



Fresh & Fit

Summer-Fall 2009

Mini-Grant Updates

CONGRATULATIONS TO THE SUCCESSFUL 2008-2009 MINI-GRANTEES!

Congratulations and thanks to all of the 08-09 mini-grantees for being committed to working with community members, children, families and the Regional Network. Although they had only a few months to complete their projects, all of them were successful in making a difference in their communities.

CChaos, Butte County: Implemented garden nutrition education and a garden exchange network through a partnership with the Chapman Community Center's Farmer's Market vendors, located in a low-income Butte Co community.

Chico Community Children's Center, Butte County: Offered families the opportunities to learn about a variety of foods, learn how to prepare and to enjoy new foods. Children were encouraged to participate in the garden, were educated about healthy produce and enjoyed eating items right out of their garden.

Cypress Elementary School, Shasta County: Using Network approved educational materials, students learned about choosing healthy foods at a community grocery store, enjoyed the social aspects of preparing foods with friends as well as enjoyed "eating" their chosen fruits and vegetables.

French Gulch-Whiskeytown Elementary School, Shasta County: School children and their families increased their awareness of the benefits of eating fruits and vegetables, enjoyed store tours learning about purchasing healthy food items, preparation of the foods, as well as, enjoyed the food they prepared.

Glenn County Office of Education, Glenn County: Increased child/parent knowledge of healthy, nutritious food choices and increased their knowledge of the importance of daily movement.

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

AND...Congratulations to our 09-10 Mini-Grant Awardees

Yreka Community Center, Siskiyou County: Will provide monthly workshops and family fun nights for 6 months. Activities will include nutrition education, food demonstrations, taste tests, physical activity promotion and food security resources information.

Trinity County Family Child care Association, Trinity County: Will provide weekly nutrition education and physical activity promotion classes to children 0-12 years of age and their families, who receive services through the association.

Mis Corazones Corporation, Butte County: Will offer 2, 4 hour family workshops that provide nutrition education, promote healthy food choices, gardening nutrition education and physical activity demonstrations. The Region's "Rethink Your Drink" campaign will also be presented to families, encouraging them to make healthy beverage choices.

Northern CA Child Development, Inc., Tehama County: Will host 6 monthly workshops for both children and their families. These workshops will include nutrition education, food demonstrations, taste tests, physical activity promotion and food security resources information.

Mini-Grantees offer communities the opportunity to learn about healthy food and beverage choices, learn how to prepare nutritious foods, and learn how fun it is to "play". We look forward to hearing about their efforts in September 2010.

Treats for Trade

Submitted by: Ingra Smith, Nutrition Educator, UC Cooperative Extension, Trinity County

This year, Douglas City School children will be turning in their Halloween candy and sharing it with troops in Iraq. The Treats for Trade event will held on Wednesday, November 4th at the Douglas City Elementary School. The Food Stamp Nutrition Education Program (FSNEP) in Trinity County sponsors Treats for Trade, a nutrition education-based event meant to encourage children to make healthy choices.

Students will participate by dressing up like troops in their Cameo gear and turning their Halloween candy to the snack monster. The candy will be weighed to see which class has the most in pounds. The class that collects the most pounds of candy will receive a prize and a healthy smoothie party.

Halloween trick-or-treating is fun and exciting, but children need to recognize sweets as a *sometimes* food that should not be consumed in large quantities. Eating too many sugar-filled sweets can lead to health problems, such as tooth decay and weight gain. Treats for Trade provides a great alternative to overloading young bodies with empty calories and is a wonderful opportunity for them to give back to their community.

Healthy Hero Karen Pautz

Karen Pautz, Executive Director of First 5 Siskiyou Children and Families Commission has been selected by the *Network for a Healthy California—Sierra Cascade Region* as a “Healthy Hero” for her work promoting healthy lifestyles in the Siskiyou community. On September 26th, the *Network* awarded Karen as a Healthy Hero at the Yreka community center during a physical activity training.

Karen was being recognized because of her supportive attitude towards integrating nutrition and physical activity with First 5 Siskiyou County services. Also, Karen has personally been setting a great example of being healthy through her daily exercise routine and her goal to climb Mt. Shasta, for which she is currently training.



Red, White, and Blue Berry Fest

The 4th annual Berry Fest brought around 1,000 community members together to celebrate the Fourth of July as well as Northern California’s bountiful berry season at the Chico Certified Saturday Farmers’ Market. This event was Saturday, June 27th, from 9 a.m. to 12 p.m. with berry sampling, a berry dessert bake-off, recipe ideas and many fun-filled activities for the kids. *The Network for a Healthy California—Children’s Power Play! Campaign* hosted a booth promoting healthy eating and physical activity through fun, interactive nutrition education.



“Berry Fest is a great event that gets the community to the farmers’ market to celebrate fresh produce, shopping local and healthy living,” said Emily Ruffner, *Children’s Power Play! Campaign* Coordinator.

Berry Fest is a wonderful event to share with the whole family. Kids had the chance to be entertained with games and activities, such as “berried treasure” and face painting while adults tasted fresh berries and submitted entries for the berry bake-off. This event provided valuable nutrition information to our community while also providing them with an entertaining summer day.



10th Annual Tomato Day

The Chico Certified Farmers' Market and the *Network for a Healthy California—Children's Power Play! Campaign* brought the community together on August 8, 2009 to celebrate the 10th Annual Tomato Saturday and enjoy a fun day of healthy eating and local buying. Over 1,000 residents flooded the market for Tomato Saturday, a festival that reminds locals of the tremendous tomato season in Butte County.

This event provided a fun day for the family to get out and enjoy the summer months before diving into a new school year. Tomato tastings, kid's activities and tomato competitions were also part of the festivities and allowed locals to showcase their fresh, locally grown produce. Community members brought in their heaviest, best tasting, most unusual, cutest and best dressed tomatoes. The tables were lined with tomato creations ranging from Mr. & Mrs. Tomato Head driving a watermelon to a tomato lounging in a hammock. Over 30 colorful and healthy red, green and fruit salsas were lined up for attendees to judge with cash prizes going to the lucky winners with the best tasting or best-presented salsa.

Tomato Saturday also provided an opportunity for local residents to get tips and learn about the resources available to help them eat healthy and stay active without breaking their budget.



Healthy Food Drive in Colusa County

The Impact Colusa Food Bank held a healthy food drive August 1 at Sav Mbr Foods in Colusa in partnership with the *Network*. The *Network* handed out goodie bags to food donors and nutrition education materials. Over 400 items were collected to help provide low-income Colusa County residents with nutritious foods. We encouraged locals to donate healthy foods, such as canned fruits and vegetables, tuna in water, brown rice and whole grain pasta.

"Almost 60% of Sierra Cascade adults are overweight or obese, so we ask that people bring nutritious foods so that we can create a happy, healthy community," said Jhoana Dela Cruz, outreach coordinator/retail program assistant for *Network for a Healthy California—Sierra Cascade Region*.

By contributing healthy foods we are not only feeding low-income families, we are giving them the opportunity to live healthy lifestyles.



Fruits & Veggies More Matters Food Drive in Corning

In honor of Fruits & Veggies More Matters Month, the *Network for a Healthy California—Sierra Cascade Region* and the Tehama County Gleaners held a healthy food drive for low-income Tehama County residents on September 10 at the Sav Mor in Corning. Around 300 healthy food items were collected and distributed to places such as local soup kitchens, children's programs, food pantries and feeding centers.

The *Network for a Healthy California—Sierra Cascade Region* distributed free cookbooks, tips on purchasing produce, nutrition information and had flavored water tastings to celebrate Fruits & Veggies More Matters Month, a month dedicated to demonstrating how eating more fruits and vegetables is a great way to stay healthy. Studies show that eating healthy and increasing the amount of fruits and vegetables eaten daily can help reduce the risk of serious health problems like obesity, type-2 diabetes, heart disease, stroke and certain types of cancer. With the support of local organizations and community residents we can reduce these health problems by allowing more people the chance to eat healthy.



National Fruits & Veggies--More Matters Month

Tips to Stretch Your Fruit & Vegetable Budget

- 1) Create a meal plan for the week that uses similar fruits and vegetables, prepared in different ways. Make the most out of the produce that you buy.
- 2) Buy fruits and vegetables in season at farmers' markets or at your local grocery store.
- 3) Homemade soup is a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in small lunch-size containers.
- 4) Look for sales and deals on fruits & vegetables at the grocery store or through coupons.
- 5) Don't shop hungry. Eat a healthy snack, such as an apple, before going to the grocery store so that you stick to your budget and avoid spending money set aside for fruit and vegetables on less healthy temptations.
- 6) Clearly label your foods in the freezer and refrigerator with the contents and date to stay within a safe time frame.
- 7) Dried fruit lasts for a long time, but can be expensive. Buy in bulk with friends and share the cost.
- 8) Canned fruits and vegetables will last a long time and can be a healthy addition to a variety of meals.

Source: National Fruits and Veggies--More Matters Month. Visit them at www.fruitsandveggiesmorematters.org

A Very BIG "Raise The Roof"!

CONGRATULATIONS Regional Network staff and partners for coordinating efforts throughout the past 08-09-contract year. We recently drafted our annual progress report, and it is always amazing to see how the commitment from staff and the collaboration with community partners impact our 12 county region's communities and individuals. Without their passion, our region would struggle to bring the high-level nutrition education and physical activity promotion to our rural populations.

YEAR 2.....Let's Go!

Nutrition & Physical Activity Promotion 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:

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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.