

September, 2020



Nutrition News for the Central Sierra

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

Coping with Stress during COVID-19

Right now, many families are experiencing heightened stress from the economic and emotional effects of COVID-19. An ongoing source of stress like the current pandemic has the potential to affect our health, but there are steps we can take to help manage our own stress and to help the children in our lives become more resilient. A new resource guide from the California Essentials for Childhood Initiative provides information on how to cope with stress during COVID-19, and where to reach out for help. Read this resource below, or learn more and download it from [the initiative's website](#).

Coping with Stress During the COVID-19 Pandemic

The coronavirus (COVID-19) outbreak has changed our lives. We may feel anxious, sad, bored, worried, depressed, and lonely right now. We may need extra help or support. What works for each of us will depend on our specific situation. Here are some tips and resources for managing stress during this difficult time. We may already be doing some of these things.



Manage Stress for Health

We might find comfort when we do one or more of these things to manage stress:

- Connect with others (see Supportive Relationships)
- Take deep breaths
- Practice mindfulness, meditate, or use guided imagery
- Exercise and get outside when possible
- Get enough sleep
- Eat nutritious foods when possible
- Take breaks from the news
- Get COVID-related news from medical professionals and sources like the CDC (www.cdc.gov/coronavirus/2019-ncov) or our local public health department
- Reach out to a mental health professional if we're struggling.

See back side for more ideas and resources and visit <http://covid19.ca.gov/manage-stress-for-health>



Help with Basic Needs

We all need food, shelter, and enough money to meet our basic needs. Visit <https://covid19.ca.gov/> to access shelter, housing, food, financial relief, and health care coverage resources. We can also call 2-1-1 or our local Family Resource Center to get help. To file taxes, safely from home, at no cost, contact www.caletc4me.org/free-tax-prep-locations/.



Routines

A daily walk or dance session, a family meal, or game time can provide predictability and comfort. We might need to experiment and adjust schedules until we find what works best.



Supportive Relationships

While we need to practice social distancing, we also need nurturing social connections more than ever. Call, text, or video chat with a friend or relative if possible. To connect with kids, we might hug, cook, read, or craft together.



Giving and Accepting Help

Helping others can make us feel better! Call a friend to check in, pick up your neighbor's medicine, donate time or money, or sew a mask. We can let those in our circle know if we are struggling. And, we can try to accept help if others reach out to us.

KEEP CALM & STAY STRONG!

This flyer was
co-created by:

ACEs
Connection



How to Support Our Kids During the COVID-19 Pandemic

Parenting in a pandemic is hard work. Children, like adults, need extra support during times of high stress. Creating predictable routines and giving age-appropriate chores can help kids feel more settled. We can also help our children find small things to be thankful for every day. In addition, these simple steps from Donna Jackson Nakazawa, author of *Childhood Disrupted* and *The Angel and The Assassin*, can help us support children during this time.



Hunt for the Good

When there's pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.



Say, "Sorry"

We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It's up to us to show kids we're responsible for our moods and mistakes.



Move and Play

Drum. Stretch. Throw a ball. Dance. Move inside or outside for fun and to ease stress.



Make Eye Contact

Look at kids (babies, too). It says, "I see you. I value you. You matter. You're not alone."



Give 20-Second Hugs

There's a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.



Help Kids to Express Mad, Sad or Hard Feelings

Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.



Slow Down or Stop

Rest. Take breaks. Take a walk or a few moments to reset or relax.



Be There for Kids

It's hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.



Nurture & Protect Kids as Much as Possible

Be a source of safety and support.

Hotlines and/or Resources

2-1-1 California

www.211ca.org

California Parent and Youth Helpline

1-855-427-2736 (8 am - 8 pm)

California Peer-Run Warm Line

1-855-845-7415 non-urgent.support (24/7)

California Youth (ages 12-24) Crisis Line

Call or text 1-800-843-5200 or chat online (24/7)

Childhelp National Child Abuse Hotline

1-800-4-A-CHILD (24/7)

Domestic Violence Hotline

1-800-799-7233 (24/7)

Friendship Line for Adults 60+ or with Disabilities

1-888-670-1360 (24/7)

Guide for Immigrant Californians

<https://covid19.ca.gov/guide-immigrant-californians>

RAINN National Sexual Assault Hotline

1-800-656-HOPE (24/7)

Suicide Prevention Lifeline

1-800-273-8255 or text: 838255 (24/7)

Trevor Project (LGBTQ youth)

Call 1-866-488-7386 or text: START to 678678 (24/7)

More Hotlines:

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being>

September's Harvest of the Month



Few things signal the end of summer and the beginning of fall as clearly as grapes beginning to ripen. Many different varieties of grapes are available throughout the season in shades of green, red, purple, and some dark enough to be considered black. In addition to grapes for fresh eating, grapes used to make wine are an important and widely grown crop in the Central Sierra. The flavors of different varieties differ widely, but all grapes make a sweet and refreshing snack. Grapes are a good source of vitamin C, and also contain antioxidants known as polyphenols that may help prevent certain chronic diseases. See below for new ideas to cook with grapes, or learn more about grapes and view their nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Grape, Feta and Mint Quinoa Salad](#)
- [Roasted Grape, Rosemary Goat Cheese and Pecan Toast](#)
- [Crunchy Chicken Salad](#)
- [Frozen Grape and Banana Skewers with Chocolate Drizzle](#)

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.

[**America at Hunger's Edge**](#). This hugely impactful work of photo-journalism shines a light on some of the families experiencing hunger in America today.

[**Op-Ed: The Rise of Ultra-Processed Foods Is Bad News for Our Health**](#). This op-ed does a good job defining "ultra" processed foods and outlining the problems associated with those foods, in contrast to more traditional methods of food preservation or processing.

[**Why You Should Never Feel Guilty About Getting a Good Night's Sleep**](#). Interesting new research on the links between our sleep and our health.

[**The Silent Suffering of Cafeteria Workers**](#). Read more about this less-discussed group of essential workers, who have been feeding children throughout the pandemic.

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: Intergenerational Learning in the Garden



In Calaveras County, CalFresh Healthy Living, University of California Cooperative Extensive (CFHL UCCE) began partnering to promote intergenerational learning at the Calaveras Master Gardener Demonstration Garden. The CFHL UCCE program partnered with UC Master Gardeners, CalaverasGROWN farmers, Calaveras high school students and teachers, and the San Andreas Senior Center to develop this opportunity. Over this past year, a group of community members from the San Andreas Senior Center participated in

regular nutrition education and physical activity lessons provided by CFHL UCCE. This group has been able to apply what they have learned from each educational series personally, as well as within their church when preparing free community meals. As a result, the seniors wanted to extend this knowledge further into the community by inviting a Calaveras High School special education class to an intergenerational event at the Master Gardener Demonstration Garden. Together, CFHL UCCE, UC Master Gardeners, CalaverasGROWN farmers, and school staff

helped to coordinate a successful educational event. There were 30 attendees in total who received direct nutrition education, and the seniors and high school students worked together to create a delicious, seasonal dish made primarily from local produce – some picked fresh from the garden. Read more about this event and plans for the future [on our blog](#).

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://ccentralsierra.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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