



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children

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Free Preschool and Kindergarten Activities from the University of California

Would you like some new ideas of what to do in the classroom?

Do you need some fun indoor activities for rainy days?

Are you interested in teaching nutrition, physical activity and health in a fun and simple way?

Well, we have **FREE** kits for you!

Each activity kit includes a story book which is the anchor for the topic. We have books available in English and Spanish. Activities build from the story, and include a creative arts activity, physical activity and a food activity.

Materials are preassembled, instruction sheets guide you step-by-step, and everything is developed by the

University of California to be age-appropriate and to address health behaviors, literacy, and school readiness. We will even bring them to you.

All you have to do is open up the kit and use it! Sounds easy, right? Well it is!

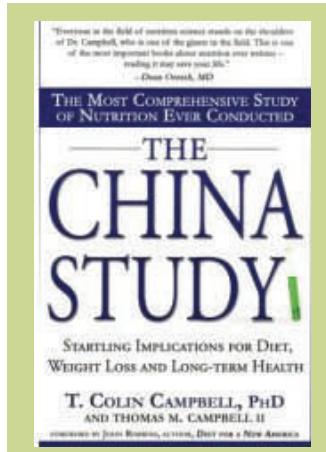
Give us a call and let us know when you would like us to drop off a few for you to try.

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Personal Development

Need more help with your own diet and physical activity goals? Being a positive role model for your students will have one of the longest lasting impacts on the way they behave. Come to our office and check out any of our books



or videos. Our Resource Library covers topics such as healthful meal preparation, vegetarian eating, dieting topics, recipe books, and food production. Items are loaned out for 2-4 weeks. We hope to see you soon!

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Safe Toys



Winter Holidays are just around the corner, and shopping for presents is on many peoples lists. With recent concerns about lead in toys, you may be worried about the products you buy for your child, niece, nephew, or cousin. Excessive amounts of lead can have detrimental effects on the growth and development of children. To stay safe, look for products made in the USA, where strict guidelines have been set on levels of lead. Here is a list of some popular toys that are made in the U.S.

- Bicycle Playing Cards
- Candyland
- Chutes and Ladders
- Crayola Crayons *
- Louisville Slugger
- Pop-O-Matic Trouble
- Radio Flyer Discovery Wagon
- Boggle Jr.
- Connect Four
- Mouse Trap
- Play-Doh *
- Operation
- Scrabble

- Sorry
- Yahtzee
- Melissa and Doug U.S.A. Floor Puzzle (Most puzzles are made in the USA!)

* **Note:** Not all packages of Crayola Crayons and Play-Doh are made in the USA -- please check the label.

You can also find American-made toys on these Web sites

- www.ShopForAmerica.com
- www.ZebulonUSA.com
- www.usmadetoys.com
- www.unclegoosetoy.com
- www.holgatetoy.com
- www.maplelandmark.com

If you have already purchased some gifts, and want to ensure they are safe, check the US Consumer Product Safety Commission at <http://www.cpsc.gov/cpscpubprerelprerel.html>

Don't forget to go outside!

Don't forget nature. Kids love to be outside, and fall and winter are no different. Yes, the weather is getting colder and the days are getting shorter but you can still go out and have fun. Here are some ideas on how to have some fall and winter fun and stay connected with nature.

- ◆ Take advantage of the changing season and collect different colored leaves to use for a Thanksgiving placemat. You will need some craft paper, glue, and different colored leaves and your creativity.
- ◆ Collect pine branches, pine cones, and branches with berries and make your own wreath. You will need pruners, gloves, thick, bendable wire, and ribbon.
- ◆ Plant a winter garden; chives, radishes, brussels sprouts, broccoli, and spinach are all great winter veggies. Use any old container you have, such as a pot, bucket, or pan. Or plant an indoor herb garden.
- ◆ Don't forget the Farmer's Market, this is a great place to sample fall fruits and vegetables and support local farmers. Many stands have free tastings.
- ◆ Bundle up, and create an outdoor obstacle course. Sprint, hop, skip, gallop, crawl, and climb. And don't forget to finish with a jump into the leaf pile.
- ◆ Go on a alphabet hunt. "Hike" around the neighborhood and look for every letter of the alphabet. Create a safari card with all of the letters, and you can check them off as you find them. Ready for the next level, find items that start with those letters, L for leaf, O for orange, F for fog, R for rake.



Seasonal Kid Friendly Recipes

Sweet and Sour Winter Vegetables

Serves 4

1 c. raw turnips, diced

1 c. raw parsnips, diced

1 c. raw sweet potatoes, diced

1 c. raw carrots, diced

2 Tbs. olive or canola oil

3 Tbs. fresh or dried rosemary

2 Tbs. maple syrup

2 Tbs. balsamic vinegar

1/4 c. chicken or vegetable broth

Salt and pepper to taste

Preheat Oven to 400 degrees

Toss veggies with oil, rosemary, salt, and pepper, spread on a shallow baking pan.

Bake 40 minutes, stirring once or twice.

Combine syrup, vinegar, and broth in a small saucepan. Simmer until reduced, about 5 minutes. Drizzle over veggies in oven and bake for 5 minutes more.

Remove, stir, and serve. Serve with chicken, add a whole wheat roll and a glass of milk and you have a complete meal.

Add a vegetable to your Dessert. . .

Pumpkin Cupcakes

Makes 24 Cupcakes

2 1/4 c. flour

1 Tbs. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1 tsp. cinnamon

1/2 c. softened butter

1 1/3 c. brown sugar

1 c. mashed pumpkin or canned pumpkin

3/4 c. nonfat milk

3/4 c. walnuts or pecans

Maple Cream Cheese Frosting

1/4 c. butter

3 c. Confectioner's sugar

2 tsp. vanilla

1 package (8 oz) Nonfat Cream Cheese

1/2 c. Maple syrup



Preheat Oven to 375 degrees

Line a muffin tin with paper cupcake cups

Sift flour, baking powder, baking soda, salt and cinnamon in a large bowl and set aside. In another bowl, cream together butter and sugar until light and fluffy.

Beat in eggs, blend in pumpkin. Alternate adding flour mixture and milk to butter mixture. Stir in nuts. Bake for 25 minutes.

Test cupcakes with a toothpick in the center, if it comes out clean, they are done. To make frosting blend all ingredients together with a mixer until smooth and creamy.

Other uses for canned or mashed pumpkin:

Add it to your favorite pancake/waffle mix

Or add it to polenta or rice pudding during cooking for a creamy and nutritious addition.

Pumpkin is high in fiber and vitamin A and a good source of iron.

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"Our mandate as a land grant institute ties us to the welfare, development, and protection of the state's land, resources, and people. Our mission is to develop and extend the use of research-based knowledge to improve specific practices and technologies."

Curriculum Choices for Preschools and Kindergartens

Go Glow Grow (3-5 year olds) This curriculum is designed to meet the specific needs and abilities of preschoolers. Children will learn how eating healthy foods will help them to Go, Glow, and Grow.

Happy, Healthy Me. . . (4-6 year olds) This curriculum provides opportunities for young children to explore nutrition and physical activity concepts in a fun and interactive way. Children will learn about good nutrition, physical activity, and how to have a healthy body.

Food and Me (3-5 year olds) The goal of Food and Me is to improve the health of children by empowering them to: eat a variety of foods, eat more fruits, vegetables, and grains, eat lower fat foods more often, and be physically active.



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