



Fuel Their Minds

Ideas for Better Eating and Active Play with Children

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New Nutrition Facts Food Label: What You Should Know!

A nutrition facts label provides key information that can be used to make healthier food and beverage choices. It is important to know that the U.S. Food and Drug Administration (FDA) recently updated the Nutrition Facts Label requirements for food manufacturers. The new label reflects the current 2015-2020 Dietary Guidelines for Americans that you received in the January newsletter .

The nutrition materials loaned to your class will be updated with the new labels within the next year, along with any supplemental food packages. Knowledge is power and we want you to be ready for the changes so that you can continue to empower your students and their families to make healthier choices!

The key changes to look for are:

Serving Size:

The listed “Serving Size” has been updated to reflect the amount of that food or beverage Americans would typically serve themselves, which has increased in recent years. (A common misunderstanding is that the listed serving size is a recommended serving amount, which is not true.) Since our serving and portion sizes have increased, a new label will help us understand the actual amounts of calories and nutrients we are eating! The serving size is now in bolder, larger font which will make it easier to see and use.

Calories:

The calorie font is larger and bolder. Encourage your class to remember that food is fuel! The energy in the foods we consume should be expended daily through our physical activity, thinking, and growing.

Fats:

Nutrition experts have learned that the type of fats we eat are more important than the amount of fat we eat. Remind your students that it is recommended we eat foods with less saturated (animal) fat by shifting our choices to unsaturated (plant) fat. An example is using less butter and more oil when cooking. This small shift can help decrease the risk of heart disease.

Added Sugars:

The new label will tell us the amount of “added sugar” in our food, which by subtracting from the total amount of sugar, tells us how much sugar is naturally found in the food. Added sugars are ‘added’ to foods by manufacturers during processing and can significantly increase the total amount of calories in the foods we eat or drink daily. Help students understand that it is important to look for less added sugar when comparing labels. Always encourage them to eat more fruits and vegetables and 100% juices, which contain only natural sugars!

Nutrients: Vitamin D & Potassium:

The new label is now required to list amounts of Vitamin D and Potassium per serving. We are encouraged to eat more foods that contain these vital nutrients to build strong nerves, muscles, and bones!

Footnote:

The Percent Daily Value (%DV) better explains how much of a nutrient is in one serving of a food (not necessarily a recommended amount). On food labels, daily value percentages are based on a 2,000-calorie per day adult diet. Most women need about 1,600 calories per day, while most school-age children need 1,700 calories.

| Nutrition Facts | |
|--------------------------------------|------------|
| 2 servings per container | |
| Serving size 1 1/2 cup (208g) | |
| Amount per serving | |
| Calories | 240 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 430mg | 19% |
| Total Carbohydrate 46g | 17% |
| Dietary Fiber 7g | 25% |
| Total Sugars 4g | |
| Includes 2g Added Sugars | |
| Protein 11g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 6mg | 35% |
| Potassium 240mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Adapted from www.fda.gov

How to Present Fruits & Vegetables to Students

Teaching a lesson on fruits & vegetables can be more hands-on than you think! The health and nutrition benefits of their consumption are typical topics, but getting to the basics of what fruits and vegetables are, where they come from, and how to eat them are more important!

When introducing students to fruits and vegetables in the classroom, using real-life examples is most effective. Students will be the more engaged in the learning process and more likely to try a new food if they can touch it themselves.

Teaching Tips when introducing fruits & vegetables:

- Use real fruits and vegetables if possible. Plastic models can work in a pinch.
- Have your class identify the names of the fruits and vegetables.
- Ask students to describe each food by its physical attributes and classify which part of the plant it grows from - flower, stem, leaves, or roots.
- Discuss the fruit or vegetable's source. Does it grow on a tree, a vine, or in the ground?
- Conduct in-class tastings! Teach students how to properly wash, slice, and prep the food for cooking/serving and show them what the food looks like in multiple forms - raw, sliced, cooked, frozen, dried, or juiced.



Adapted from www.learnnc.org

Free Food Distributions for Students & Families

Fresh produce distributions provide students and their families with year-round access to healthy foods, including summer! Families in need of food assistance can attend weekly distributions in Yolo County to receive fruits, vegetables, bread and dairy. Fresh produce distributions are available to everyone, just bring your own bag.

WEEKLY DISTRIBUTIONS:

Woodland Locations

[Eat Well Yolo @ Yolo Food Bank](#)

Fridays: 6:45- 8:00am.

1244 Fortna Ave. (distribution is next to the warehouse, located behind the Food Bank office)

[Eat Well Yolo @ Woodland Community & Senior Center](#)

Tuesdays: 9:30-10:00am.

2001 East St. (distribution is on the North side of the building)

West Sacramento Location

[Eat Well Yolo @ West Sacramento County Building](#)

Wednesdays: 9:00-9:45am

500 A-Jefferson Blvd. (distribution located in Community Room 1)

["Lunch at the Library" @ Arthur F. Turner Community Library](#)

Tuesdays, Wednesdays, & Thursdays: 12:00-1:00 pm.
1212 Merkley Ave.

*provides free lunch and activities to youth ages 6-17. Registration is necessary.

Davis Location

[Davis Korean Church](#)

Fridays: 1:00 - 2:00pm.

603 L Street



BI-MONTHLY DISTRIBUTIONS:

Eat Well Yolo @ Family Resource Centers:

This produce distribution program operates twice per month through Yolo Family Resource Centers at nine locations located in Winters, Esparto, Davis, Clarksburg, Knights Landing, Yolo, and Arbutle (serving Dunnigan).

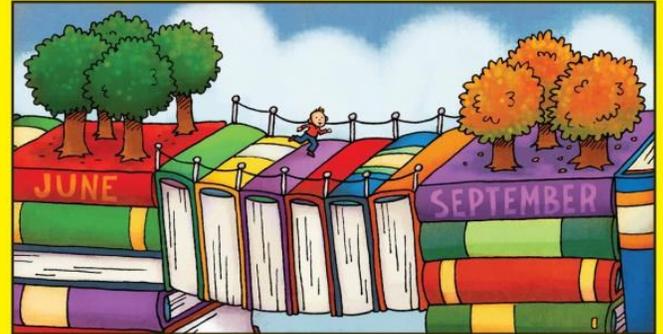
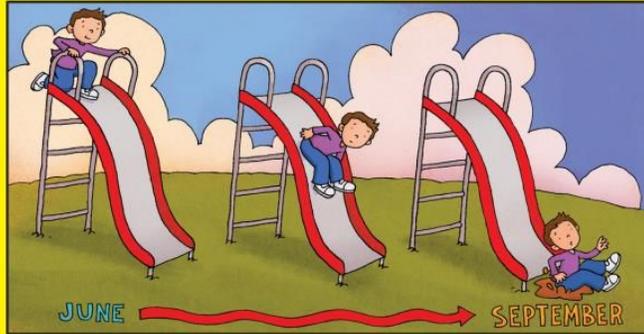
To view bi-monthly distribution schedule visit yolofoodbank.org.

*You can also receive **TEXT REMINDERS** about food distributions! **Text the key word for your location to 888777.**

| Location | Keyword |
|------------------------------|---------|
| Woodland | OLIVE |
| West Sacramento & Clarksburg | GRAPE |
| Winters | ALMOND |
| Davis | TOMATO |

Adapted from www.yolofoodbank.org & www.211yolocounty.com

WHY SUMMER READING IS IMPORTANT



Prevent 'Summer Slide'... Build a Bridge!

Did you know that children who don't read during the summer can lose up to two months of learning by the time they return to school in the fall? Prevent this summer learning slide and encourage your students to stay on-track by reading over summer break.

Children who participate in summer reading programs and read a minimum of 6 books over the summer score higher in reading AND math when they return to school!

Urge students to join the Yolo County Library in celebrating science, technology, engineering, art, and math during this year's Summer Reading Program 'Reading by Design.' The program includes free reading clubs, exciting events and great prizes for all age groups. Win a prize for signing up and participating in reading activities, and enter for a chance to win the grand prize!

*Students can sign up by visiting their local branch in person or online at yolocounty.org

Adapted from www.yolocounty.org/general-government/general-government-departments/library/summer-reading-program/summer-reading-program-for-kids

Sharpen Students' Minds- Take a Break!



Are your students becoming more inattentive as the school year comes to a close?

Take a 3-5 minute break in the middle of class to get everyone energized and moving, and reel them back into learning in the process! Research has shown that short bouts of physical activity can help with attention, memory and cognition.

Whether you choose stretching, calisthenics, or dance breaks, you'll get everyone motivated to move more and have a little fun! Need a new idea for a brain break? Keep a deck of playing cards nearby and try your hand at this easy physical activity break for your students!

"Play Cards:" Using a standard card deck, assign an activity to each of the four suits (e.g. jumping in place, dancing, sit-ups, squats, etc.). Write it on the board for students to follow along. Pass out a card to each student and yourself, and complete that suit's activity for 20 seconds. Each of you will then pass your card to your neighbor and repeat for five passes. Add a twist: perform the activity the number of times designated on the card!



Adapted from www.fueluptoplay60.com

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 universities throughout the nation.

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.



“Like” ‘UC-CalFresh Nutrition Education Program, Yolo County’ on Facebook to receive nutrition and wellness tips for you and your classroom daily!



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.



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Do you have a question regarding food or nutrition? Ask our Nutrition Educators by emailing ceyolo@ucdavis.edu.



Fuel Their Mind Nutrition Newsletter Enclosed

“Our mandate as a land grant institution 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



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