

Ideas for Better Eating and Active Play with Children

70 Cottonwood St. Woodland, CA 95695
530-666-8731www.yolonutrition.ucanr.edu
ceyolo@ucdavis.edu

Walk On! National Walk to School Day is Wednesday, October 10th



Now that students have returned for the school year, it's time to get ready for Walk to School Day on Wednesday, October 10, 2018! This year marks the 22nd annual national event. Fourteen Yolo County schools participated last year, and 6 have registered so far this year. Schools that have not done so are invited to join the movement and should register now!

Why walk?

When walking (or biking) students can appreciate things they don't notice while riding in a car—listening to nature, seeing friends and neighbors, and feeling connected with their community. Walking events celebrate these experiences and help build an environment that is safe and inviting. These events also remind students that fun activities like walking and biking count towards their goal of 60 minutes of daily physical activity.

How do I plan an event at my school?

It is recommended to coordinate with a few fellow teachers and your principal. Start with a simple event. Many have been planned with little time to spare. Listed below are steps to help your school plan either a 'Walk to School Day' event or a 'Walk at School Day' event in seven days!

Plan a 'Walk to School' event:

Day 1: Obtain the school principal's approval for a Walk to School Day event. Register the event at www.walkbiketoschool.org to be counted among the millions of participants!

Day 2: Download FREE flyers and promotional materials from the above website. Utilize your school's website and Social Media pages to announce your event. Invite students, teachers and parents to participate.

Days 3-5: Recruit student, teacher, and parent volunteers to help distribute fliers on campus. Recruit volunteers to greet walkers on the big day as they arrive at school. Designate a couple of safe, nearby "Walking School Bus" stops in the school's neighborhood and publicize them. Designate Walking Leaders at each stop to guide groups at various times that morning.

Day 6: Make an intercom announcement the day before to remind students to walk to school on October 10th. Encourage your class to create posters that will greet students when they arrive. Potential phrases could be "Thanks for walking," "It's Walk to School Day," "Hike it. I like it!" or "It's cool to walk to school!"

Day 7: Event day is here! As walkers arrive, have the principal and volunteers greet them with a smile, high-fives, and incentives! Refreshing water and chilled fruit would be a great treat to serve along with stickers, pencils, or certificates! Principals are encouraged to give a short speech to the campus promoting the health and environmental benefits of walking to school instead of riding in a car.



#walktoschoolday

Plan a 'Walk at School' event:

Kick off the event with an assembly on campus. Principals are encouraged to make a pledge to stay active and challenge their students to do the same by logging their walking and biking activities. Teachers can coordinate a contest between classrooms by tracking the number of walking/biking trips they make in a month. Students can be encouraged to walk or run around the track or playground during recess and can even log hours at home. The winning class can receive an award and recognition in the intercom announcements!

Improve Academic Success by Supporting Healthy Snacking in Class!

As the excitement of the new school year begins to wear off, are you interested in keeping your students energized and ready to learn throughout the school day? Embrace healthy snacking in your classroom routine! Snacks are an essential part of a healthy diet. They re-fuel students' bodies and minds between meals. Listed below are some benefits of healthy snacking and tips on how to implement more snacking in your classroom or afterschool setting.



What are the Benefits of Healthy Snacking?

- **Provides Needed Nutrients:** Children have higher nutrient demands than adults to support healthy bone growth and brain development. They need a steady supply of nutrients to control hunger and fuel their bodies and minds. It is recommended that they have a nutritious mid-morning and mid-afternoon snack at school to meet their nutrient needs.
- **Supports Academic Success:** Nutrition and academic performance are linked. If students miss out on healthy snacks, their performance can suffer. Poor nutritional intake that does not meet the recommended daily nutrient amounts is associated with poorer attendance, punctuality, and grades at school. It can also be associated with more behavioral problems.
- **Provides Energy and Focus:** If you've ever tried to complete a task on an empty stomach, you understand the critical connection between nutrition and concentration. Eating a healthy snack will re-energize tired students and improve their attentiveness!



What Snacks are Considered Healthy?

Fruits and vegetables are the best snack options for students since most do not eat the recommended number of servings each day. Fruits and vegetables contain important nutrients like vitamins A and C, which help boost their immune systems, and fiber which helps keep them full. Below are some nutritious and convenient snack ideas that will help your students feel satisfied and ready to learn!

- **Fruits:** Naturally sweet and most kids love them! Encourage your students to snack on fresh and dried varieties like sliced apples and raisins. Fruit packed in 100% fruit juice is also a good choice.
- **Vegetables:** Crunchy and convenient! Fresh vegetables like carrots, celery, soy beans, and bell pepper can make perfect snacks and taste great with hummus, dip, or salad dressing.
- **Healthy Grains:** This includes whole grain bread, crackers, cereals, etc. Although most kids eat plenty of grain products, too many of those grains are refined and include cookies, snack cakes, and sugary cereals. Snacks with whole grains provide more fiber, vitamins, and minerals. Recommend whole grain breakfast cereals, crackers, and popcorn instead.
- **Low-Fat Dairy Foods:** A thermos of low-fat milk and string cheese make great choices.
- **Trail Mix:** Tasty, non-perishable, and stores well in backpacks or desks! Varieties can include whole grain cereal, dried fruit, and nuts (be mindful of allergies if making in class).

How can I support Healthy Snacking in my Classroom?

- Allow your students to have a snack whenever their bodies tell them to. Encourage them to listen to their individual hunger signals. If it helps to plan ahead, schedule mid-morning and mid-afternoon snack breaks into your day. This will help students feel safe to enjoy food before and after lunch.
- Promote school-sponsored breakfast or snack breaks if they exist at your school. If they do not, work to add them!
- Encourage students to pack healthy snacks at home to bring to class.
- Adopt a healthy snack culture in your classroom. Ask students to be respectful with their chewing noises to minimize distracting others. Have them clean their desk space and wash their hands after enjoying a snack. Be mindful of food allergies and ask students to not share snacks.
- Role model by eating healthy snacks yourself!
- Provide a fruit bowl/basket for your class, and ask families to donate any extra healthy snacks or produce they may have.
- Partner with us, the UC CalFresh Nutrition Education Program, to incorporate nutrition education and food tastings into your lesson plan. We can help teach your students food preparation skills to create healthy snacks themselves. Our services and materials are free for your school site!

Adapted from www.nih.gov, www.cspinet.org, & www.livestrong.com

October is National Farm to School Month!



Every October, thousands of students, teachers, farmers, and families celebrate the connections happening between students and local food. Join us!



Farm to School Programs strengthen the connection communities have with healthy food, local producers, and nature by changing food purchasing and education practices in schools. The California Department of Food and Agriculture recognizes the importance of these programs as a way to support California's farmers, school children, and the economy. The most recent USDA Farm to School Census reported that 55% of California schools participate in Farm to School activities.

Farm to School Month provides an opportunity to show all of the great work being done in schools as well as how teachers can get involved!

How can teachers get involved and help celebrate?

- Incorporate the **Yolo County Harvest of the Month** seasonal produce calendar into your lesson plans. Fruit and vegetable themes/topics can pair well with writing assignments, art projects, and science lessons! Yolo County's designated October "Harvests of the Month" are **pears** and **sweet peppers**!
- Partner with us, the UC CalFresh Nutrition Education Program, to implement nutrition education activities and prepare fresh, seasonal produce to taste in class. Our services and materials are free for your school site!
 - Organize a farm tour or local farmers' market field trip.
 - Connect your school gardens and garden-based learning activities into your lesson plans. We can provide you with garden-based curricula!
 - Throw a school garden harvest party.



Adapted from www.yolocounty.org & www.farmtoschool.org

Lead Sampling of Drinking Water in CA Schools

Why Sample for Lead in Schools?

Recent events in the United States have shown that lead in drinking water remains an on-going public health concern, particularly for children. Lead rarely occurs naturally in California's drinking water sources, but may become present when water passes through older plumbing fixtures or solder that connects plumbing in schools.



What is the State doing to protect children from elevated lead in drinking water?

The Division of Drinking Water and California Department of Education have taken the initiative to begin testing for lead in drinking water at all public K-12 schools. To safeguard water quality in California's public schools, California Assembly Bill 746, effective January 1, 2018, requires community water systems to test lead levels in drinking water at all public, K-12 school sites that were constructed before 2010. Testing must be completed by July 1, 2019. Sampling locations can include drinking fountains, cafeteria and food preparation areas, and reusable water bottle filling stations.

Have Yolo County Schools been tested?

- Woodland Joint Unified and Davis Joint Unified Schools have been tested so far. Thirty out of 32 sites passed with safe lead levels of less than 15 parts per billion (ppb). For those sites exceeding 15ppb, corrective action to treat the water has been completed!
- The remaining school districts and sites will be tested by the end of the 2018-19 school year. Once received, the community water system will report laboratory results back to the individual school within 2-10 business days.

What can Teachers do to learn more?

- Communicate with your principal to inquire about the status of testing at your site. You can find the published testing results mentioned above at the State Water Resources Control Board website: www.waterboards.ca.gov.
- Continue to promote drinking water to your students! Until otherwise notified, it should be safe to continue drinking from your school's water fountains and refilling your water bottles.

Adapted from www.waterboards.ca.gov



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.



Follow us at “[ucalfreshyolo](#)”



“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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CONTACTS



Angela Asch
530-666-8731
alасh@ucanr.edu



Lisa Gonzales



Christie Hedrick



Mayra Diaz



Ruth Chun



Marcel Horowitz

Do you have a question regarding food or nutrition? Ask our Nutrition Educators by emailing ceyolo@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 1-877-847-3663.

“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
70 Cottonwood Street
Woodland, CA 95695