

June, 2021



Nutrition News for the Central Sierra

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

Help Spread the Word about New Nutrition Programs

Even with a vaccine, the impact of the COVID pandemic continues to affect families around the state, many of whom have no idea how to reach out for help or what programs are available to help them stretch their food dollars. Community support has helped many of them through the darkest days of the pandemic, but for other struggling families, the road to help is not clear. You can help by spreading the word about available food and nutrition programs.

A broad coalition of the state's leading nutrition organizations, known as the State Nutrition Action Council (SNAC), has developed a campaign to help Californians access food and nutrition programs and resources to stretch their food dollars and eat right when money is tight. The goal of this campaign is to disseminate messages that support Californians recently impacted by the pandemic-recession in learning about and taking advantage of the myriad of government and private support programs. In many cases, people may be unfamiliar with government support systems and reluctant to take advantage of these programs due to not wanting to draw away from people they feel are "in greater need," even though support is available to all who need it.



To learn more and participate in this campaign, visit California's [State Nutrition Action Council resources page](#).

To apply for CalFresh food benefits, visit [GetCalFresh.org](https://getcalfresh.org).

June's Harvest of the Month



Green beans are a green vegetable that also sometimes come in other colors, like purple, yellow, or even stripes. While they may be a popular dish on the Thanksgiving table, green beans actually grow best during the summer months when the weather is warm, as they don't tolerate freezing temperatures. Green beans are usually available by the month of June, and they are one of summer's staples that continues to remain abundant throughout the season. Some varieties of green beans are smooth, tender and slender, while others have fatter pods and may have significant strings running down them that can be pulled off prior to cooking. These fibrous strings inspire the vegetable's other name, "string beans." Green beans are a legume like other beans and peas, although they are not as high in protein as other legumes are, containing around 2 grams of protein per cup. They are a good source of fiber and Vitamin C, and also contain some Vitamin A, iron, and potassium. See below for healthy recipe ideas starring green beans, or learn more about green beans and view their nutrition facts at [Harvest of the Month](#).

Recipe Ideas:

- [Spicy Green Beans](#)
- [Roasted Green Beans](#)
- [Creole Green Beans](#)
- [Green Bean and Mushroom Medley](#)

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.

[Extension services are the best free cooking resource. Here's how to use them.](#) This article explains the many services that the Master Food Preserver program and other family and consumer science programs provide nationally.

[Revision of Categorical Eligibility in the SNAP - Withdrawal](#). The USDA has withdrawn the proposed categorical eligibility revision that would have reduced access to critical supplemental nutrition assistance benefits across the country.

[Farm-to-school projects planned for Los Angeles and Tuolumne counties](#). Read about how new funding from the California Department of Food and Agriculture will support UCCE farm to school projects, one of which is in the Central Sierra.

[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.



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Nutrition, Family and Consumer Sciences Program



Accessibility: Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/ucanr/files/215244.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

[Unsubscribe rkleveland@ucanr.edu](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by ckrjohnson@ucanr.edu powered by



Try email marketing for free today!