

# Fuel Their Minds

## Ideas for Better Eating and Active Play with Children

70 Cottonwood St. Woodland, CA 95695

[www.yolonutrition.ucanr.edu](http://www.yolonutrition.ucanr.edu)

### Attack Obesity Rates: Improve Drinking Water Access in Schools

Overweight and obesity among school-age children is a national epidemic. Recent California data highlights that obesity rates among 10-17 year-olds has climbed to 15.1%. Research shows that consuming water in place of sugar-sweetened beverages and juice can help combat obesity, since such beverage substitutions result in lowered caloric intake. One school-based strategy to fight the obesity epidemic and improve long-term health outcomes is to encourage an increase in the consumption of water. In addition to the positive nutritional impact, proper hydration can also improve academic and physical performance.



On September 30, 2010, the Governor added the following provisions under California Education Code (EC) Section 38086: "School districts are required to provide access to free, fresh drinking water during meal times in school food service areas including, but not limited to, areas where reimbursable meals under the National School Lunch Program or School Breakfast Program are served or consumed." Providing water outside of meal times, throughout the day, and in afterschool settings is also a priority.

**Barriers to Water Access:** A 2009 survey of more than 200 school districts revealed three main reasons students did not access free water at schools where it was available:

- The water in the fountains or dispensers is not cold.
- Schools do not have enough water fountains for the number of students.
- Water fountains or dispensers are poorly maintained.

**Increasing Access to Water:** The California Department of Education encourages school districts to consider a proactive approach to expanding access and increasing water consumption by both students and district staff. The most important way to encourage increased water consumption is to have free, fresh drinking water readily available and accessible! Districts will want to consider the short and long term facility, maintenance, cost, and environmental impacts of how they provide water to students. Here is a list of best practices to encourage increased water consumption at your school:

**\*Provide or Plan for Chilled/Filtered Drinking Stations:** Providing refrigerated water stations (also known as hydration stations or water jets) that dispense cold, fresh, and often filtered water that can quickly fill a cup or a reusable water bottle. These stations are typically located in the cafeteria, near school entrances, or on playgrounds, where students are most likely to be thirsty and seek water. If such stations are beyond the district's current means, consider including these improvements in the school's long term school modernization plans as a worthwhile investment.

**\*Provide Water Dispensers in the Cafeteria/Classrooms:** Another alternative to installing a water station is placing large containers of chilled tap water in the cafeteria and individual classrooms. Some schools fill large dispensers with fresh drinking water and place them in refrigerators overnight. In the morning and at lunchtime, they move the water dispensers into food service areas and classrooms.

**\*Maintain School Site Water Fountains:** Ensure that all water fountains on school grounds are operating properly and are cleaned daily. This includes verifying that there is enough water pressure in the fountain to maintain an adequate stream of potable, preferably chilled, water for drinking. Depending upon the school size, fountains alone may not be an adequate source of drinking water. In such cases, school districts will want to consider additional water sources. If your district is modernizing existing schools, work with your district facility staff early in the planning stages to identify ways to provide new drinking fountains and refurbish existing ones.

#### Strategies for Schools & Teachers to Encourage Water Consumption:

- Incorporate the availability and health benefits of consuming water in the morning school announcements and within your lesson plans!
- Make water more enticing by serving infused water at class parties and back-to-school nights. Utilize leftover fruits, vegetables, and herbs from the cafeteria or school garden.
- Peer-to-Peer Marketing: Design a poster contest with students. Post the entries around the school campus.
- Model healthy beverage consumption by drinking plenty of water yourself!

\*Compliance with this law will be a district-wide responsibility. Districts may want to develop an implementation plan that includes input and participation from facility planning and maintenance, food service, parents, school administration, and even students!

\*Providing water to children is very important; however, there may be concerns about the safety of water in your community or schools. We recommend that you work with your community and local water district to address any concerns about water quality before providing tap water routinely.

<http://www.cde.ca.gov & waterinschools.org>

## Reduce the Risk of Foodborne Illness: “Clean, Separate, Cook, and Chill”



A critical part of healthy eating is keeping foods safe. Teachers can reduce contaminants and keep food safe to eat by following safe food handling practices in their classrooms. Four basic food safety rules that can help keep yourself and your students safe are “Clean, Separate, Cook, and Chill!” These rules are necessary for classroom parties, taste tests, and afterschool fundraising events where food is being prepared, served, or stored.

### CLEAN

1. Wash hands with soap and warm water. Make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. Use a paper towel to turn off the faucet.
2. Sanitize surfaces: surfaces should be washed with hot, soapy water. A solution of 1 Tablespoon of unscented, liquid chlorine bleach per gallon of water can also be used.
3. Clean sweep refrigerated foods once a week: throw out refrigerated foods that should no longer be eaten.
  - **Cooked leftovers should be discarded after 4 days**
  - **Raw poultry and ground meats, 1 to 2 days.**
4. Rinse produce: Rinse fresh vegetables and fruits under running water before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside of the produce to the inside.

### SEPARATE

5. Separate foods when shopping: Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your site’s refrigerator.
6. Separate foods when preparing and serving:
  - Always use a clean cutting board (and knife) for fresh produce and a separate one for raw seafood, meat, and poultry.
  - Never place cooked food on the same plate or cutting board that previously held raw food.

*Adapted from [www.fda.gov](http://www.fda.gov)*



### COOK AND CHILL

7. Use a food thermometer when cooking to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.
8. Cook food to safe internal temperatures:
  - Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a minimum of 145 °F.
  - Cook all raw ground beef, pork, lamb, and veal to at least 160 °F.
  - Cook all poultry, including ground turkey and chicken, to at least 165 °F.
9. Keep foods at safe temperatures:
  - Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above.
  - **Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours** (1 hour if the temperature was above 90 °F). This means left out food must be thrown away after a couple of hours. **Be sure to store food as soon as you are done eating!**

## How to Prevent Bullying in your Classroom

Schools are a primary place where bullying can happen. Helping to establish a supportive and safe school environment where all students are accepted is key in preventing bullying and making sure all students are able to learn and grow. Safety starts in the classroom. Students should also feel and be safe everywhere on campus—in the cafeteria, in the library, in the restrooms, on the bus, and on the playground. Everyone at school can work together to create a climate where bullying is not acceptable.

### Tips to Create a Safe and Supportive Environment in your Classroom:

- Establish a culture of inclusion and respect that welcomes all students. Reward students when they show thoughtfulness and respect for peers, adults, and the school.
- Create ground rules: Develop rules with students so they set their own climate of respect and responsibility.
- Use positive terms, like what to do, rather than what not to do.
- Be a role model and follow the rules yourself. Show students respect and encourage them to be successful.
- Make expectations clear. Keep your requests simple, direct, and specific.
- Try to affirm good behavior four to five times for every one criticism of bad behavior.
- Use one-on-one feedback, and do not publicly reprimand.
- Hold classroom meetings: provide a forum for students to talk about school-related issues beyond academics. This can help teachers stay informed about what is going on at school and help students feel safe and supported.



*Adapted from [www.stopbullying.gov](http://www.stopbullying.gov)*

## K-6 Tours at California State Fair Farm- Start planning your spring Field Trip!



Hoping to plan a field trip for your students next spring? Do you want to teach them about where fresh produce comes from?

The California State Fair Kaiser Permanente Farm is a great way to mobilize interest for young minds to pursue a career in agriculture and contribute to our bountiful state by sustaining the industry.

The Farm also seeks to engage young students in a discussion about food and nutrition, knowing that once students touch and taste the Farm produce, they are more likely to eat fresh fruits and vegetables!

### Booking Information:

- Farm Tours are offered to students grades K-6 for 6 weeks every spring.
- Tours are held on Tuesdays, Wednesdays & Thursdays from 9:30a.m.– 11:00 a.m. and 11:40 a.m.– 1:10 p.m.
- A minimum of 25 students per tour is required.

### Farm Tours Include:

- 5 interactive learning stations including: California agriculture, seeds, crop growing and innovations in farming, soil and worm composting, and tasting farm fresh produce.
- Free parking and easy access to tour location
- Seating areas for lunch
- Knowledgeable and friendly staff

\*School must provide transportation for students. Inquire for spring dates at [www.castatefair.org/farmtours](http://www.castatefair.org/farmtours). Pricing for tours may vary. For more information contact [farm@calexpo.com](mailto:farm@calexpo.com) or call 916-263-3277.

\*Can't make it out to the farm? Sign up to view the [virtual Farm Tour online](#) at the website

*Adapted from [castatefair.org/farmtours](http://castatefair.org/farmtours)*



## Football-Inspired Activity Breaks for the Win!



Here are some fun ways to get your students moving! These three-five minute physical activity ideas can be incorporated into any classroom. As the Coach of your classroom, be sure to show your enthusiasm for physical activity and participate cheerfully!

**Class-Pass Challenge:** Begin the challenge with all students standing by their desk. teacher starts by throwing a paper or foam “football” to a student; that student tosses the ball to another who is standing. After passing the ball, student sits down. This is repeated until all students are seated. The last student standing throws the ball back to the teacher. Repeat the activity. Challenges: time how quickly the class can do it one time or count how many times the whole class sits down in three minutes.

**NFL Team Challenge:** Divide class into 4 groups; offense, defense, coaches, cheerleaders. Offensive team will march forward around the room, defensive team will side shuffle, coaches will pace back and forth, and cheerleaders will jump up and down in place. Continue for 1 minute and then switch roles. Repeat until all students have completed all four activities. Have fun with this role-play!

**Teacher’s Favorite Game Score:** Teacher takes the final score from their favorite NFL team from any recent game. Game scores can be found on [nfl.com/scores](http://nfl.com/scores). Students do alternating opposite elbow to knee touches the number of times that equals the final score multiplied by 5. Choose different movements each week: knee lifts, arm circles, lunges, etc.

**Future Trainer:** Pick a student to come up and lead a 3-5 minute physical activity break doing any activities or games of their choosing —let them be creative and

*Adapted from [www.heart.org](http://www.heart.org)*



## 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.



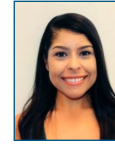
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Do you have a question regarding food or nutrition? Ask our Nutrition Educators by emailing [cevolo@ucdavis.edu](mailto:cevolo@ucdavis.edu).



## Fuel Their Mind Nutrition Newsletter Enclosed

calFresh Nutrition Education  
UNIVERSITY OF CALIFORNIA

1-877-847-3663.

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

"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."



UCCE Yolo County  
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# Fuel Their Minds Parent Corner

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cal fresh Nutrition Education



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## Build a Better Lunch

Packing a healthy lunch can be easy if you follow the MyPlate tips. Adding a variety of colorful foods helps children get a range of vitamins and minerals, while keeping them healthy, and exposing them to eating an assortment of foods. Dried, fresh, canned, frozen, and cooked fruits and vegetables are a colorful way to get children excited about eating new and seasonal produce.

To help children, especially younger children, eat their lunch with ease, try:

- Cutting up fruits and vegetables
- Adding a small, reusable fork or spoon
- Using easy to open containers
- Packing smaller quantities with variety



Packing a healthy lunch every day saves money, helps children learn and grow, and protects their health. An insulated lunch box and cold packs keep lunch cold and safe for eating, especially during the hot summer months. Reusable containers that are leak proof and dishwasher safe will also cut down on the cost of purchasing lunch supplies. After their initial purchase, they are less expensive than disposable bags.

### What to Pack:

#### Protein

**Aim for 1 serving of lean protein**

- Cooked or diced chicken
- Turkey slices
- Tuna salad
- Hard boiled eggs
- Mashed, cooked pinto beans
- Shelled edamame beans\*
- Walnuts, almonds, cashews\*
- Nut butter
- Bean based dip (hummus)

#### Fruits

**Aim for 1 serving  
(1 cup fresh or frozen, 1/2 cup cooked, 1/4 cup dried)**

- Fresh: strawberries, apple slices, grapes, plums, kiwi, fig
- Frozen: \*blueberries, mango
- Canned: pears
- Cooked: Applesauce
- Dried: \*raisins, prunes

#### Grains

**Aim for 1 whole grain serving  
(1 slice, 1/2 cup)**

- 100% whole-wheat bread
- Whole wheat or corn tortilla
- Whole-wheat lavash or pita
- Whole-wheat crackers
- Whole-wheat pasta

#### Vegetables

**Aim for one serving  
(1 cup fresh, 1/2 cup cooked, 1/4 cup dried)**

- \*Baby carrots,
- Green beans, \*celery sticks,
- Radishes, cucumber slices,
- Zucchini sticks, \*jicama, broccoli, Snap peas, bell pepper slices,
- Corn, avocado dip (guacamole),
- Cherry tomatoes, pitted olives,
- \*Carrots chips, green bean chips, and dried peas



#### Water

**Aim for a  
16-ounce bottle**

Pack a reusable water bottle, an insulated bottle will keep water cold and refreshing.

#### Dairy

**Aim for one low-fat serving**

Yogurt, cheese, milk,  
Yogurt based dip  
(great for dipping with fruits or vegetables)



\*Choking hazard for children younger than 4 years old.

Make it a family project by getting everyone involved in the shopping, preparing, and packing of lunches. By doing this together, not only does it make the task easier and faster, it teaches vital life skills like teamwork,

Article adapted from www.choosemyplate.gov., prevention.com, nuggetmarket.com. Photo credits weelicious.com



## Construyendo un Mejor Almuerzo

Hacer un almuerzo saludable puede ser fácil si sigue las sugerencias de MyPlate del Departamento de Agricultura de los Estados Unidos (USDA). La adición de una variedad de alimentos coloridos ayuda a los niños a obtener una gama de vitaminas y minerales, manteniéndolos sanos y exponiéndolos a comer un surtido de alimentos. Las frutas y verduras secas, frescas, enlatadas, congeladas y cocinadas son una forma colorida de entusiasmar a los niños por comer productos nuevos y de temporada.

Para ayudar a los niños, especialmente a los niños más pequeños, comer su almuerzo con facilidad, intente:

- Cortar las frutas y vegetales en cubos pequeños
- Incluya un pequeño tenedor o cuchara desechable
- Use recipientes que son fáciles de abrir
- Envolve comidas variadas en cantidades pequeñas



Empaquetar un almuerzo saludable todos los días ahorra dinero, ayuda a los niños a aprender y crecer, y protege su salud. Una bolsa de almuerzo insulada y paquetes congelados mantienen el almuerzo frío y seguro para comer, especialmente durante los meses calurosos de verano. Los contenedores reutilizables que son bien sellados y para uso en lavaplatos automáticos también reducen el costo de la compra de utensilios para el almuerzo. Después de su compra inicial, son menos costosas que las bolsas desechables.

### Que Empacar:

#### Granos

**Proponga 1 porción de grano integral**  
(1 rebanada, 1/2 taza)  
100% Pan Integral  
Tortilla integral o de Maiz  
Pan de Pita integral

#### Frutas

**Proponga una porción**  
(1 taza frescas o congeladas, 1/2 taza cocida, 1/4 taza seca)  
Fresas, rajadas de Manzana, Uvas,  
Mangos, Peras, Ciruelas,  
Cubos de Melón, \*Arandas,  
Frambuesas, kiwi,  
Rajadas de Naranja, Higos,  
Pure de Manzana, \*Pasas y Ciruela

#### Proteína

**Proponga una porción de proteína baja en grasa**  
Pollo cocido o picado en cubo  
Rebanada de carne de Pavo  
Ensalada de Atún  
Huevo cocido  
Frijoles fritos  
Frijoles de soya estilo edamame \*  
Nueses, Almendras, y Anacardos\*  
Mantequilla de nuez

#### Vegetales

**Proponga 1 porción**  
(1 taza frescos, 1/2 taza cocidos, 1/4 taza secos)  
\*Zanahoria pequeña, Ejotes, \*Rajadas de Apio, Rabanos, Rodajas de Pepino,  
Rajadas de Calabasitas, \*Jicama, broccoli, Guisantes, Rajadas de chile campana,  
Maiz, Guacamole o Rajadas de Aguacate, Jitomates Cherry, Aceitunas sin hueso,  
Papas de Zanahoria o Ejote, Chicharo



#### Agua

**Proponga una botella de 16 onzas**  
Empaque una botella reutilizable, una botella insulada mantiene la agua fría y refrescante.

#### Lácteos

**Proponga una porción baja en grasa**  
Yogur, Queso, Leche,  
Salsas basadas en Yogur  
(buenas para inmersión de frutas y vegetales)

\*Peligro de asfixia para niños menores de 4 años.



Haga el embolsamiento de almuerzo un proyecto de la familia que todos participan en las compras, preparación y empaque de los almuerzos. Haciendo esto juntos, no sólo hace la tarea más fácil y más rápido, enseña habilidades vitales de la vida como trabajo en equipo, cooperación, y preparación de la comida.  
Suerte!

Artículo adaptado de [www.choosemyplate.gov](http://www.choosemyplate.gov), [prevention.com](http://prevention.com), [nuggetmarket.com](http://nuggetmarket.com). Photo credits weelicious.com