

September, 2019



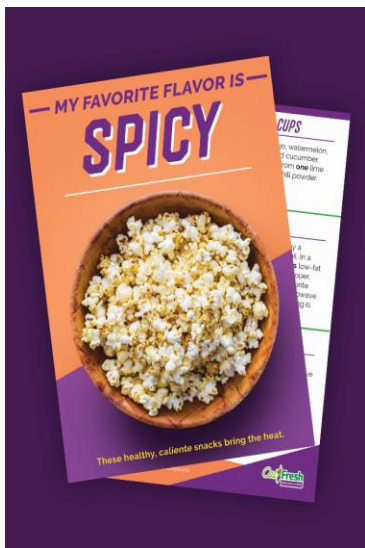
Nutrition News for the Central Sierra

A monthly newsletter about food, nutrition, and healthy living in the Central Sierra.

Welcome to the re-launch of our monthly newsletter from the Nutrition, Family and Consumer Sciences program of the University of California Cooperative Extension! You've received this email because you expressed interest in nutrition information from us in the past. We hope you find the information here useful, and you can update your subscription preferences or find more ways to connect with us below.

- Katie Johnson, Central Sierra Nutrition, Family and Consumer Sciences Advisor

Snack Healthy!



Throughout September, people all over California have been celebrating the power of healthy snacking. Snacks matter because they make up a good portion of what many people eat each day, an average of up to 500-600 daily calories by some estimates. A good snack helps keep our energy levels steady throughout the day and complements the rest of our diet, helping to ensure we are getting all the nutrients we need without taking in too many extra calories. Choosing snacks that contain at least a few grams of protein, fiber, and some healthy fat ([like nuts](#)) can help us to feel full and satiated. Avoiding snacks with added sugars can help prevent an energy crash later. Snacks are also great opportunities to include more fruits and vegetables in our daily routine. Click the links below for tips and recipes to help choose snacks that are both healthy and delicious.

- Read about [Hacking Your Snacks](#) for health.
- For simple recipes, choose your favorite flavor or try them all: [Spicy](#), [Savory](#), [Crunchy](#), [Sweet](#).
- Need some new after-school snack ideas? Try these [Kid-](#)

[Friendly Snacks.](#)

- Check this [Personal Recipe Finder](#) for snack recipes you and your family will love.

Harvest of the Month - Melons

In late summer, melons have had time to ripen and are abundant at local farmers markets and grocery stores. Sweet melons make a healthy summer dessert and are a good source of hydration during hot weather, due to their high water and electrolyte content. While a ripe melon doesn't need any accompaniments to be enjoyed, melons are also delicious when used in many different kinds of recipes - see below for a few ideas. Learn more about melons and view their nutrition facts at [Harvest of the Month](#).



RECIPE IDEAS

- [Mediterranean Salad with Melon and Feta](#)
- [Watermelon Salsa](#)
- [Pico de Gallo Fruit Salad](#)
- [Melon Cooler \(or Slushy\)](#)

New & Noteworthy

Visit these links for a round-up of nutrition news, information, and events from the past month. Note that any particular research finding is only one part of a large and complicated picture of a healthy diet. For general healthy eating information based on an expert analysis of nutrition research, visit [ChooseMyPlate.gov](#). For individual diet questions, consult a registered dietitian or medical provider.

HEALTHY SNACK DAY - Partner organizations throughout California celebrated Healthy Snack Day on September 13th. Find recipes, games and other resources to help you and your families snack well [here](#).

INTERMITTENT FASTING AND IMMUNITY - Although research on intermittent fasting is still emerging, some new studies indicate it may affect our immune systems. ["Magic Soup": How Intermittent Fasting May Enhance The Immune System](#).

UC BREASTFEEDING RESEARCH - New research finds that human breast milk may help babies tell time via circadian signals from mom - "levels of cortisol...are three times higher in morning milk than in evening milk. Melatonin...rises in the evening and peaks around midnight." [Human breast milk may help babies tell time via circadian signals from mom](#).

FRESNO BEE ARTICLE ON CALFRESH - Learn more about how the federal Supplemental Nutrition Assistance Program (a.k.a. SNAP, CalFresh or food stamps) is administered in California. [Getting food stamps to poor Californians is surprisingly difficult](#).

SNACKING ON NUTS HELPS MAINTAIN WEIGHT - A recent study found that choosing nuts as a snack can help prevent weight gain over time. [Just a handful of nuts may help keep us from packing on the pounds as we age](#).

Nutrition Education Spotlight

Before the beginning of the school year, Calaveras Unified School District Food Services partnered with local nutrition programs to look for ways to support healthy eating among the district's roughly 2,800 students. Staff from Dairy Council of California, CalFresh Healthy Living, UCCE, and Calaveras County Public Health spent a day with food service staff from schools throughout the district to discuss the Smarter Lunchrooms Movement and brainstorm ways to encourage kids to make healthy choices in the cafeteria. Based on the principles of behavioral economics, the Smarter Lunchrooms Movement uses research-based strategies to nudge children towards a healthier diet. Many great ideas were shared over the course of the day, which food service staff and nutrition educators will be working to implement this year, from creating enticing names for cafeteria favorites, to posting fun and colorful signs for healthy foods, and more. To learn more, visit SmarterLunchrooms.org.



About Us

Nutrition, Family and Consumers Sciences (NFCS) in the Central Sierra conducts education, outreach, and applied research to support nutrition, food security, and public health in Calaveras, Tuolumne, Amador, and El Dorado Counties. NFCS includes the CalFresh Healthy Living, UC program, which teaches free classes in local schools, community centers, libraries, and other public places. Our classes show people how to choose, grow, cook, and enjoy affordable healthy foods, and how to make physical activity a regular and fun part of life. We also work to create environments where it's easier for people to make healthy choices by supporting wellness policies, community and school gardens, walking clubs, and more. For more information, visit our [website](#), [Facebook](#), or [Twitter](#), or email NFCS Advisor Katie Johnson at ckrjohnson@ucanr.edu.



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