



NETA

**Nutrition Education Training Academy
Newsletter
For Early Childhood Education Providers**

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Breastfeeding and the Child Care Community A Short Story with a Long History

By Lyn Diana, MPH, RD, CLC



First Food. Appreciating the source of our first food is an important part of infant and child nutrition.

Humans have mammary glands (breasts) that make milk that is very specifically designed for children. Children depended on human milk as babies since the beginning of time. Breastfeeding practices has been taught by passing knowledge from one another; having mothers, aunts or grandmothers who reassure young mothers. Women trust their bodies and their ability to grow, birth and feed babies.

The Breakdown of a System. About 65 years ago something changed in our society. What happened? A small group of people recommended feeding children other products -- what we now call *infant formula* or *artificial baby milk*. What have we learned about feeding the milk of a cow (with lots of fancy changes) to our human babies? What has been the result of this large-scale change to our babies, mothers and society?

Women lost the mother-to-mother or intergenerational experience of how to help and advise each other. Fewer women trust their bodies and their ability to produce milk to feed their infant. Through years of research, we now know that feeding with formula increases the child's risk of having a lower IQ, more illnesses including ear infections, chest infections and colds, diarrhea and intestinal infections, SIDS, diabetes, obesity, allergies and asthma.

The breakdown of the system discouraged women from breastfeeding and encouraged them to feed babies formula. Our systems: medical/nursing schools do not teach physicians/nurses about lactation to support and assist new moms; hospitals give free formula to new mothers; mothers work and do not have time off to feed and care for their infants. In contrast, other countries encourage mothers to breastfeed; they are paid to stay with their newborn for six months; and physicians and nurses receive education in lactation education.

Support Breastfeeding. About 15 years ago, the World Health Organization led a movement to support breastfeeding. Building the support system to encourage breastfeeding has been slow for many reasons: strong lobbies from formula making companies; ads marketing formula through hospitals and doctors offices; and limited support from companies to give women time off to be with their infants. Today we are working to shift back to feed babies human milk for their health and for a better society. As part of the system of child care providers, it is important to understand this history and to support the practice of breastfeeding:

- Educate and encourage moms to breastfeed their infants.
- Do not judge ourselves if we did not breastfeed our babies.
- Refer new mothers to experienced individuals trained in lactation. International Board Certified Lactation Consultants (IBCLC) are certified, passing an international exam.
- Join the Alameda County Breastfeeding Coalition and/or contact them for a flyer entitled "Breastfeeding Support-Guidance in the Childcare Setting". Call Lyn Diana, MPH, RD at 510-208-5968.

We need to continue to spread the word that mother's milk is the only food a baby needs for the first 6 months. It gives our babies the healthiest start -- physically, mentally and emotionally.

Source:

1. Baumslag, N. & Michels, D. L. (1995) *Milk, money and madness*. Westport, CT. Bergin & Garvey Trade.
2. Lawrence, R. A. & Lawrence, R. M. (1998) *Breastfeeding: A guide for the medical profession*. (5th ed.). St Louis. C. V. Mosby.
3. U. S. Department of Health and Human Services. (2000). *Blueprint for action on breastfeeding*. Washington DC: US Government Printing Office.

Help Young Children Eat Healthier and Get Active!



September is **National 5 A Day Month!** This month highlights the importance of eating at least 5 servings a day of fruit and vegetables to be healthy and active. The campaign is "designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits." This message can be given every month.

Starting with the new school year, choose classroom activities from the monthly NETA *Tips for Busy Health Professionals* to easily combine nutrition and physical activity with the California Child Desired Results (3 years to Pre-K). Looking for recipes? Each issue of the NETA *Quarterly Newsletter* provides 2 delicious and easy recipes. Here's one to try with your children (from January-March 2004 Volume 4, Issue 2):

No-Cook Fruit Kabobs

Ingredients:

- 2-1/2 Jonathan apples or other fresh apples
- 2-1/2 ripe bananas
- 2 fresh mandarins
- 3 fresh pears
- 2 lbs. kiwi fruit
- 10 skewers

Directions:

1. Cut all the fruit into bite size pieces.
2. Thread, alternating the fruit onto skewers.
3. Serve.

Prep: 10 min.; Servings: 10

Source: <http://www.mealsforyou.com/>

Besides the month of September, we encourage Early Childhood Education Providers to use *Food, Nutrition and Health Day Celebrations* to expand the good nutrition and more physical activity message throughout the school year.

Here are some fun and easy celebrations (and resources) to help you plan classroom activities and get students healthier... **every month!**

January:	National Fresh Squeeze Juice Days (3 rd week)
February:	National Children's Dental Health Month (1-800-947-4746, www.ada.org)
March:	National School Breakfast Week (1 st week. 1-800-728-0728, www.asfsa.org)
April:	National TV-Turnoff Week (4 th week. www.tvturnoff.org/)
May:	Food Allergy Awareness Week (1 st week. www.foodallergy.org)
June:	National Fresh Fruits and Vegetable Month (www.5aday.org)
July:	National Blueberry Month (www.blueberry.org)
August:	National Watermelon Month (www.watermelon.org)
September:	National 5 A Day Month (www.5aday.org)
October:	Family Health Month (1-800-274-2237, www.aafp.org)
November:	National Fig Week (1 st week. www.californiafigs.com)
December:	Opportunities to increase awareness of diverse cultures and food traditions such as Fiesta de Guadalupe: Mexican (12 th); Las Posadas: Hispanic (16-24 th); Kwanzaa: African American (26-Jan 1 st); Ramadan (The Month of Fasting): Islamic (30 th); Christmas Day (25 th).

Note: For additional listings, refer to the NETA *Resource Guide for Early Childhood Education Providers*.

Thanks for helping children eat healthier and get active!

Farmers' Market News



Everyone benefits when farmers' markets are regularly visited for produce needs.

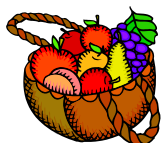
- Many farmers' markets (58%) participate in the WIC coupon, food stamps, local and/or State nutrition programs.
- 25% of farmers' markets participate in bringing together programs that help food recovery organizations distribute food/food products to families in need.
- Consumers (especially urban communities) have better access to locally grown, fresh, nutrient-rich produce and the farmers who grow the produce.
- Many farmers' markets promote nutrition education, healthier eating habits, and easy ways to prepare food.



Take a class field trip to a local farmer's market like the one listed below. Pick up your *5 A Day* and more!

KAISER HOSPITAL-OAKLAND CFM

This farmers' market is a partnership between the Pacific Coast Farmers' Market Association and Kaiser Permanente Oakland Medical Center. It is an all-organic market with fresh-from-the-fields fruits and vegetables -- year-round, rain or shine!



Day: Friday, 10:00 AM to 2:00 PM

Season: Year Round

Directions: 3801 Howe Street

The market is located at the main entrance to the Kaiser building at 3801 Howe Street. Parking is available in the Kaiser garage directly across the street.

Source: www.pcfma.com; www.ams.usda.gov/farmersmarkets/

Nutritious Seasonal Recipes



Apple Carrot Salad



shred-

Ingredients:

- 2-1/2 lbs. carrots, peeled and shredded
- 5 large tart apples, peeled and shredded
- 1-1/4 cups raisins
- 1/4 cup plus 1 Tbs. lemon juice
- 1/4 cup plus 1 Tbs. honey
- 1-1/4 tsp. vanilla extract
- 2-1/2 cups plain yogurt

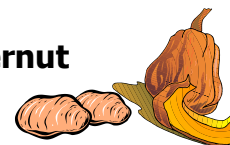
Method:

1. Combine carrots, apples and raisins in a medium size bowl.
2. In another bowl, mix lemon juice, honey, vanilla and yogurt to make dressing.
3. Pour dressing over apple mixture.
4. Chill.

Prep: 15 min., plus chilling time.
Makes: 10 servings

Source: www.mealsforyou.com

Mashed Yams and Butternut Squash



Ingredients:

- 4 medium yams, peeled, cut in 2-inch chunks
- 2 small butternut squash, peeled, seeded and cut into 1-inch cubes
- 4 tsp. unsalted butter
- Salt and freshly ground pepper, to taste

Method:

1. In a large pot, steam the yams with the squash until they are both tender, about 20 minutes.
2. Transfer vegetables to large bowl. Coarsely mash with fork.
3. Add butter and continue mashing until butter is melted. The vegetables should still have a bit of texture.
4. Season to taste with salt and pepper. Serve immediately.

Prep: 15 min., Cook: 20 min.
Makes: 8 servings

Physical Activity Corner



Are you one of the many people who own a pedometer, but haven't used it? Maybe you got one from a health fair, as a gift, or bought one for yourself to get that jump start on a regular exercise regimen. Regardless of the reason why you own a pedometer, the real question is: "Are you putting it to use?"

Understanding how to use that tiny piece of equipment is the first step to a healthier lifestyle. Pedometers count your footsteps by sensing your body motion. This count is converted into distance (by knowing the length of your usual walking stride). Make sure to read the instructions for your particular model. Two general terms to know when getting started with most pedometers are: **step length** and **stride length**.

Measure your **step length** so that you can set your pedometer to measure distance. **Step length** is the distance from the heel print of one foot to the heel print of the other foot. This gives you the distance traveled by a single leg moving forward. Step counting accuracy can be affected by where and how you wear the pedometer. The pedometer should be positioned straight up and down (not tilted).

If the instructions ask for **stride length**, it can mean the same thing as **step length**. Read instructions carefully. **Stride length** can also mean the distance traveled by the heel of one foot to the next time that same foot strikes down – giving you the distance for two steps, since in that time the other foot has also touched down once.

Pedometers are wonderful little tools to help keep you motivated to increase your walking, and ultimately your health. You can use it throughout the day or just during specific, walking portions of the day. Use it to measure total "daily steps". Use it to measure distance for a specific workout. However you choose to use your pedometer, it's a handy way of keeping track of your walking progress. **Step...by...step!**

Seasonal Gardening Tips

July: Keep those berries coming!

1. Help berries and vegetable continue to produce by picking every second or third day.
2. Keep up the battle against snails and slugs. Hand-pick them in the evening.
3. Water early in the morning to allow plants time to dry off (preventing mildew) and to reduce evaporation.

August: Start planting vegetables for Fall harvest!

1. Get ready to harvest Fall and Winter vegetables later by planting beets, lettuce, peas, onions, spinach, broccoli, collards, kale, kohlrabi, radishes and Chinese cabbage.
2. Herbs can be harvested early in the morning after the dew has dried. Dry the leaves on a clean window screen and set in a cool, dry spot (out of direct sunlight). Allow the leaves to dry completely. Store your dried herbs in airtight containers.
3. Pick up and throw away fallen fruit. Remove decaying fruit, such as nectarines and peaches, which may be diseased. Don't compost them!

September: Plant snap peas for the children!

1. Harvest crops of beans, berries and the like to keep them producing. To keep rot from becoming established, pick fruit as they ripen.
2. Make compost by mixing lawn clippings and fallen leaves for use this fall or next spring.
3. Try planting snap peas & carrots in large, deep containers or directly into your garden soil.



Nutrition Tidbits

Tips for Parents: September is *National Food Safety Education Month!* Remember to practice good food sanitation techniques during this back to school month and beyond. Germs are easily spread. Always wash hands well with soap and water before eating. Rinse raw fruits and vegetables thoroughly. Taking precautionary steps, you'll reduce your risk of food-borne illness.

Some Delicious Ideas: Pre-packaged applesauce and low-fat puddings; Boxed raisins; Sliced cheese; bottled water (optional: place a small piece of lemon in it for flavor); Washed orange slices, berries, and other fruit.

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