

May, 2021



Nutrition News for the Central Sierra

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

"Move Your Way" This Summer



National Physical Fitness & Sports Month
#MoveInMay



ODPHP

Office of Disease Prevention
and Health Promotion



May is **National Physical Fitness and Sports Month**, and also marks the beginning of the summer season. There's no better time than summer to get outdoors and be physically active, whether that's by going for a family walk in the mornings, swimming in a local lake, joining an online fitness class, hiking a trail, or participating in a team sport. This summer, challenge yourself to find a new activity that you think is fun and that also gets you moving. Doing something you enjoy will help you to stay active over time, and to make lasting changes that can improve your health. You can also be a role model for others in

your family and community. If you're already an active person, challenge yourself to invite someone in your life to be active with you.

The [Physical Activity Guidelines for Americans](#) advise adults to be active for at least 2 1/2 hours per week, or 1/2 hour per day on most days of the week. All adults, but especially older adults, are also advised to do weight-bearing or strength-training exercise at least twice a week to build and maintain muscle mass throughout life. Children and teens should be active for an hour every day. This is important not only to keep them healthy in the short term, but also to develop good lifelong habits and to ensure strong bone development as they grow.

These guidelines are great goals to keep in mind, but also remember that *any* amount of exercise helps us be healthier than we would otherwise. If the guidelines seem unattainable now, set a goal that works for your daily life, even if it's something that only lasts a few minutes. And remember to try something fun this summer! Learn more about how to [Move Your Way](#) from the U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion. <https://health.gov/moveyourway>

May's Harvest of the Month



Apricots are delicate stone fruits that begin to appear in markets around May in California. While the season for apricots is relatively quick, many different varieties are grown in the state, which ripen over the course of late Spring through early Summer. Apricots are sweet when ripe, although they may become more sweet-tart when baked or cooked, especially the skin and the area around the pit. Apricots are closely related to plums, and after many years of work by skilled fruit breeders the two fruits have been successfully crossed to grow entirely new types of fruits: genetically, *pluots* are majority plum with some apricot; *apriums* are majority apricot with some plum; and *plumcots* are generally a more even mix of apricot and plum. Apricots are an excellent source of Vitamin A and Vitamin C, and they also contain fiber, potassium, and Vitamin B-6. While apricots are delicious on their own, their unique flavor is also welcome in both sweet and savory dishes. See below for healthy recipe ideas starring apricots, or learn more about apricots and view their nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Top 10 Ways to Enjoy Apricots](#)
- [Grilled Ancho Chicken Breasts & Apricot Salsa](#)
- [Curried Brown Rice with Pumpkin Seeds, Apricots and Spinach](#)
- [Apricot Yogurt Delight](#)

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.

Parent Voices: School Meals for All. This brief from the UC Nutrition Policy Institute provides details about the movement to provide free breakfast and lunch to all public school students in California.

USDA to Incentivize Purchase of Fruits and Vegetables under WIC for 4 Months with American Rescue Plan Funding. Read more about this temporary extra funding for WIC participants to purchase an additional \$35/month of fresh fruits and vegetables.

After a Year of Pandemic Eating, Supermarkets Enlist Shoppers in Nutrition Programs. An innovative effort by some grocery stores may help provide nutrition education to more people.

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 ckriehonson@ucanr.edu.



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