

March, 2021



Nutrition News for the Central Sierra

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

Celebrate National Nutrition Month® by Personalizing Your Plate



March is [National Nutrition Month®](#), an annual event created by the Academy of Nutrition and Dietetics. This March, people of all ages in the Central Sierra have the opportunity to learn more about how to eat healthy foods they enjoy with the theme "Personalize Your Plate." As we move through life, our nutritional needs change over time, and our food preferences may change as well. Find resources to help you personalize your plate through all life stages at [MyPlate.gov/Life-Stages](https://myplate.gov/life-stages).

This website has healthy recipes, practical tips, and information tailored for each different life stage, based on the most [up to date research](#). Find strategies to introduce new foods to toddlers; healthy snack ideas for children; cooking tips for young adults; information for eating healthy during pregnancy; ideas for adults

who want to stay active and move more; information on the unique nutritional needs of older adults; and much more. All of the resources are easily searchable based on your life stage, so you can find information that matters to you. No matter where you are in life, this March is a great time to make healthy changes.

Do you or someone you know need assistance getting enough healthy food to eat? Find out about food assistance programs in the Central Sierra that can help:

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

March's Harvest of the Month

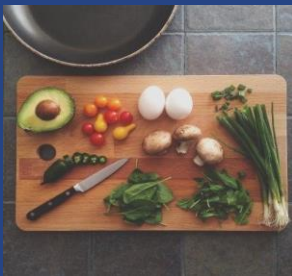


One sure sign of Spring in California is the appearance of asparagus. The green stalks of perennial asparagus plants only grow for a short time each year, making this one of the most seasonal of vegetables. March is a great time to enjoy asparagus while it's abundant in local markets and gardens. A good source of Vitamins A and C, asparagus also contains some fiber, iron, and even protein. A bunch of asparagus often needs to have the base of each spear trimmed or snapped off, as that part may be woody. However, test a spear to see if the base is truly woody, to avoid wasting more of the tender vegetable than needed. Fresh asparagus is delicious quickly steamed or sautéed and dressed with a squeeze of lemon juice, but it's also a great addition to many dishes. See below for healthy ideas to cook with asparagus, or learn more about asparagus at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Asparagus and Red Quinoa Salad](#)
- [Roasted Asparagus](#)
- [Spring Vegetable Sauté](#)
- [Ginger Almond Asparagus](#)

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)

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](https://www.choosemyplate.gov). For individual questions, consult a registered dietitian or medical provider.

[Understand Food Insecurity: Hunger and Health 101](#). This National Nutrition Month, Feeding America explains the connections between food security and health.

[USDA Extends Free Meals to Children through Summer 2021 Due to Pandemic](#). The USDA recently made the decision to continue its pandemic-era support for allowing schools the flexibility they need to provide food to children outside of traditional in-school meals.

[In One Year a Billion Tons of Food Got Wasted — Mostly at Home](#). New data from 2019 explains the scope and environmental impacts of food waste in homes around the world.

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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UC Cooperative Extension Central Sierra | 311 Fair Lane, Placerville, CA 95667

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