- Training for parents
- Child-friendly recipes
- A resource library for adults
- Healthy incentives for students
- Sesame Street Videos
  - ElmoCize
  - Happy Healthy Monsters
  - Lets Eat! Funny Food Songs
  - Food, Water & Exercise
- Music CD's
  - Shake It Up with Fruits and Veggies
  - Groovin' Foods

**Food Stamp Nutrition Education Program**

## 2. Complete a Form

Because this program is funded by tax money, **verification of your collaboration is mandatory for services**. We must do this twice a year. In addition, we must report general demographic and evaluation information about your classes. Sign and return the included form.

## 3. Schedule Training for Your Staff

If this is a new topic for your teachers, or just a new approach, we can provide trainings for your staff. We will work with your schedule and come to your site. Oftentimes it is most convenient to integrate this into your existing staff meetings, or combine the training with a parent class.

We can provide information and skills on the following:

- Cooking with young children
- Food safety
- The best ways to organize your food service
- MyPyramid/General Nutrition
- Instructional techniques used in the program
- Dental health
- Overcoming picky eating
- How to start a garden
- Staff wellness
- Active classroom ideas



**Still have questions? Call us at 530-666-8143**

# n Help...

**To access our services:**

- 1.** Determine which programs and services you would like to use.
- 2.** Complete a form verifying your agency/school.
- 3.** Contact us and let us know if and when you would like a training for your staff.
- 4.** Keep in touch, so that we can replace activities when you are ready for new ones.



**Still have questions? Call us at 530-666-8143**

# 1. Determine which materials

Our preschool program is a literacy-based nutrition curriculum that centers on storybooks. Books are delivered for your use along with activity kits. These kits include instructions and supplies so that you can conduct an activity that supports the content of the storybook. All materials support Kindergarten readiness standards. Books indicated with an (S) are available in Spanish. You can select a few, or schedule to receive them all throughout the year.

## Storybooks and kits:

### General Food Knowledge

- Bread, Bread, Bread
- Handas Surprise
- Kiss the Cow
- Pete's a Pizza

### Content Knowledge

- (S) Alphabet Fiesta
- Beastly Feast
- Feast for 10
- Lunch
- The Very Hungry Caterpillar

### Dental Health

- (S) Taking Care of My Teeth
- Those Icky Sticky Smelly cavity-Causing but... Invisible Germs

### Active Play and Exercise

- Bearobics
- Can You Move Like an Elephant?
- (S) We Like to Move

### Food Safety

- Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs
- Wash Your Hands

### Agriculture & Gardening

- Farmers Market
- Growing Vegetable Soup
- Milk: From Cow to Carton
- Tops and Bottoms

### Cooking

- (S) The Tortilla Factory

### Picky Eating

- (S) Bread and Jam for Frances
- Green Eggs and Ham
- I Will Never Not Ever Eat a Tomato
- Two Eggs, Please



Still have questions? Call us at 530-666-8143

Food Stamp Nutrition Education Program