

*Power Play!* is excited to announce the launch of new materials. What a fun and fresh way to start the New Year! All of our resource kits, teacher materials and parent handouts have been updated with the new *Power Play!* logo and a bright design. However, all of the actual activities inside the workbooks remain the same. If you have any questions or would like to order materials, please contact Emily or Kayla at 530-345-2483.



## This Edition

<b>Healthy Hero, Lorraine Dechter</b>	<b>2</b>
<b>Upcoming Events</b>	<b>2</b>
<b>Recipe</b>	<b>3</b>
<b>Educational Resources for Loan</b>	<b>3</b>

## Highlight: Land O' Lakes Foundation awards \$15,000 to the Orland Food Bank

The Glenn County Food Banks have seen an increase in families with children and individuals accessing the food banks due to the economic downturn. The food banks funding streams are not sufficient to maintain the shelves stocked and meet the demand of the current need in Glenn County. In 2007, the food bank served a total of 2,600 families, and in 2009 to this date over 4,100 families have been served (a 65% increase since 2007).

The Land O' Lakes Foundation awarded \$15,000 to the Orland Food Bank, in order to ensure that sufficient nutritional foods are available for the Orland and Hamilton City residents. Due to the generous donation a total of 75 Turkeys were distributed in November 2009 at the Orland Family Resource Center (serving a total of 324 individuals).

The Glenn County Human Resources Agency is very thankful for the donation, which will make it possible to serve over 4,000 families in 2010.

For additional information, please contact Lucy Hernandez, Housing & Community Services Manager at 530-934-1452.



# She's a Healthy Hero

The *Network for a Healthy California—Sierra Cascade Region* surprised local hero Lorraine Dechter with a Healthy Hero award on December 18, 2009 for her work in spreading the message of healthy living. As news director and host of the morning edition of 91.7 KCHO, Lorraine makes local listeners aware of the importance of eating healthy and being physically active.

Lorraine has been “caught” going above and beyond in her efforts to promote healthy lifestyles. She promoted several important nutrition initiatives on her radio show within in 2009 including the Rethink Your Drink Campaign and Oroville High School’s project to promote healthier choices on campus. Through her enthusiasm, North State residents have gained knowledge about the importance of being physically active everyday and eating more fruits and vegetables.

“She’s a huge advocate towards health,” said Kristy Bresette-Bergson, nutrition education coordinator for the UC Cooperative Extension. “She finds these topics important and newsworthy and she’s a really fun person to work with.”



Check out [www.scnutrition.org](http://www.scnutrition.org) for upcoming events

## **FEBRUARY:**

7-21 -Can Creation at the Chico Mall  
8 - Annual Network Conference in Sacramento  
<http://networkforahealthycalifornia.net/Conference/>  
27 - Community Health Fair at the Chico Mall

## **APRIL:**

24 – Growing Healthy Children Walk/Run at One-Mile Bidwell Park  
Booth Registration Online [www.scnutrition.org](http://www.scnutrition.org)

## **MAY:**

20 – Fruit and Veggie Fest at Chico FoodMaxx  
Bike Week (Date TBD)

Happy New Year!

As we start this New Year, we want to take the opportunity to wish you all a Happy, Healthy 2010! Without you, our children, families and communities may not have the opportunity to taste a kiwi or enjoy everyday, active family fun. YOU DO MAKE A DIFFERENCE ALL YEAR LONG!



# Recipe: Two Bean & Corn Salad

Try this salad as a condiment on grilled fish and chicken dishes.

## INGREDIENTS

- 1/3-cup vegetable oil
- 2 tbsp. Balsamic vinaigrette
- 1 tsp. cumin
- 1 (15 oz) can black beans, drained & rinsed
- 1 (15 oz) can Great Northern beans, drained & rinsed
- 3 stalks celery, chopped
- 2 cups frozen corn, thawed
- 1 medium red bell pepper, chopped
- 1 cup chopped red onion
- ½ cup chopped fresh cilantro
- 2 small jalapeno peppers, seeded and chopped (optional)

## PREPARATION

1. In a large bowl, whisk oil, vinegar, and cumin.
2. Add remaining ingredients and toss to coat.
3. Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.



<http://www.cachampionsforchange.net/>

## Educational Resources for Loan

Network for a Healthy California – Sierra Cascade Region

6" table (folds in half to fit in the car)

6" table with adjustable leg height

4" table

General Market Canopy

Costumes: chili pepper, corn (2), green bean, carrot, tomato, & banana

20 Extra Pounds Vest



Food Demonstration Stand

Food replicas

Children's Power Play! Campaign Canopy

Children's Power Play! Campaign Wheel

King Corn DVD

Fat, Sugar, and Salt Tube Display

5lb Fat & Muscle display

Obesity in a Bottle DVD

The Garden DVD

Nutrition Folding Display

Food Pocket Chart with Cards

Consequences of Obesity Display

Sugar in Drinks Display



Please e-mail or call to make reservations:

Patty Mannel: 530-345-2483 ext. 215

[pmannel@healthcollaborative.org](mailto:pmannel@healthcollaborative.org)

Katie Wilhelm: 530-345-2483 ext. 201

[kwilhelm@healthcollaborative.org](mailto:kwilhelm@healthcollaborative.org)

## Contact Information

Network for a Healthy California – Sierra Cascade Region

25 Jan Court, Suite 130

Chico, CA 95928

Phone: (530) 345-2483 Fax: (530) 345-3214

[www.scnutrition.org](http://www.scnutrition.org)

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.