



NETA QUARTERLY NEWS

Volume 6, Issue 2
January-March 2006

Nutrition Education
Training Academy

Nutrition, Physical Activity & Gardening for Early Childhood Providers

Special Points of Interest

- **Have ready to eat fruits and veggies available for your family**

Inside this issue:

<i>Spring into Health</i>	1
<i>Does Eating Healthier Cost More?</i>	2
<i>Farmers' Market News</i>	3
<i>Recipe: Broccoli sautéed with Garlic</i>	3
<i>Taryn's Physical Activity Corner</i>	4
<i>Upcoming NETA Workshops</i>	4
<i>Tidbits</i>	4

University of California
Cooperative Extension in
Alameda County



1131 Harbor Bay
Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812
Fax: 510-748-9644

Spring into Health

As winter gives way to spring, perhaps, we find ourselves reflecting back in our failing New Year resolution. Instead of looking back with regret, why not take time to look at Mother Nature? Just as dormant branches sprout new buds, birds begin their migration and sunlight rays filter through the clouds giving us some energy, Spring can be the time to renew our commitments to a healthy lifestyle.

Spring is here! It's time to march forward. Do you want to eat better, worry less, exercise more or reconnect with friends? Spring-time brings us the opportunity to look at old patterns in your life with a new awareness. Learn to find balance in your life. It's an attitude we can practice everyday. It is an optimistic view of one's own ability to engage in healthy habits.

These days, it seems as everybody is talking about OVER weight and obesity. According to national data analyzed in 2002, it is estimated that 65 percent of Americans are now overweight or obese. The percentage of children and teens that are overweight has more than doubled. About 16 percent of children are teens are overweight. What can you do? Spring Into Health.

You can spring into action with these successful strategies. Seek a healthier lifestyle and begin to adopt healthy choices and making changes in your lifestyle. Do not worry about "perfect outcomes"; it is hard to make changes on your own. Cheer Up! Create an atmosphere that leads to health, surround yourself with friends and family that want to eat right, adopt healthy food choices, and be physically

active.

Spring is the time to set realistic goals. Be strategic for real life. Recognize that you have more control than you might think, make small, easy changes over time, try a variety of strategies, and most importantly. *Do not Give Up!* Spring into Health with these tips:

- *Spring is the perfect time for walking. Take stroll for 60 minutes, get the family together and enjoy nature. Everything is blooming and the sun is shiny.*
- *Spoon less sugar into your life. Choose drinks with no added sugar. Cut back on sweeten beverages. Drink water.*
- *Spring Into your doctor's office and have your annual health exam.*
- *Go small on portion size. Cutting back on portion size is smart. Order an appetizer instead on an entrée; share a plate with a friend.*
- *Eat Green in Spring. Only 32 percent of Americans consume enough folate, a B vitamin that occurs naturally in certain foods. Folate is found in dark green leafy vegetables-spinach is a great source too, substitute it for lettuce in your sandwich- as well, orange juice, whole grains, strawberries, melons, sunflower seeds, broccoli and tomato juice are all great sources too.*
- *Dine to slow music: Research shows we eat three mouthfuls of food per minute when listening to slow music (Compare to five when the music is fast and four in silence). Listen to slow music and you'll eat less.*



**EAT FRUITS & VEGETABLES
AND BE ACTIVE**



Does Eating Healthy Cost More? The Cost of Fruits and Veggies



This article space holds 432 words

Eating Fresh Produce generally contributes to good health, particularly if children have access to it in school, instead of packaged and processed snacks, and fast super sized junk food. Children who learn to select a variety of fresh fruits and vegetables early in life will learn to incorporate these values into adulthood.

Does crunchy fresh produce cost more? Often, economically challenged families identify cost as one of the barriers that prevents them from eating healthier foods. A recent study of an economically challenged urban community in Los Angeles found that fresh fruits and vegetables were significantly lower in quality and variety compared to those available in wealthier areas. The selection of fresh produce in a small independent grocery store is often limited to oranges, apples, bananas, grapes and potatoes. Higher fiber items like wheat bread may never be available or only available some of the time.

Generally fruits and vegetables contain more vitamins, phy-

tonutrients, and minerals, and are recommended to improve diet quality. These food items and other healthier, tasty, and nutritious food should be within reach of economically challenged families, at affordable foods costs. Because families who are economically challenged spent a large a portion of their income in housing and other household's expenses, they tend to economize on food spending. They take advantage of volume discounts, or selecting lower quality fruits and vegetables or they buy in bulk. For example, a banana is more likely to be chosen than berries or other fruits, even though they might need more vitamins and minerals from other variety of vegetables or fruits. Ironically, despite buying lower cost items, low-income households devoted a larger part of disposable income to food (Leibtag 2003). For economically challenged families the cost of eating healthier is higher, some of these cost are associated with lack of transportation, food access, refrigeration problems, and limited information about the use of unfamiliar seasonal produce. Even if healthier, tasty, and nutritious foods are abundant, social economic conditions prevent a large segment of our population from eating the recommended healthy diets.

Childhood is the best time to develop good food habits because early experiences with food have a strong impact on a child's future eating habits and

Reference:

Nutrition Today, Volume 39. Number 4. July/August
Agricultural Issues Center, Number 29. March 2005
Community Food Security News, Winter 2006



Farmers' Market News:



Eating in season is one of the simple ways to ensure that you are eating fresh produce while also supporting local farmers and helping the environment. Why is eating seasonal so good for you and your family? By getting fruits and veggies that are in season you are sure to get the freshest and ripest of your local varieties, which are essential to any healthy diet.

Produce that is fresh and ripe has more flavor, taste better and look more vibrant. For some, eating seasonal foods is sometimes difficult because some of the produce may not be familiar. In the Tidbits section of this newsletter, you will find some resources that you can look into on the web. For now, here's a list of seasonal fruits and veggies for spring you can buy now and have fun with.

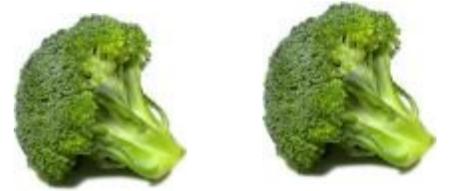
- Celery
- Peas
- Potatoes
- Spinach

Fruits

- Citrus
- Kiwi
- Strawberries
- Bing Cherries

Vegetables

- Asparagus
- Beets
- Broccoli
- Cabbage



Recipe Title Here



Directions:

Chop the broccoli florettes and stem into bite size pieces. Heat olive oil in a saucepan on medium to high heat. Add chopped garlic and let simmer for 1 minute. Toss in broccoli and sauté for 2 minutes. Add ¼ cup water and cover until tender. Lift cover, allow the water to boil off, season with salt to taste. Serve.

Sautéed Broccoli with Garlic (15 minutes)

Ingredients:

- 1 head fresh broccoli
- 2 – 4 cloves fresh garlic
- 2 tablespoons olive oil
- ¼ cup water
- Salt to taste



Nutrition Information per serving:



Taryn's Physical Activity Corner:



What is a Cooperative Game?

The most salient characteristic of cooperative games is that they are fun and involve a group of children. Children learn to enjoy being active while they play; they challenge themselves to do better each time using non-competitive methods, the goal is to improve their personal skills instead of competing with each other. They are fun, challenging and everybody ends up on the winning team.

What are the Benefits of Cooperative Games?

Cooperative games are beneficial for children of all sizes and skills level, they engage children in non-competitive activities that teach children to respect and value each other's contributions.

Benefit of Cooperative Games for Early Childhood age children.

Children at this age level are developing their gross motor and fine motor skills. Most often they do not differ between play and "being active." Being active and playing is an opportunity for learning. In particular cooperative games can be an excellent educational tool to encourage them to physically active for life. Early childhood children are not ready to play complex cooperative games however, choosing one games that is no longer than 10 minutes should do. I recommend using a variety of cooperative games as part of your regular lesson plans. Here are some age-appropriate cooperative games that you might try in your classroom or outdoors.

Check out the following sites for game idea:

www.learning-for-life.org

www.cooperativegames.com

www.pecentral.org



The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized). University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California Division of Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096.

County Director, UC Cooperative Extension in Alameda County



Funded by the USDA Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. Helping them buy nutritious food for a better diet. For more information about the California Food Stamp program call 1-800-952-5253.

Tidbits

May is National Sports and Fitness Month

Get busy, Get active, Get moving. The whole family can do this together.

Check out the following local animal farms for great activities for kids

- *Ardenwood Farm: Fremont Park*
- *Little Farm: Tilden Park*