



# Fuel Their Minds

## Ideas for Better Eating and Active Play with Young Children

70 Cottonwood St. Woodland, CA 95695  
530-666-8740

www.yolonutrition.ucanr.edu  
ceyolo@ucdavis.edu

### New Nutrition Facts Label: What You Should Know!

A nutrition facts label can help us make healthier food and beverage choices in the classroom. It is important to know that the U.S. Food and Drug Administration (FDA) recently updated the Nutrition Facts labels for all foods and beverages. Learning what the label updates are will help you teach nutrition to your class, other teachers, and parents!

#### 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, the 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. Explain to your class that food is fuel! The energy in the food we eat should be spent 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 fellow teachers and parents that we should 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 tells us the amount of “added sugar” in our food. Added sugars are ‘added’ to foods during processing and can quickly increase the total amount of calories we eat or drink in a day. Help families understand that it is important to look for less added sugar when shopping. Always encourage them to eat more fruits and vegetables and drink 100% juices, which contain only natural sugars!

##### Nutrients: Vitamin D & Potassium:

The new label now lists amounts of Vitamin D and Potassium per food serving. We should eat more foods that contain these 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	
<b>Serving size 1 1/2 cup (208g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 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](http://www.fda.gov)

## Bilingual Story Time this Summer!



Children ages 2-6 and their parents are invited to join their local library for stories, songs, movement, rhymes, and finger plays in English and Spanish every Saturday this summer!

**Reading with preschoolers is the single most important thing you can do to help them get ready for school.** Also, it's never too early to sign them up for their own library card. A child of any age can get a library card to check out books and other free learning resources. Happy Summer Reading!



### Free Story Time Locations:

- **Clarksburg:** Clarksburg Library at 52915 Netherlands Rd. from 10-11am
- **West Sacramento:** Arthur F. Turner Library at 1212 Merkley Ave. from 11am-12pm
- **Yolo:** Yolo Branch Library at 37750 Sacramento St. from 1:30pm-2:30pm

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

## Free Food for Families

Fresh produce deliveries offer students and their families year-round access to healthy foods! Families in need of food assistance can come to weekly deliveries in Yolo County and collect fruits, vegetables, bread and dairy. Deliveries are open to everyone, just bring your own bag.

### WEEKLY DELIVERIES:

#### Woodland Locations

**Eat Well Yolo @ Yolo Food Bank**  
 Fridays: 6:45– 8:00am  
 1244 Fortna Ave. (delivery is next to the warehouse, behind the Food Bank office)

**Eat Well Yolo @ Woodland Community & Senior Center**  
 Tuesdays: 9:30-10:00am  
 2001 East St. (North side of the building)

#### West Sacramento Location

**Eat Well Yolo @ West Sacramento County Building**  
 Wednesdays: 9:00-9:45am  
 500 A-Jefferson Blvd. (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



### DELIVERIES TWICE PER MONTH:

#### **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 the delivery schedule for Family Resource Centers visit [yolofoodbank.org](http://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](http://www.yolofoodbank.org) & [www.211yolocounty.com](http://www.211yolocounty.com)*

## 'Family' Mealtime in Your Classroom!



Serving family meals in the classroom is an experience that uses all senses – sight, touch, taste, smell and listening to laughter and silly conversation. Family meals require that children and teachers sit, eat, and talk together at the table during lunch or snack time. Family mealtime is an important shared experience that offers a sense of belonging to pre-schoolers.

### Why you should serve family meals in your classroom:

- Family meals give structure and routine to a child's day. Having a reliable schedule increases a child's sense of security and improves well-being.
- Family meals give teachers the chance to view children's moods, behaviors and activities with other children. Use mealtime to teach courtesy and manners!
- Family meals help with young children's language and literacy development. At mealtime, teachers can talk with an infant or toddler, and help them learn words.
- Family meals give teachers the chance to model healthy eating behaviors to children. Eat the same healthy foods you serve the little ones in class. Taste new foods together!



*Adapted from [www.ag.ndsu.edu/familytable](http://www.ag.ndsu.edu/familytable)*

## Jumping & Clapping Rhymes

Keep your preschoolers moving while they learn to count and name the months of the year!

Have the little ones either jump or clap while they sing two new fun songs.



### 1. Apples, Peaches, Pears and Plums:

"Apples, peaches, pears and plums  
Tell me when your birthday comes,"

(Children would then jump and say the months of the year)

"Jan, February, March, etc."

### 2. Cinderella:

"Cinderella, dressed in yellow  
went upstairs to kiss a 'fella  
made a mistake

and kissed a snake

how many doctors

did it take?" (Children jump and count together as long as they can!)



*Adapted from [www.gameskidsplay.net](http://www.gameskidsplay.net)*

## 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.



**"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



**Christie Hedrick**  
530-666-8740  
[clhedrick@ucanr.edu](mailto:clhedrick@ucanr.edu)



**Angela Asch**



**Sonia Fernandez**



**Lisa Gonzales**



**Marcel Horowitz**

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



## Fuel Their Mind Nutrition Newsletter Enclosed

UNIVERSITY OF CALIFORNIA  
calFresh Nutrition Education

“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.



UCCE Yolo County  
70 Cottonwood Street  
Woodland, CA 95695