

December, 2020



Nutrition News for the Central Sierra

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

Healthy Holidays!

With 2020 ending soon, I know many of us are looking forward to the fresh start that we hope a new year will bring. As we move closer to that new beginning, I hope we all keep our focus on promoting health, both physical and mental, for ourselves and our communities. See below for recipe ideas, recent news and information, and resources on how to stay healthy throughout the winter holidays this year.

I wish you and your families a healthy, happy New Year!

-Katie Johnson, Nutrition, Family and Consumer Sciences advisor



December's Harvest of the Month



During December and the cooler months of the year, turnips are at their best. Experiencing cold temperatures while growing helps the roots stay mild in flavor, and in cool weather turnips can last for an extended time, meaning they are available during the winter when few other fresh vegetables still are. Different varieties of turnip roots come in different colors, including white, purple and white, or yellowish orange. The turnip tops or leaves are also a delicious cooking green, and can be prepared similarly to mustard greens or kale. Turnips are an excellent source of vitamin C, with one serving containing more than 40% of the daily recommended intake, and they also provide dietary fiber, vitamin B-6, and potassium. See below for turnip recipes ideas, or learn more about turnips and view their nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Maple-Glazed Turnips](#)
 - [Turnip Pancakes \(Latke-style\)](#)
 - [Turnip Pancakes \(Okonomiyaki-style\)](#)
 - [Potato Turnip Gratin](#)
 - [Triple Header Greens](#)
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New & Noteworthy

Visit these links for a round-up of recent health and nutrition news, information, and events. For general healthy eating information based on an expert analysis of nutrition research, visit [ChooseMyPlate.gov](#). For individual questions, consult a registered dietitian or medical provider.

[10 Years of the Healthy, Hunger-Free Kids Act](#). A look at the impacts of this groundbreaking legislation on its 10th anniversary.

[Warning Labels Reduce Sugary Drink Consumption in University Setting, Researchers Found](#). Recent research shows that labels warning college students about the health effects of drinking too many sugary beverages may lead them to drink less.

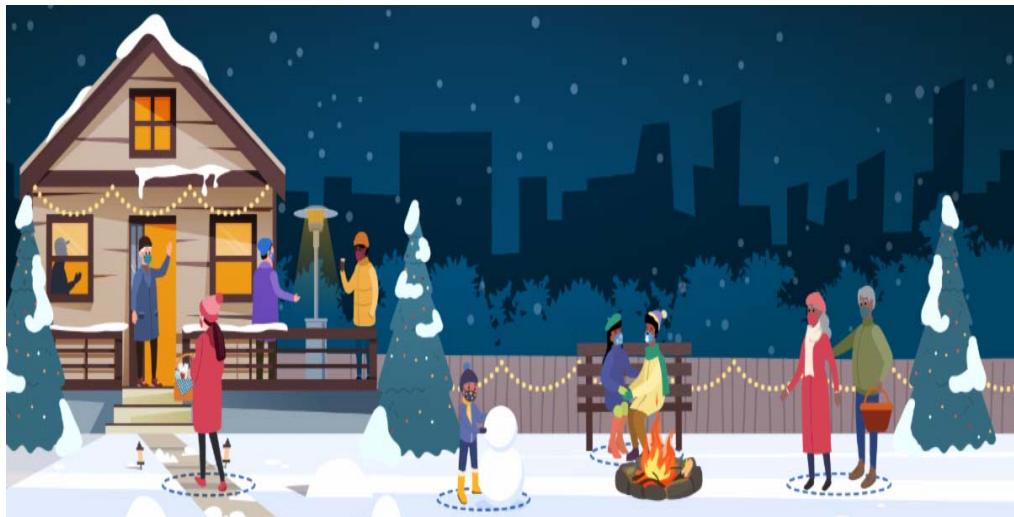
[Is American Dietetics a White-Bread World? These Dietitians Think So.](#) Important commentary on the lack of culturally relevant dietary information provided by many American dieticians. Although some dieticians are working to diversify what the official definition of "healthy food" looks like, much of the current dietary advice is not applicable to diverse foods eaten by Americans from a range of different cultural traditions.

[California farmworkers hit hard by COVID-19, study finds](#). An important new study on the COVID-19 risks that farmworkers face.

This series of flyers features information on food safety topics relevant to COVID-19:

- [Is Coronavirus a Food Safety Issue?](#)
 - [Is Coronavirus a Concern at Grocery Stores?](#)
 - [Is Coronavirus a Concern with Takeout?](#)
 - [Is Coronavirus a Concern on Fresh Produce?](#)
 - [Handwashing](#) and COVID-19
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Celebrate Winter Holidays & Stay Healthy



However you choose to celebrate this winter, there are steps you can take to increase your safety and the safety of your family. Guidance for holidays during COVID-19 is available, including approaches you can take to decrease your risks in a variety of different settings, and information about how to safely prepare food during this time.

Your Health: Winter Holidays

An overview of expert guidance about holiday travel, food and drinks, and approaches to create safer celebrations during COVID-19. From the [Centers for Disease Control and Prevention](#).

Holiday Food Safety

A collection of food safety resources to help you navigate this unique holiday season. From [UC Food Safety](#).

COVID-19 Community Resources

During the COVID-19 pandemic, you can help spread the word about Central Sierra resources to make sure everyone has enough to eat. **If your family, your neighbors, or anyone you know is in need of food, assistance is available!**

Links to information about Central Sierra food banks, WIC agencies, school meal sites, senior meals, how to [sign up for CalFresh/food stamps](#), and more are available on the following webpage:

http://cecentralsierra.ucanr.edu/CentralSierraNutrition/Community_Resources/

About Us

As the State of California has issued a shelter-in-place order to reduce the spread of COVID-19, UC Cooperative Extension in the Central Sierra is now working remotely. We are still here to answer your questions and address needs during this unprecedented situation.

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 or to participate in the NFCS program, visit our [website](#), [Facebook](#), or [Twitter](#), or email NFCS advisor Katie Johnson at ckrjohnson@ucanr.edu.



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UC Cooperative Extension Central Sierra | 311 Fair Lane, Placerville, CA 95667

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