

June, 2020



Nutrition News for the Central Sierra

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

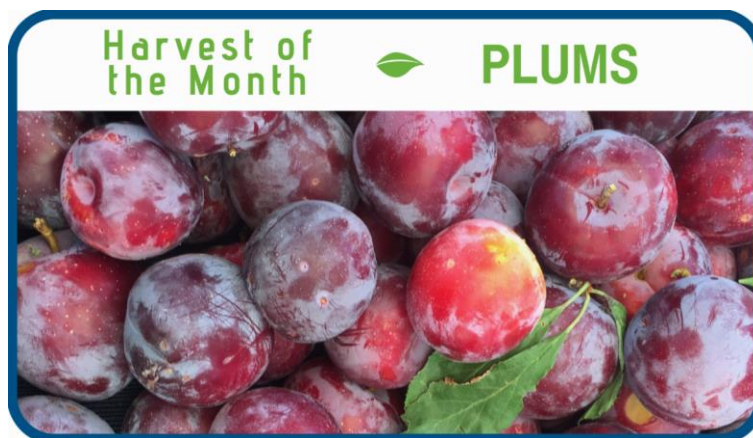
Black Lives Matter + Commitment to Health Equity

The Nutrition, Family and Consumer Sciences program in the Central Sierra values community health and health equity, and recognizes that these goals will never be achieved as long as racism and structural inequality persist in our communities and in our country. Black lives matter, and the history of oppression against Black lives, Indigenous lives, and the lives of People of Color has shaped our food system and our food culture in America. The negative health effects of racism are [well documented](#), and must be eliminated. Moving forward, I commit to listen to Black voices, to seek out opportunities to learn, and to find new ways to work towards health equity in our program and the Central Sierra.

To learn more about the Black food sovereignty movement, an informative and thought-provoking article in honor of the recent Juneteenth Holiday is available to read here: [An Intergenerational Juneteenth Gathering Shows How the Black Food Sovereignty Discussion has Shifted](#).

-Katie Johnson, Nutrition, Family and Consumer Sciences advisor

June's Harvest of the Month



June brings an abundance of early stone fruits to California markets, and plums are one of the most widely available and diverse types of stone fruits available. Plums come in many different colors, from purple to yellow to green, and tend to have tart skins and sweet flesh. As they ripen, plums become softer and sweeter, so you can choose to eat them when they're tart and crunchy, or when they're sweet and tender. A good source of Vitamin C, plums also provide some Vitamin A and dietary fiber. Plums are delicious when eaten plain, but because of their sweet-tart flavor they also go well in a number of different recipes. When cooked or baked, plums' naturally tart flavor becomes more pronounced, so take into account how much sweetener a cooked plum recipe may require. See below for recipe ideas, or learn more about plums and view their nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Spicy Greens and Plum Salad](#)
- [Savory Grilled Plums](#)
- [Plum and Oregano Chicken Kebabs](#)

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.

[When the pandemic ends, a healthier 'normal' could help our obesity crisis. Here's how to create it.](#) A hopeful look at how our current situation could be a catalyst for improving the national food system.

[How Food Hubs and Co-Ops Are Overcoming the USDA Farm Box Program's Flaws.](#) An interesting update on the both the challenges and the success of this brand-new federal food assistance program.

[Participants' Experiences of the 2018–2019 Government Shutdown and Subsequent Supplemental Nutrition Assistance Program \(SNAP\) Benefit Disruption Can Inform Future Policy.](#) The experiences of Central Sierra residents were included in this research article, which presents findings on how the disruption in SNAP/CalFresh benefit distribution can negatively affect SNAP recipients.

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: Stay Active this Summer

Looking for motivation to stay active this summer? The [Physical Activity Guidelines for Americans](#) recommend adults engage in moderate physical activity for at least 2 1/2 hours each week - that's about 1/2 hour a day on most days. When it's hot outside, going for a brisk walk during the cool early morning or evening hours is a good way to meet this goal. See more tips below for creating an active lifestyle.



United States Department of Agriculture



Get social

Get active with your friends instead of going out to eat. Go for a hike, walk around the mall, or play an exercise-themed video game.



Move more at work

Fit more activity into the workday. Stand during phone calls, use a printer farther from your desk, and get up to stretch each hour.



Do something new

Develop a new skill to kick-start your motivation. Sign up for a class to learn how to salsa dance, surf, do tai chi, or play a sport.



Keep cool in the pool

Don't like to sweat? Hit the local community pool for a swim, water polo, or water aerobics class to stay cool while exercising.



Stay on track

Use SuperTracker.usda.gov to track your activity. Sync your FITBIT® for easy entry and join a challenge for friendly competition.



List more tips

Based on the Dietary Guidelines for Americans
Go to ChooseMyPlate.gov for more information.

MPMW Tipsheet No. 4
October 2016
Center for Nutrition Policy and Promotion
USDA is an equal opportunity, provider, employer, and lender.

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



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