

October, 2020



## Nutrition News for the Central Sierra

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

### Celebrating Local Farms this Farm to School Month

October has been National Farm to School month, and in the Central Sierra we thank all of the many community champions who help to connect students with local foods and agricultural education. In particular, this year we want to recognize the local farms that have donated their produce to the CalFresh Healthy Living UCCE's Harvest of the Month program in school cafeterias. Partnerships in Tuolumne and El Dorado County led to **donations of local fruits and vegetables that supplied 24 tasting events in 6 school cafeterias**. During these events, students learned about the seasonal item of the month, had the chance to taste food produced within their own county, and voted on how much they liked the item. Donated items served included persimmons, apples, apple cider, fresh wine grapes, blood oranges, butternut squash, and cabbage.

Approximately **6,461 tastes of local produce were served** last school year, and the large majority of votes indicated that **students like local produce!** 57.6% of votes expressed that the student *loved* what they tasted, and 22.4% of votes expressed that the student *liked* what they tasted. We couldn't accomplish this work without the partnership of local farms, and we thank the many farmers who contribute to our programming and to their communities! To learn more about how farm to school efforts help students, read [The Benefits of Farm to School](#) from the National Farm To School Network.



## October's Harvest of the Month



As days start to become cooler this October, leafy greens and other cruciferous vegetables will begin to be more commonly available in local markets and gardens. Broccoli is one of the most popular green vegetables, and one of the most versatile, too. Choose broccoli that is brightly colored, not yellowing, and has firm, springy florets. Also, be on the lookout for different forms of broccoli that are becoming more available, like broccoli raab, gai lan, or other types of “sprouting” broccoli. These varieties usually come in bunches of long stalks, rather than heads, and the stalks are just as flavorful as the florets. Any kind of broccoli provides dietary fiber, and is an excellent source of Vitamin C and folate. See below for broccoli recipe ideas, and learn more about broccoli or view its nutrition facts at [Harvest of the Month](#).

### Recipe Ideas:

- [Broccoli Crunch Salad](#)
- [Broccoli Cheddar Soup](#)
- [Beef and Broccoli](#)
- [Chinese Broccoli with Wine and Sugar](#)

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## 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.*

**[Nutrition Education is Helping Low-Income Families Eat Healthier](#)**. New evidence on how SNAP-Ed is increasing nutrition security, including a focus on policy, systems and environmental changes

**[Don't Be Fooled By Buzzwords: Here's How To Eat Healthy On A Budget](#)**. This article shares practical advice with a focus on adding good foods for health rather than deprivation, and on eating more F&V no matter what form they come in.

**UC Davis Wants Samples of Your Fermented Foods for Science.** Want to contribute to science by sharing a sample of your homemade sauerkraut, kimchi or other fermented food? You can help UCCE and UC Davis researchers looking to learn more about fermented foods' nutrition and beneficial bacteria.

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

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## **Nutrition Education Spotlight: Central Sierra Steps Towards Fitness**



Earlier this year, the CalFresh Healthy Living UCCE Central Sierra team hosted *Step It Up*, a virtual version of a worksite wellness competition for educators and communities. During the early stages of the shelter in place orders issued during the COVID-19 pandemic, the four week step counting challenge provided participants a safe and free way to stay active and enjoy camaraderie from a distance. Central Sierra residents were uniquely positioned to still have safe access to open spaces while following safety practices for COVID-19 prevention. With over 70 participants from two counties, *Step It Up* can provide a model for future physical activity opportunities. In total, **73 participants walked 8,224 miles over the course**

**of the challenge.** Participants expressed they enjoyed the weekly emails and camaraderie with their team.

Because of the quick turn-around time between shelter-in-place orders and the rollout of a virtual *Step It Up* Challenge, there are several possibilities to grow the challenge this next year:

- Implementing a pre/post evaluation to gauge physical activity levels before, during, and after the challenge.
- Adding a direct education component with live virtual classes.
- Offering a “family challenge” version with incentives to match school PA standards for school staff and their entire families.

If you'd like to participate in next year's challenge, look out for an announcement in this newsletter, and read more about this event [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://cecentralsierra.ucanr.edu/CentralSierraNutrition/Community\\_Resources/](http://cecentralsierra.ucanr.edu/CentralSierraNutrition/Community_Resources/)

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



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