



# Fuel Their Minds

Ideas for Better Eating and Active Play with Children



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## Funding for Schools-Health & Physical Education

Did you know President Obama signed the *Every Student Succeeds Act* (ESSA) into law in December 2015? This act replaces the



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formally known *No Child Left Behind* act as the federal education legislation that funds and provides the framework for elementary and secondary education in the U.S.

School health and physical education have been included in ESSA and as a result, states and school districts **will have access to funding for health education and physical education programs.**

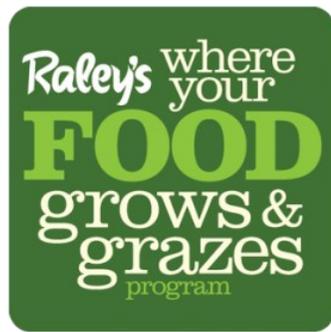
### Here are some quick facts about the *Every Student Succeeds Act*.

- \* School health and physical education are identified as a part of a student's "well-rounded" education.
- \* School health, physical education and physical activity programs will have access to significant funding under Title IV of ESSA. Block grants will be distributed to states under the Safe and Healthy Students program. **School districts and schools will apply to their state department of education for funding** for a wide range of safety, health and physical education programs.
- \* Funding previously allocated to school districts through the Carol M. White Physical Education Program from the U.S. Department of Education will no longer exist. The funding available in the block grants through Title IV will replace the PEP grant funding in 2017.
- \* School districts will be able to access funding from Title I, Title II and Title IV through their state department of education. The process for accessing these funds is still being developed by Congress and the U.S. Department of Education.

### Next Steps to Consider:

1. Begin formulating your needs and plan for health and physical education programs. School districts will have to complete new plans for the allocation of federal funds from ESSA.
2. Begin communicating the importance of funds for health, physical education with school, district and state administrators.
3. Access the SHAPE America website at [www.shapeamerica.org/advocacy/essa](http://www.shapeamerica.org/advocacy/essa) for updates from Congress and the U.S. Department of Education.

## Down on the Farm Field Trips



Local organizations and businesses across the Sacramento area, such as Raley's, are taking a new and exciting approach when it comes to promoting Farm to Fork.

**Raley's Where Your Food Grows and Grazes** is a program that **offers an all-inclusive field trip** for qualifying classes. This program strives to connect children with local food producers. Many children do not know where fresh food comes from, so the program takes them to the source—the ranches that grow the food we eat and introduces them to Sacramento's Farm to Fork movement.

The field trip includes a visit to a local Raley's store to learn about fresh food in the grocery store. In addition, through a partnership with California Rangeland trust, will provide a field trip to local cattle ranches offering hands-on learning activities in agricultural education, conservation, nutrition, and healthy lifestyles.

When children experience a farm or ranch, it enriches the connection communities have with fresh, healthy food and local food producers.

**The field trips are free to students and educators.** For more information, visit your local Raley's store or [www.raleys.com/give](http://www.raleys.com/give)

## Breakfast Cobbler Recipe

*This fruity breakfast cobbler is a great way to fuel up and reenergize the body! Try this colorful and budget friendly breakfast with your students!*

Recipe Serves: 4

### Ingredients

- 2 medium peaches, sliced (or 1 (15-ounce) can sliced peaches in natural juices, drained)
- 1 (15-ounce) can pear halves in natural juices, drained and sliced
- ¼ teaspoon almond or vanilla extract
- ¼ teaspoon cinnamon
- ¾ cup granola with raisins
- ¼ cup low-fat plain yogurt (optional)



Recipe adapted from: Kids...Get Cookin' Network for a Healthy California, 2009

### Directions:

1. Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and dollop a small spoon of plain yogurt over the warm mixture before serving.





**OPT-IN FOR TEXT REMINDERS ABOUT FOOD DISTRIBUTIONS. SELECT FROM THE LOCATIONS BELOW.**



# Gardening with Kids



**FREE** workshop at Grace Garden will cover planning, preparing the soil, planting, watering and harvesting. Gardening with children can be creative and fun. Bring your kids, grandchildren and neighbors for a great learning experience.

Saturday, May 14, 2016, 9 to 10 a.m.  
United Methodist Church, 1620 Anderson Road,  
Davis, CA 95616

Presented by UCCE Master Gardeners-Yolo County. For more information, contact 530-666-8737. [mgyolo@ucanr.edu](mailto:mgyolo@ucanr.edu)



## Summer Reading Programs

Invite your students to continue reading throughout the summer by promoting the Yolo County Library's program called *Read for the Win!* Children that participate in summer reading programs enhance their reading skills by improving fluency, vocabulary and comprehension.



### What?

Join Yolo County Library in celebrating sports and achievement during this year's Summer Reading Program - Read for the Win! The program includes free reading clubs, exciting events and great prizes for all age groups-youth & adults. To be eligible for a chance to win a prize, read at least 5 books! Not sure what books to read this summer, check out your local branch for ideas.

### When?

Read for the Win! is from June 1st through August 15th 2016.

### How?

To register or receive more information on Read for the Win!, visit your local library branch in person starting June 1st.

*All library programs and events are free and generously sponsored by Yolo County Library Friends groups.*

# Activity Kits Free From the University of California

You can help impact childhood obesity, fitness, and malnutrition. Local, state, and federal initiatives (and funding) urge a coordinated approach to addressing these issues. The University of California has prepared **activity kits** to help you teach nutrition, health, and physical activity concepts to your children, while integrating math, language, and science concepts that address CDE standards.

**These lessons come “ready-made”** with all of the materials to teach a fun and interactive lesson. The curriculum was developed by the University of California.

**We will bring the materials to you, free of charge.** We can provide trainings and additional resources to increase your confidence in these topics. We can also plan classroom food-themed cooking clubs, special events, and other fun sessions.



**ANR NONDISCRIMINATION AND AFFIRMATIVE ACTION POLICY STATEMENT FOR UNIVERSITY OF CALIFORNIA PUBLICATIONS REGARDING PROGRAM PRACTICES - July, 2013**

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), as well as state military and naval service. This policy is intended to be consistent with the provisions of applicable state and federal laws and University policies. University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities. In addition, it is the policy of the University and ANR to undertake affirmative action, consistent with its obligations as a Federal contractor, for minorities and women, for persons with disabilities, and for covered veterans. The University commits itself to apply every good faith effort to achieve prompt and full utilization of minorities and women in all segments of its workforce where deficiencies exist. These efforts conform to all current legal and regulatory requirements, and are consistent with University standards of quality and excellence. In conformance with Federal regulations, written affirmative action plans shall be prepared and maintained by each campus of the University, including the Division of Agriculture and Natural Resources. Such plans shall be reviewed and approved by the Office of the President and the Office of the General Counsel before they are officially promulgated. Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie

## CONTACTS



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**Marcel Horowitz**

Fuel Their Mind Nutrition Newsletter Enclosed



“Our mandate as a land grant institute ties us to the welfare, development, and protection of the state's land, resources, and people. Our mission is to develop and extend the use of research-based knowledge to improve specific practices and technologies.”  
Funded by USDA's Supplemental Nutrition Assistance Program and University of California Cooperative Extension, The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 1-877-847-3663.

UNIVERSITY of CALIFORNIA  
calFresh Nutrition Education

UCCE Yolo County  
70 Cottonwood Street  
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# Fuel Their Minds Parent Corner

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## Learning to Eat

We all have to learn to eat. We learn from our families first, and then the different communities we participate in (like school, clubs, church, or friends). These communities effect how we eat, how much we eat, and what we eat. Babies are not born knowing what to eat; the adults that care for them shape their food and taste preferences. Eating takes practice, too. From bottle or breastfeeding, to spoon feeding, to children feeding themselves, practice and time are the keys. Knowing this means that we can start children off on the right path, a healthy path. Introducing vegetables early and often helps children develop a liking, and eventually a love of vegetables. Children's tastes also change over time, so be patient. Children need to be exposed to a new food up to 15 times before they eat and accept a new food. Picky eating **can change**, if parents help children learn how to explore new foods with patience, acceptance, and love.

### What can you do?

- Let children play: smelling, touching, playing with, and tasting new foods. This lets them discover the foods for themselves.
- Cook together: young children can stir or mash foods, rinse fruits and vegetables, fill glasses with water. Older children can cut and prepare dishes like salads, pasta, and sandwiches. Teenagers can do all of the meal preparations.
- Pick a new food: as a family try a new fruit or vegetable together. Include that new food in the meals during the week.
- Model healthy eating: if parents are eating fruits and vegetables, children are more likely to follow.
- Garden together: planting herbs in a pot or vegetables in the ground lets children experience foods in new ways while also learning about how and where food comes from.
- Start small: plan for one meal a week if eating together is new routine. Pick a day and meal that is less stressful. Maybe breakfast on Saturday morning or dinner on Sunday night?
- Try foods in new ways: broccoli served fresh, steamed, roasted or dipped in ranch may excite children enough to try a new vegetable because it looks, smells, and tastes different than the last time it was offered.
- Let children decide how much to eat: Forcing children to clean their plates leads to overeating and then they no longer listen to their own bodies.
- Think of the long term goal: raising a healthy eater. Focus on offering healthy foods everyday and children will eventually master eating healthy foods too.
- Accept: that children will have their own favorite foods, some children will love broccoli while others will love cauliflower, everyone is different and that is okay.
- Get creative: share new recipes with friends, ask others for help, add fruits and vegetables to smoothies, soups, and salads to expose children to new ways of eating foods.



Time is needed to master a new skill. When children are learning how to brush their teeth or tie their shoes, practice and time are important. This same concept applies to food and eating. Think back to your childhood, there are foods that you eat now that you did not eat as a child and vice versa. Bargaining, bribing, or arguing about food only makes children more unwilling to try new foods. Make mealtime a pleasant and inviting place to be where the family can come together and enjoy food and conversation. Eating together and sharing a meal is a form of love, make it enjoyable.

Article adapted from First Bite by Bee Wilson and [www.chopchopmag.org](http://www.chopchopmag.org)



## Aprendiendo como comer

Todos tenemos que aprender como comer. Nuestra familia nos enseña primero y después nuestra comunidad nos enseña también. Estas comunidades afectan como, cuanto, y que comemos. Los bebés nacen sin el saber de qué comer; las personas que los cuidan influyen sus preferencias en las comidas y sabores. Comiendo requiere práctica. Tiempo y práctica son las claves para amamantamiento, la alimentación con biberón, alimentación con cuchara, y la habilidad de comer independientemente. Sabiendo esto, podemos luchar a que los niños empiezan con pasos correctos, pasos saludables. Los niños van a poder acostumbrarse y enamorarse con verduras si se los presentamos temprano. La habilidad de probar comidas con la boca cambia con tiempo, tenga paciencia. Puede tomar hasta 15 veces de ver, tocar, y oler una nueva comida para que los niños lo aceptan y se los comen. Los padres pueden ayudar a que sus niños no se crecen quisquillosos. **Si los pueden cambiar.** ¿Como? Pues solamente requiere aprender como explorar nuevas comidas con paciencia, una mentalidad abierta, y con amor.

### ¿Qué puede hacer usted?

- Deje que sus niños juegan: Oler, tocar, jugar, y probar nuevas comidas. Esto les da la oportunidad para explorar sus comidas.
- Cocinan juntos: Niños chiquitos pueden mezclar ingredientes, lavar frutas y verduras, y llenar vasos con agua. Niños más grandes pueden cortar verduras y combinar ingredientes para ensaladas, pastas, y sándwiches. Adolescentes pueden ayudar con toda la preparación de comidas.
- Escoger una comida nueva: Prueba una nueva fruta o verdura entre familia. Incluye este nuevo ingrediente en las comidas de la semana.
- Usted mismo enséñele a su familia que es la alimentación saludable: Si los padres se comen sus verduras y frutas, sus niños seguirán esos pasos.
- Trabajen en la jardinería juntos: Sembrando hierbas en una maceta o verduras en la tierra ofrezca experiencias nuevas con comidas y también ofrezca educación sobre el origen de la comida.
- Empieza con pasos pequeños: Si su familia no está acostumbrada a la rutina de comer juntos, empieza con solo una vez a la semana. Escoge un día y plato que les parece fácil. ¿Talvez desayuno el sábado o cena el domingo?
- Pruebe comida en formas nuevas: Brócoli fresca, cocinada al vapor, asada o con aderezo puede animar a los niños a probar su comida. Va parecer, oler, y tener un sabor diferente al pasado.
- Deje que los niños deciden cuanto comer: No deben obligar a que los niños se comen toda lo comida en su plato. Esto los acostumbre a comer en exceso e ignorar los mensajes del estómago.
- Piense en lo largo: Usted está criando un niño que come saludablemente. Procure ofrecer frutas y verduras todos los días y sus niños podrán mantener estos hábitos saludables.
- Acepta y respeta: Los niños van a tener sus comidas favoritas. Hay niños que les encantaran el brócoli y hay niños que piden la coliflor, todos son diferentes y esto no debe parecer problemático.
- Sea creativa: Comparte recetas nuevas con amigos, pide ayuda, agréguele frutas y verduras a sus batidos, sopas, y ensaladas para seguir ofreciendo comidas en nuevas maneras a sus hijos.



Si se necesita tiempo para lograr una nueva habilidad. Cuando los niños empiezan aprender como amarrar sus cintas o cepillar sus dientes, tiempo y practica son claves importantes. Esto también se necesita cuando empiezan aprender como comer. Recuérdese de su niñez, hay comidas que comes ahora que no comías en esos tiempos y viceversa. Negociando, sobornando, y discutiendo comidas nuevas solamente impide a que sus niños prueban estas comidas. Envite sus niños a comer en un espacio seguro y agradable donde la familia se junta para platicar y disfrutar de la comida. Comiendo juntos y compartiendo comida es un tipo de amor, disfrútelo.