



Fresh & Fit

Spring/Summer 2009

Mini-Grant Update

Congratulations to our 08–09 Mini-Grantees!

We congratulate the following agencies, organizations or schools for submitting their award winning proposals and look forward to hearing of their successes.

CChaos, Butte County: This grant will assist the organization to implement garden nutrition education and a garden exchange network through a partnership with the Chapman Community Center’s Farmers’ Market vendors.

Chico Community Children’s Center, Butte County: This grant will offer families who are served by the community center the opportunity to learn about the importance of fruits and vegetables in their diet and to empower participants to make healthy food choices.

Cypress Elementary School, Shasta County: Using current Network approved educational materials, students will learn about choosing healthy foods at a community grocery store, the social aspects of preparing foods with friends æ well as how to prepare foods chosen.

French Gulch-Whiskeytown Elementary School, Shasta County: This program will work with school children and their families offering educational materials to increase awareness of the benefits of eating fruits and vegetables, offer store tours, food prep and taste testing.

Glenn County Office of Education, Glenn County: This project’s goals are to increase the child/parent knowledge of healthy, nutritious food choices, with both parents and children identifying new fruits and vegetables to taste and enjoy. This project also increases the knowledge of the importance of daily movement and increase the frequency of movement activities at home, school and work.

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For more information about the Mini-Grant Program, please contact Patty Mannel at (530) 345-2483 ext 215 or visit our website at www.scnutrition.org

SC-CHAMP Face-to-Face Meeting

When: Wednesday, July 30, 2009
8:30 am – 4:00 pm

Where: Shasta County Public Library
1855 Shasta St.
Redding, CA 96001

What: Join your fellow SC-CHAMP members for a day of sharing, learning, networking and yes, always FUN!

3rd Annual Movement Matters

The *Network for a Healthy California—Sierra Cascade Region* held the 3rd Annual Movement Matters Conference on April 22nd at the Red Bluff Community Center to help health educators and physical activity specialists learn innovative ways to promote physical activity and healthy eating.

Over 60 participants listened to presentations on helping students succeed in physical activity, gardening and nutrition education in schools and communities, encouraging kids to choose healthy drink options and teaching yoga to children and adolescents. *Network* staff also gave healthy food demonstrations featuring Asian chicken salad and Raisin Graham to encourage educators to integrate nutrition into their lessons.

“This conference gives community partners the tools they need to teach children that active play is the way to get in your 60 minutes of physical activity every day,” said Michele Buran, Physical Activity Specialist for the *Network for a Healthy California—Sierra Cascade Region*. “It allows participants to explore the different resources that promote physical activity and nutrition in preschool, school, after school and community settings.”



Through events like the Movement Matters Conference, the *Network* is teaching people the benefits of physical activity and nutrition so that they will make healthy living a priority now and in the future, especially to the low-income population.

2009 Chico Bike Week

On May 10–17, Bike Chico! Week brought locals together in an effort to promote biking as a fun, healthy, eco-friendly means of transportation. The *Network for a Healthy California—Sierra Cascade Region* supported this effort to promote eating healthy and to be physically active everyday.

The week kicked off with Pedalfest, an enjoyable family celebration featuring vintage bicycle displays, bicycle powered smoothies, mapping stations and tips for riders. Throughout the week energizer stations were set up by local partners, such as *Network for a Healthy California—Sierra Cascade Region* with educational information on nutrition and physical activity. Many local businesses helped support this event by donating their goods and services. The Chico Bike Coalition gave away biking information, stickers, and bike maps to riders that they could pick up on their way to school, work or play. Other events that took place throughout the week were film night, repair and skill workshops and a bicycle music festival.

“In Chico we have a great bike friendly community and this week gives citizens of all ages the opportunity to experience the ease, fun and friendliness of riding a bike,” said Karen Goodwin, coordinator of Bike Chico! Week and nutrition educator at the Center for Nutrition and Activity Promotion.

The week provided the community the perfect opportunity to try bike commuting for the first time or for veteran riders to become inspired to bike again. Biking has several benefits, for example, it’s dependable, free and great for your health.

“Riding a bicycle saves money, prevents parking tickets, connects you with the community, and improves the health of the planet and you—all while having a good time,” Goodwin said.



Healthy Hero

On Monday, April 27th Kelly Rizzi, principal of Rother Elementary School received the Healthy Hero Award from the *Network for a Healthy California—Sierra Cascade Region* and the Shasta County Public Health Department. Local news station KRCR-TV covered the story. Kelly was surprised during a school assembly by all the students and staff of the entire school.

Kelly Rizzi was recognized because of her never-ending encouragement to her students to live healthier lifestyles. Kelly makes live TV announcements to all of the students while dressed up in a fruit or vegetable costume to make the message of eating healthy. She is also taking great strides to improve the health of her students by giving “caught you being good” recognition when a student is “caught” with a healthy snack, which has been a huge success. Kelly also mentioned that the students are going home and asking their parents to buy them healthy snacks to take to school. Thank you Kelly for all of your hard work and nutrition promotion at your school.



If you would like to nominate someone, please e-mail Jhoana Dela Cruz at jdelaacruz@healthcollaborative.org

Growing Healthy Children Walk/Run

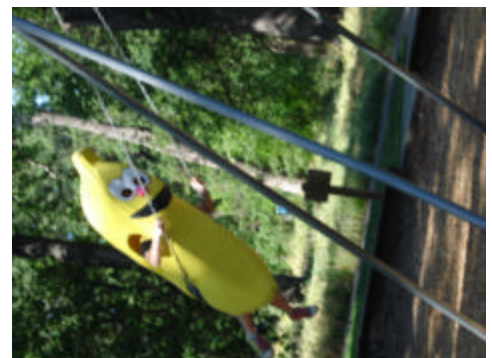
This year's Growing Healthy Children Walk & Run Celebration 2009 was very successful. There were approximately 800 participants that either walked or ran the 1 mile or 5 km. beautiful scenic course through Bidwell Park in Chico on May 9th.

This event is intended to encourage the whole community to come out and do physical activity as a family. In addition to the invigorating exercise and free healthy snacks distributed after the walk & run, participants strolled through and observed a number of booths that promoted the importance of nutrition and physical activity. This year a very popular group from the local high school called Mission Nutrition performed their exciting song and dance skit dressed up as fruits and vegetables.

Raffle prizes were given away to the participants such as bikes, gift cards and gift items from various businesses and organizations and Rob Blair from the KNVN-TV emceed the event.

The *Network for a Healthy California—Sierra Cascade Region* is part of the planning committee who shares the same goal, which is to address the current epidemic of obesity by heightening the community's awareness of the need for good nutrition and physical activity as part of a healthy lifestyle. This year, the *Network* situated place cards stating the benefits of healthy lifestyles around the mound where children gathered for the entertainment and raffle prizes. The Growing Healthy Children planning committee reached out to local schools for their participation in this year's event and had a great turn out.

Thanks to our major sponsors: Lassen Foundation, Enloe Medical Center, Governors' Fitness Challenge and Stable Eye Clinic, Del Norte Clinics, CA Health Collaborative, Butte County Public Health, CA State University Chico, Research Foundation, Chico Running Club, and Fleet Feet.



2009 Fruit and Veggie Fest

On May 16th, the *Network for a Healthy California—Sierra Cascade Retail Program*, FoodMaxx and University California Cooperative Extension hosted the third annual Fruit and Veggie Fest at Food Maxx in Oroville. The event was a fun-filled day meant to encourage low-income shoppers to make healthy, active living a priority.

Activities took place that inspired families to make healthy changes in their lives. The rising cost of just about everything can make it challenging for families to buy and serve healthy foods. This event was meant to educate locals on ways to overcome these challenges and live healthy without overspending.

“At Fruit and Veggie Fest, we’re showing low-income families that small steps can lead to big improvements when it comes to their families’ health and their pocketbooks,” said Kimberly Ames, Retail Specialist, *Network for a Healthy California—Sierra Cascade Region*. “Now, every time shoppers visit their local grocery stores, they know their first stop should be to pick up fruits and vegetables to prepare healthy meals and snacks at home.”

Fruit and Veggie Fest held several activities for shoppers to enjoy. There were fresh and healthy cooking demonstrations, healthy tips for families on how to “eat right when money’s tight,” free on-site blood pressure screening provided by Oroville Hospital, cookbooks, nutrition tips, a live broadcast from 103.5 The Blaze and the opportunity for kids to get their picture taken with the “Fruit and Veggie Friends.”

“These are difficult times for many,” Ames said. “We’re so grateful to Food Maxx and our other Fruit and Veggie Fest partners for their support in helping make Oroville a healthier, more active community.”



Save the Date: Berry Fest

When: June 27, 2009
9:00 a.m.–12:00 p.m.

Where: Chico Certified Saturday Farmers' Market
2nd and Wall St. in downtown Chico

What: Berry Fest is a time to celebrate Northern California’s berry season by showing the importance of fresh produce, shopping local and healthy living. There will be berry sampling, a healthy berry recipe contest, games and kids activities, such as the Power Play! wheel and Berried Treasure game. For more information, contact Emily Ruffner at 530-345-2483 x210 or eruffner@healthcollaborative.org.



“Staycation” in the Great Outdoors

By: Kayla Cook

With the rising cost of gas and pretty much everything else, taking a family vacation can be a costly adventure. It's no longer logical to pack up and take a road trip or rent a houseboat for the weekend, but luckily there are other ways to enjoy the great outdoors. This summer try taking a “staycation” closer to home and find ways to get healthy and active with your family.

An outdoor “staycation” is the perfect time to be active, eat healthy and enjoy the beauty of nature. It also keeps you from spending money at restaurants full of high calorie foods and sugar-filled drinks. According to the *Network for a Healthy California (Network)*, eating healthier and staying active may reduce the risk of serious health problems and increase your overall sense of wellbeing. During your “staycation” you have the opportunity to plan meals and activities that will help you and your family stay healthy.

First things first, turn off your cell phone and tuck your laptop away. If you want this to be a relaxing time it's important to set a peaceful tone. Also, make sure to set a start and end date for your trip, plan daily activities and bring the camera, so that your “staycation” resembles any other vacation.

Day 1: Camping Day

Go on a hike. Take your family to a local hiking spot you haven't had time to explore together. Walk Upper Bidwell Park's Yahi Trail or Lower Deer Creek Falls. It's important to get your family out and active. Regular physical activity will improve your family's health and can be fun for everyone. Kids should be active throughout the day for at least 60 minutes and adults should get at least 30 minutes a day. Make sure to pack lots of water for your hike and bring healthy snacks that are easy to eat on the go, such as apples or grapes.

Have a healthy picnic. During your hike, take a rest in a scenic, peaceful area and set up a picnic for you and your family to enjoy. Salad is a great addition to any picnic. Mix together lettuce with fruits and vegetables of your choice and put them in a plastic bag. When you reach your destination, pour a light dressing into the bag and shake. Another easy lunch that kids will love is peanut butter sandwiches with sliced fruit mixed in. Including fruits and vegetables in every meal or snack can keep your family getting the nutrients they need.

Camp in your backyard. Set up tents outside your home and bring out the sleeping bags. With the money you saved you could get accessories that help change the scenery, such as a fire pit to sit around. Tell ghost stories, play card games, look at the stars and enjoy your camping trip from the convenience of your own home.

Day 2: Family Decathlon Day

Create decathlon events. Set up your own decathlon for the family and make events that everyone can do. You could have a 100-meter run where the kids have to balance a ping pong ball on a spoon, time how long you can hula hoop, have a hop, skip and jump contest or dribble a ball for 400 meters. This will be sure to get everybody's body moving.

Trail mix buffet. Create a trail mix buffet for the athletes. Have bowls with pretzels, dried fruit, assorted nuts and raisins. In between events let the athletes make their own mix. It will be enjoyable for the kids and it's a great healthy snack.

Awards Celebration. Commemorate the event with a party. Serve healthy foods, such as fresh salsa, fruit salad, vegetable platters and avocado garden salad. For healthy recipe ideas go online to www.cachampionsforchange.net. Give your children awards to show how great you think they are. You could even give them a reward, for example have coupons that say things like “No chores for a day, go out and play” or “Have friends over for a smoothie party.”

After your “staycation” comes to an end you and your family will feel healthier and happier from the fun activities as well as the nutritious meals. Eating fruits and vegetables and being active reduces stress and helps make kids as well as adults feel better about themselves. Having a staycation will also allow you to feel refreshed as you plunge back into the workweek.

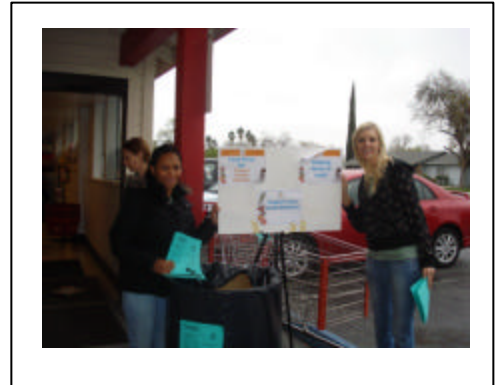
Food Drive Held For National Nutrition Month

To honor National Nutrition Month, the *Network for a Healthy California—Sierra Cascade Region* helped SAV-MOR in Corning host a healthy food drive on Saturday, March 21st in an effort to provide low-income Tehama County residents with nutritious foods. The *Network for a Healthy California—Sierra Cascade* provided nutrition education materials such as cookbooks, brochures and handouts to the food recipients.

Tough economic times and the rise of food prices have caused many families to have trouble providing healthy meals for their families. To make it easier for families to eat right when money's tight community members donated items to local residents.

"This is the time to give to the community," said Jhoana Dela Cruz, outreach coordinator/retail program assistant for *Network for a Healthy California—Sierra Cascade Region*. "More and more people are struggling to put food on their table, and this food drive will help many families in Tehama County who could really use it."

Over 200 healthy food items were contributed, such as brown rice, beans and canned fruits and vegetables. These items were then distributed by the Tehama County Gleaners to local food pantries, soup kitchens, churches, foster care agencies, senior and children's programs and feeding recovery centers.



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

Please e-mail or call to make reservations:

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