

February, 2020



## Nutrition News for the Central Sierra

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

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The 2019 Annual Report for the Central Sierra *CalFresh Healthy Living, UC* program is now available. See the highlights in the Central Sierra profile here, and read more details about the team's great accomplishments in the Nutrition Education Spotlight below!



## UCCE Central Sierra

### SUCCESSES

After 35 teachers received nutrition education in their classrooms, between 92% and 100% observed that more of their students could identify healthy food choices and were willing to try new foods at school.

A pre-post cafeteria waste assessment in two elementary schools found an average 40% reduction in carrot waste per student served after carrots were featured as Harvest of the Month.



### RESULTS

#### Youth

- 347 tasting opportunities provided 6,751 healthy food samples to youth; across all items, at least 71% were willing to eat the food again.

#### Adult

- "I try to stay away from sugar and buy products that have low sugar."  
– class participant

#### Organizational

- 27 sites/organizations made 86 positive changes to policies, systems, and physical environments.

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement: UCCE Central Sierra serves El Dorado, Amador, Calaveras and Tuolumne Counties, and is the bridge between local issues and the research expertise of the University of California.

#### Serving Individuals and Communities

- Program focus areas include: evidence-based nutrition and physical activity curriculum in schools; school gardens and other farm-to-school initiatives; youth engagement; wellness policies; and community activities serving adults.
- Education is offered at 92 different sites, including 34 schools, 14 preschools, 12 adult education sites, 6 family resource centers, and sites in 10 other types of settings.

#### Providing Education

- In 2018-2019, 8,965 educational contacts were made (8,465 youth and 500 adult), teaching 275 series of workshops and 99 single-session classes for a total of 1,506 instructional hours. An additional 6,349 indirect educational contacts were also made.

#### Helping to Make Organizational and Environmental Changes

- As a result of changes made at partner organizations, an estimated 25,628 people have greater opportunities to make healthy choices.
- The most common changes made were improving school gardens, creating cafeteria displays to promote healthy choices, and implementing school and organizational wellness policies.

#### Serving California Agriculture

- Thirteen school, community and preschool gardens provide living laboratories for students to increase their food literacy. Seasonal, California-grown fruits and vegetables are featured monthly through Harvest of the Month promotions, and local farmers are introduced to students. These and other farm-to-school initiatives help to build knowledge of and appreciation for agriculture.

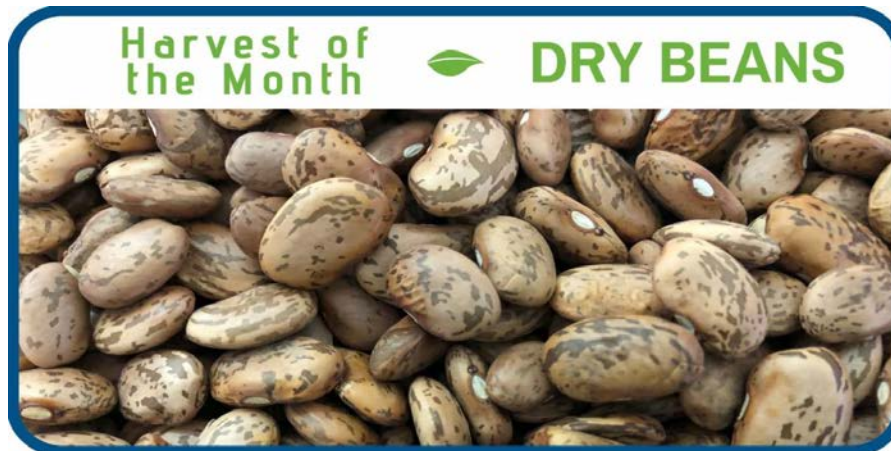
#### Building Partnerships

- Strong partnerships have been built with Calaveras Unified School District, Lake Tahoe Unified School District, Amador Unified School Food Services, Georgetown School of Innovation, the Amador Tuolumne Community Action Agency Food Bank, local health departments, and many others. Participation on five community coalitions further connects program staff with local organizations.

To learn more, visit <http://cecentralsierra.ucanr.edu/CentralSierraNutrition/> or email [ckrjohnson@ucanr.edu](mailto:ckrjohnson@ucanr.edu)

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## February's Harvest of the Month



This time of year, when fewer fresh fruits and vegetables are available, eating dry beans is a good way to add variety to a winter diet. In addition to the common pinto, black, and kidney beans, dozens of types of heirloom beans are available in all different colors and sizes. Many kinds of dry beans can be substituted for one another in recipes, as long as they are similar in size, so try a new variety! Nutritionally, beans are one of the healthiest foods people can eat. They are excellent sources of protein and fiber, and good sources of iron. See below for healthy recipe ideas, or learn more about beans and view their nutrition facts at [Harvest of the Month](#).

### Recipe Ideas:

- [Black Bean and Vegetable Quesadillas](#)
- [BBQ Baked Beans](#)
- [White Chili](#)
- [Black Bean Brownies](#)

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## New & Noteworthy

*Visit these links for a round-up of recent nutrition news, information, and events. 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.*

**A Funny Thing Happened When We Asked Nutrition Experts for One Piece of Advice** - This is a great article on the importance of physical activity, and why nutritionist talk about both food and exercise together. <https://www.wbur.org/foodtalk/2019/12/27/food-podcast-resistance-strength-training>

**Choose the Best Diet for You** - Dieting as a concept may be problematic, but this is a pretty good ranking of some of the most common diets out there.

[https://www.npr.org/2019/12/26/676129278/choose-the-best-diet-for-you?utm\\_campaign=storyshare&utm\\_source=twitter.com&utm\\_medium=social](https://www.npr.org/2019/12/26/676129278/choose-the-best-diet-for-you?utm_campaign=storyshare&utm_source=twitter.com&utm_medium=social)

**Slashing food stamps hurts the poor. It also hurts their supermarkets** - This article provides interesting context on the economic impacts the Supplemental Nutrition Assistance Program has on local communities. <https://www.cnn.com/2020/01/29/business/grocery-stores-food-stamps-snap/index.html>

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## **Nutrition Education Spotlight:** **The CalFresh Healthy Living, UC Program Year in Review**

Across the Central Sierra (El Dorado, Amador, Calaveras, and Tuolumne Counties), in federal fiscal year 2019 (October 1, 2018-September 30, 2019) the *CalFresh Healthy Living, UC (CFHL, UC)* program made **8,965 educational contacts** (8,465 youth and 500 adult), teaching 275 series of workshops and 99 single-session classes for a total of **1,506 instructional hours**. An additional **6,349 indirect education contacts** were also made, with a focus on promoting fruits and vegetables and normalizing healthy living. Also, by working with 30 sites/organizations to implement 86 changes to their policies, systems, and physical environments, an estimated **25,628 people have greater opportunities** to make healthy choices in their lives. These activities were delivered and supported by **13 professionals** and many dedicated community volunteers who implemented dozens of different educational strategies and curriculum to improve the health of Central Sierra residents.



**Nutrition and Physical Activity Education in Schools:** *CFHL, UC's* presence providing direct education in Central Sierra schools continues to comprise the majority of the program's activities, with 89% of all educational contacts made in K-12 schools. In FFY19, 34 school sites received direct education, 13 in El Dorado, 6 in Amador, 9 in Calaveras, and 6 in Tuolumne.

**Gardens:** In the Central Sierra, much of *CFHL, UC's* direct education is enhanced by integration with gardens. Thirteen school, community and/or preschool gardens continued to provide living laboratories for students to increase not just their nutrition knowledge, but also their food literacy. Increasing staff capacity to establish, maintain, and teach in gardens supports experiential learning and improves the effectiveness of nutrition education.

**Harvest of the Month (HOTM):** Delivered regularly by all educators across the Central Sierra, HOTM is one of the program's main tools for promoting food literacy. HOTM indirect education is adapted in a variety of ways to fit different settings: as an experiential complement to in-class education, as a cafeteria promotion, in handouts sent home to parents or handed out at community gatherings. This past year, a series of short videos were also developed and shared with elementary teachers in the Central Sierra.

**Youth Engagement:** In partnership with the UC 4-H Program and the UC Davis Center for Regional Change, the *CFHL, UC* program increased its efforts to move beyond serving youth and towards engaging youth in FFY19. This work included a teens-as-teachers model in South Lake Tahoe and Amador County and Youth Participatory Action Research projects in El Dorado County. Substantial youth engagement work also continued in Calaveras County, including helping high school students to lead farm field trips.

The *CFHL, UC* program is now continuing its great work across the Central Sierra in 2020!

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## 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](mailto:ckrjohnson@ucanr.edu).



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