



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



70 Cottonwood St. Woodland, CA 95695  
Phone: 530-666-8740

<http://ceyolo.ucdavis.edu>  
Fax: 530-666-8736

## H1N1 Virus and You

As we prepare for a new school year we can easily forget to prepare for illnesses that could affect ourselves and children. H1N1, known as the Swine Flu, is a virus which is affecting people of all ages.

### What is the H1N1 virus?

This is a type of influenza (flu) virus that causes respiratory disease that can spread between people.

### How is the H1N1 virus spread?

Just like the seasonal flu virus, this spreads mainly from person to person contact by:

- Coughing
- Sneezing
- Touching a surface or object contaminated with the virus and touching your mouth, nose, and eyes

### What are the Signs & Symptoms of H1N1?

These are similar to the seasonal flu, which include:

- Fever of 100° or higher
- Head & body aches
- Cough
- Sore throat
- Chills
- Trouble breathing
- Vomiting/diarrhea

### What do you do if you think you're sick?

1. If you are experiencing fever over 100° consider contacting your physician.
2. Stay at home until you have no fever for at least 24 hours **without** taking fever reducing medication.
3. Try to stay away from others as much as possible to prevent spreading the flu.

4. When you sneeze, cover your mouth and nose with a tissue or sleeve and discard the tissue used and wash your hands.
5. Get plenty of rest and fluids.
6. Look out for warning signs that the illness is progressing. If you observe any of the following signs, call your physician immediately.



### Warning Signs In Children:

- Fast breathing/trouble breathing
- Bluish/gray skin color
- Severe/persistent vomiting
- Not waking up or interacting
- Irritable
- Flu like symptoms that improve but return with a fever & a worse cough

### Warning Signs In Adults:

- Difficulty breathing
- Pain/pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe/persistent vomiting
- Flu like symptoms that improve but return with a fever & a worse cough

### How to prevent getting sick:

1. Wash hands with soap & hot water for at least 20 seconds.
2. Use sanitizing gel or wipes with 60% or more alcohol.
3. Avoid shaking hands and sharing food, drinks, and utensils with others.
4. Avoid touching your face.
5. Seasonal flu vaccines are available.

## Free Dental Clinics for Children Ages 5 and Under



There will be 2 FREE dental screenings this fall. This is a great opportunity for parents to introduce or continue proper dental hygiene with their child. Please share this information with your students parents.

The first free dental screening and fluoride varnish will be offered **Saturday October 10, 2009 from 8am-3pm** at the Salud Communicare Health Center. If you are interested, call (916) 403-2960 and mention "Saturday Clinic" to make an appointment.

Salud Communicare Health Center:  
500B Jefferson Blvd #180  
West Sacramento, CA

The second free dental screening and fluoride varnish will be offered **Saturday December 5, 2009 from 8am-3pm** at the Davis Communicare Health Center. If you are interested, call (530) 757-4667 and mention "Saturday Clinic" to make an appointment.

Davis Communicare Health Center:  
2051 John Jones Rd  
Davis, CA



## A Spooky Snack

Halloween is upon us and this means mounds of delicious chocolate treats will not only be collected but enjoyed. For this holiday, we should keep in mind that excessive consumption of chocolate and other sweet treats can potentially lead to dental carries and weight gain. Instead of serving snacks with chocolate, try this Halloween treat that your children will enjoy!

### Apple Bites

#### Ingredients:

Apples, any variety  
Slivered Almonds, packaged  
Cheese, any variety (optional)



#### Instructions:

1. Using a clean cutting board and knife, quarter and core each apple.
2. Cut a wedge from the skin side of each quartered apple, the apple should resemble an open mouth.
3. If you are planning on using cheese, cut the cheese into small triangles.
4. Using your knife, remove a piece of apple from the inside of the wedge no larger than the base of the triangle cheese. This will allow you to insert the cheese inside the apple to look like teeth.
5. Press the slivered almond into the apple. Alternate almonds and cheese to create a spookier mouth.

#### Helpful Tip:

If you are planning on serving this treat later in the day, brush the apples with lemon or orange juice to keep them from browning.

Recipe adapted from Family Fun Magazine

## The Moveable Market



The Food Bank of Yolo County provides a program called the Moveable Market which offers locally grown fresh fruits and vegetables to income eligible families every month. Eligible families will receive a 10 lb bag of produce for ONLY \$4 and a FREE newsletter every month with delicious recipes and a family activity. Teachers, please share this wonderful information with your students' parents!

Each month features a *NEW* produce item!

October's will include Butternut Squash, November's will include Turnips, and December's will include Cauliflower. The following are several locations where you can stop by and purchase a bag.

### **In Woodland:**

Beamer Elementary School (Even Start Program)  
Time: 12:00-12:30pm  
Dates: 10/20, 11/17, 12/15

YMCA of the East Bay, Woodland CDC  
Time: 3:00-4:30pm  
Dates: 10/27, 11/24, 12/22

Yolo Family Resource Center  
Time: 11:15-12:15pm  
Dates: 10/6, 11/3, 12/1

### **In Esparto:**

Along Side Country Church  
Time: 10:00-11:30am  
Dates: 10/21, 11/18, 12/16

### **In Knights Landing:**

Knights Landing Children's Center  
Time: 11:45-12:15pm  
Dates: 10/8, 11/12, 12/10

For a complete schedule of the Moveable Market sites, please contact the Food Bank at (530) 668-0690 or [foodbankkyc.org/](http://foodbankkyc.org/)



## Improvements to Restaurant Menus



In recent years, the restaurant industry has made improvements to their menus by including more nutritious options like fruits and vegetables. Although the majority of menu options are filled with high calories, fat, and sodium, the improvements to nutritious menu options have led to an increased consumption of both fruits and vegetables.

A recent report from Mintel Menu Insight states that 77% of children are open to ordering foods with veggies and 86% would order foods with fruits. As a parent and adult, one responsibility is to ensure the well being of children. The study reported only 30% of parents claim that their children are eating healthy when dining at a restaurant, even though their children are willing to eat healthier. Parents should always reinforce and encourage their children to eat healthier at every meal time, regardless of the location. Below are helpful tips you can use when ordering to ensure a more adequate nutritious meal.

### **Suggestions for dining out:**

- ◆ Choose grilled or baked items such as grilled chicken or baked potato
- ◆ Avoid fried foods
- ◆ Choose low-fat/skim milk or 100% juice
- ◆ If you select a soda, ask for it to be served in a small cup instead of a regular size cup
- ◆ Choose fruit or salad as a side order, if offered
- ◆ When ordering a salad, ask for the dressing on the side

Article adapted from [webmd.com](http://webmd.com); [healthy-fast-food-for-kids-a-tall-order](http://healthy-fast-food-for-kids-a-tall-order), [supermarketguru.com](http://supermarketguru.com); [could healthier kids' menus be stronger family draws](http://could-healthier-kids-menus-be-stronger-family-draws)

UCCE Yolo County FSNEP  
70 Cottonwood Street  
Woodland, CA 95695  
530-666-8740



“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.”

Funded by USDA’s Food Stamp Program through the Network for a Healthy California and the University of CA Cooperative Extension, Yolo County Office. This institution is an equal opportunity employer. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 530-666-8143

## Activity Kits Free From the University of California

The University of California has prepared activity kits to help you teach nutrition and physical activity concepts to your young children, while integrating math, language, and science. **These lessons come “ready-made”** with all of the materials you need to teach a fun and interactive lesson with your preschoolers or kindergarteners. The curriculum was developed by the University of California or Scholastic, Inc.

**We will bring the materials to your site, free of charge,** and we can even provide your staff with trainings and additional resources to increase their confidence in these topics. We can also plan classroom, food-themed parties, special events, and other fun sessions.

If you are interested in signing up to receive these materials, please contact us.

## CONTACTS



**Christie Hedrick**  
Program  
Coordinator  
530-666-8740

[Clhedrick@ucdavis.edu](mailto:Clhedrick@ucdavis.edu)



**Sonia Fernandez**  
Bilingual Program  
Coordinator  
530-666-8702

[Ssfernandez@ucdavis.edu](mailto:Ssfernandez@ucdavis.edu)



**Marcel Horowitz**  
Program Manager  
530-666-8722

