

March, 2020



## Nutrition News for the Central Sierra

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

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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 all 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, which will be regularly updated until the end of the crisis.

### [COVID-19 Community Resources](#)

[http://cecentralsierra.ucanr.edu/CentralSierraNutrition/Community\\_Resources/](http://cecentralsierra.ucanr.edu/CentralSierraNutrition/Community_Resources/)

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.

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### **New & Noteworthy during COVID-19**

*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.*

Information from the **California Department of Public Health**: <https://www.cdph.ca.gov/covid19>

Information from the **Centers for Disease Control and Prevention**:  
<https://www.cdc.gov/coronavirus/2019-ncov/>

Information for **California Workers** During COVID-19 Crisis: Filing for Supplemental Pay due to Impacts on Wages: <https://ucanr.edu/sites/SLO/files/321854.pdf>

Information for **Pregnant and Breastfeeding Women** from the World Health Organization:

<https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>

And the U.S. Breastfeeding Committee:

<http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

For some cooking inspiration, **An All-Pantry Meal Plan** for Coronavirus and Other Perilous Times:

<https://www.epicurious.com/recipes-menus/all-pantry-meal-plan-for-coronavirus-and-other-emergencies-article>

For schools and school districts looking for assistance to provide meals while schools are closed, No Kid Hungry is offering grants to help. **Schools are invited to complete a coronavirus grant request:**

<https://www.nokidhungry.org/coronavirus-grant-request>

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## Food Safety & Cooking at Home



Below is the latest Information from the CDC on Food Safety and COVID-19, as of 3/23/2020. More resources for food safety, [food storage](#), and cooking are available on the Central Sierra [COVID-19 Community Resources](#) page.

*Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food, it is important to always [wash your hands](#) with soap and water for 20 seconds for general food safety. Throughout the day, wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.*

*It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.*

*In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures.*

*You should always handle and prepare food safely, including keeping raw meat separate from other foods, refrigerating perishable foods, and cooking meat to the right temperature to kill harmful germs. See CDC's [Food Safety site](#) for more information.*

Additionally, it is always **unsafe to make infant formula at home**. Contact a food bank or your local WIC agency if you cannot access infant formula. More information from the American Academy of Pediatrics: <https://www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Is-Homemade-Baby-Formula-Safe.aspx>

[EatFresh.org](#) has hundreds of **simple and healthy recipes**, many of which can be made with limited ingredients: <https://eatfresh.org/>

## Nutrition Education Spotlight: Online Resources + Activities for Families

The CalFresh Healthy Living program is working hard to support Central Sierra communities and schools virtually during this time of social distancing. Explore the resources below for ideas to keep learning and stay active while at home. New resources will continue to be added to the [COVID-19 Community Resources](#) page.



### Nutrition Education for Adults and Teens

The EatFresh.org Mini Course is an online class that teaches how to eat for health, save money on groceries, and cook easy, tasty meals. Sign up for free and take the class whenever it's convenient: <https://ucanr.edu/sites/csnce/files/322570.pdf>

### Gardening with Kids

Slow Food USA's "Clean" curriculum is a flexible resource that includes tips on starting a garden, activities, worksheets, recipes, and more: <http://slowfoodusa.org/wp-content/uploads/Slow-Food-USA-Clean-Curriculum-Low-Res.pdf>

Kidsgardening.org has easy gardening activities to do with kids: <https://kidsgardening.org/news-kidsgardening-offers-easy-parent-and-kid-activities/>

### Physical Activity Resources

CATCH at Home PE resources: <https://www.catch.org/pages/health-at-home>

Cosmic Kids Yoga videos: <https://www.youtube.com/user/CosmicKidsYoga>

GoNoodle active games for kids: <https://www.gonoodle.com/>

Hip Hop Public Health songs: <https://hhph.org/repository/#filter=.videos>

## March Harvest of the Month



March is a great time to begin eating the many types of greenery that emerge in Springtime. Chard, often called Swiss chard or rainbow chard depending on the color of the plant stems, is a versatile ingredient to include in meals this month. Chard is related to both spinach and beets, and is a good source of iron, potassium, and fiber. See below for health recipe ideas, or learn more about chard and view its nutrition facts at the USDA's [Seasonal Produce Guide](#).

### Recipe Ideas:

- [Rainbow Chard with Pumpkin Seeds](#)

- [Swiss Chard Pinwheel Bread](#)
- [Chard Gratin](#)
- [Lentil Soup with Swiss Chard and Lemon](#)

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

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