

February, 2021



Nutrition News for the Central Sierra

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

Updated Guidelines for Healthy Eating: Webinar



Are you looking for research-based, reliable information about how to eat healthfully for yourself, your family, or your clients? In observance of National Nutrition Month this March, you're invited to a free, informational webinar about this topic.

The webinar will focus on the Dietary Guidelines for Americans, which bring together the current research on healthy eating into one set of recommendations that can help us make informed choices about what to eat. The Dietary Guidelines for Americans are updated every five years, and the latest edition for 2020-2025 was recently released.

WHAT:

A webinar to learn:

1. How the Dietary Guidelines for Americans are developed.
2. Changes to the Dietary Guidelines for Americans in the new 2020-2025 edition.
3. An overview of what the guidelines say: What does healthy eating look like?
4. Q&A - A discussion on some of the most common questions about healthy eating.

WHEN:

Two sessions will be held. Choose either:

Saturday, March 20th, 1:30-2:30pm or Monday, March 22nd, 3:30-4:30pm

WHERE:

This will be a live, virtual event on Zoom. After registering, you will receive a confirmation email with details on how to join.

Register to Attend

The webinar will be conducted by Katie Johnson, the Nutrition, Family and Consumer Sciences Advisor for the University of California Cooperative Extension in the Central Sierra. Contact her with any questions about the webinar: ckrjohnson@ucanr.edu

Find more information about the guidelines from the United States Department of Agriculture: [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

February's Harvest of the Month



In February fresh produce is not as abundant as other months of the year, particularly fresh fruit. But this is an excellent time to embrace the many different types of dried fruits that are available throughout the whole year. California is the largest producer of raisins in the country, and many of the other fruits grown in the state are also available in dried forms, including apricots, cherries, plums/prunes, figs, pears, apples, and more. The process of drying fruits concentrates their nutrients, which makes them good sources of fiber and other vitamins or minerals, depending on the type of fruit. One caution, however, is that the natural sugars in fruits also become concentrated when dried. It's recommended to enjoy dried fruits in moderation, and to choose dried fruits that don't contain added sugar. One serving of dried fruit is 1/4 cup, or a small handful. See below for healthy ideas to add dried fruit to your recipes, or learn more about dried fruit at [Harvest of the Month](#).

Recipe Ideas:

- [Brown Rice Pilaf with Sage, Walnuts and Dried Fruit](#)
- [Curried Waldorf Salad](#)
- [Tropical Fruit and Nut Snack Mix](#)
- [Celery with Apricot Blue Cheese Spread](#)

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.

Why Billions In Food Aid Hasn't Gotten To Needy Families. An overview of the barriers preventing some food federal food aid from reaching families during the pandemic.

California schools test water for lead, 3% exceed state limit. Recent research on lead contamination in California schools' drinking water.

Florida man uses COVID stimulus to build garden, spread message of food independence. An inspiring perspective on how federal benefits might provide not only food, but a lasting source of food.

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 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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