

May, 2020



Nutrition News for the Central Sierra

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

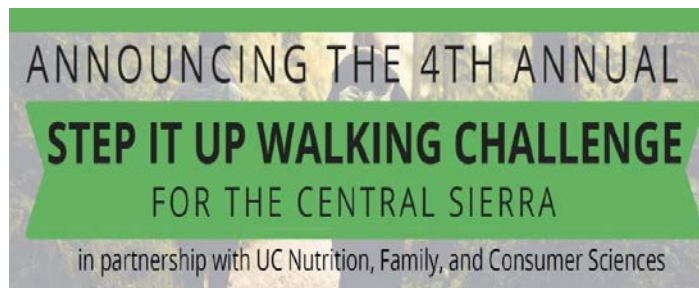
During the COVID-19 pandemic, you can help spread the word about Central Sierra resources to make sure everyone has enough to eat. **If your family, your neighbors, or anyone you know is in need of food, assistance is available!**

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

COVID-19 Community Resources

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

Step It Up, Central Sierra!



The UCCE Nutrition, Family and Consumer Sciences and CalFresh Healthy Living-UC programs are happy to announce the 4th annual **Step It Up Walking Challenge**. Originally started as a walking competition for Tuolumne County Schools staff, this year we have decided to invite the larger Central Sierra community. **The four week challenge kicks off Wednesday, May 20, so form your teams now!**

Step It Up is fun, easygoing, and open to all! Invite your kids, your neighbors, or your coworkers as we stay safe and active together. No team is too big or too small - all you need is a team captain and the desire to be physically active. Prizes will be awarded for several categories!

Read the [Informational Flyer](#) and [Frequently Asked Questions](#), then [SIGN UP HERE](#). Once you've registered your team, we'll share a link so you can track your weekly steps. Bonus points for creative team names!

Please respect all state and local physical distancing guidelines while staying active. [Here are some tips on how to safely use outdoor spaces.](#)

May's Harvest of the Month



May is one of the best months to eat the many varieties of lettuce that grow this time of year, from crunchy heads of butter lettuce to tender mixes of young multi-colored baby lettuces. Lettuce is an excellent source of Vitamin A and also provides some Vitamin C, folate, fiber, potassium, and other trace minerals. Different types of lettuce contain different amounts of these nutrients, but all types of lettuce make a healthy and delicious base for salads made with seasonal produce. Lettuce is known as an easy way to add a fresh crunch to sandwiches, wraps and others meals, but if you find yourself with an overabundance of lettuce this time of year, try something different and make lettuce soup! See below for recipe ideas, or learn more about lettuce and view its nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Romaine, Mango and Jicama Salad](#)
- [Asian Turkey Lettuce Wraps](#)
- [Spring Green Salad](#)
- [Hot or Cold Creamy Lettuce Soup](#)

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.

[The COVID-19 Crisis Has Already Left Too Many Children Hungry in America.](#) Unfortunate new research has confirmed what many people have been reporting; food insecurity is rising during the COVID-19 crisis, particularly among families with children.

[Working with Airline Caterers, this Startup Nonprofit Has Delivered Over a Million Meals.](#) A look at an innovative method for getting meals to people who need them during the COVID-19 crisis.

[Dutch restaurant trials glass booths for dining amid coronavirus.](#) A look at one interesting modification that might make dining out safer in the time of COVID-19.

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

Nutrition Education Spotlight: Partnership Brings a Taste of Local Produce to Students

During the 2019-2020 school year, El Dorado County nutrition educators with CalFresh Healthy Living, UC Cooperative Extension (CFHL, UCCE) and Agriculture in the Classroom board members partnered to bring local, donated produce to cafeterias and classrooms at Camino Elementary and Pinewood Elementary. About 500 students in grades TK-5th at these two schools received education and a taste of seasonal produce through this Harvest of the Month (HOTM) partnership. Over the six months of programming, 250 students at Camino Elementary received monthly 30-minute long in-class lessons and a taste of in-season local produce, and about 300 students at Pinewood Elementary received a taste of the donated produce in their cafeteria.



Read more about this project and plans for next year on our blog:

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=41477/blogcore/postdetail.cfm?postnum=41477>

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, visit our [website](#), [Facebook](#), or [Twitter](#), or email NFCS Advisor Katie Johnson at ckrjohnson@ucanr.edu.



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