



Fuel Their Minds

Ideas for Better Eating and Active Play with Children



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Healthy School Fundraisers

With school back in session, now is the time to begin planning your upcoming school fundraisers.

Depending on the type of fundraiser your school may offer, food items for sale are typically not the most nutritious. Though cookie dough, sweets, chocolate candy bars, and flavored popcorn taste delicious, these items are high in calories, sugar, salt, and fat. There are easy, yet healthy, ways to raise money while promoting academics, physical activity, and creativity.

Here are a few ideas to get started:



Book Sale

Try hosting a used book sale at your school. Ask families to donate their old, gently used books to your school library for them to sell. This fundraiser can promote your school's book club by

encouraging students who purchased a book to participate. If your school does not currently offer a book club, consider starting this club the same day you host your fundraiser. Try extending this club throughout the school year to promote an academic focus on language arts.



Active Play Day

An active play day fundraiser encourages participants to be physically active for a day.

The U.S. Department of Health and Human Services recommends a minimum of 60 minutes of active play a day for children and

30 minutes for adults. For this fundraiser, organize some fun outdoor game booths such as a three-legged race, fruit and veggie toss, food group relay race, tug-of-war, and flag football. Encourage families to participate as a team, work cooperatively and utilize each others strength.

To raise money, charge either a flat entry fee to participate in the event, or smaller fees per game. Don't forget the refreshments. This is a great way to raise extra money too. Keep in mind, we want to promote a **HEALTHY** fundraiser. Offer water, fresh fruit and veggies, trail mix, pretzels, fruit kebobs, fruit smoothies, frozen bananas, 100% juice snow cones, sweet potato fries and air-popped popcorn without adding butter and salt.

If you are interested in resources for this fundraiser, the University of California CalFresh Nutrition Education Program can assist you. Contact Sonia Fernandez, Program Coordinator, at (530) 666-8702.



Arts & Crafts Gallery

Host an arts and crafts event that showcases your students work.

To organize this fundraiser, notify parents you will be asking children to donate an item that they have created. Encourage students who donated an item to write a short biography of their inspiration for his/her artwork or crafted item.

You can either host this fundraiser as an open sale or sell each item in a silent auction. This fundraiser reinforces creativity in youth and promotes self confidence within a child.

Baked Pears

This autumn recipe is a perfect dessert to substitute for the traditional fruit pie at your next holiday meal! For those with an extra sweet tooth, this classic recipe pairs great with non-fat vanilla frozen yogurt.

Ingredients:

- 1/3 cup 100% apple juice
- 1/3 cup dark brown sugar
- 3 tablespoon unsalted butter
- 1 tablespoon fall spice, bakers choice (cinnamon, nutmeg, pumpkin spice)
- 3 Bosc pears, firm
- Optional: Non-fat vanilla frozen yogurt



Recipe adapted from Food Network.com

Directions:

1. Preheat the oven to 400°F.
2. Wash the pears and pat dry. Next, peel, cut in half lengthwise (stem to bottom) and core.
3. Arrange the pears cut side up in a 8-inch square baking dish.
4. In a saucepan, whisk together the apple juice and sugar over medium-high heat until the sugar dissolves. Next, whisk in butter and spice.
5. Pour the sauce over the pears and bake until the pears are crisp tender and begin to brown, about 35 minutes. Occasionally baste the pears with the juices from the baking dish.
6. To serve, spoon the baked pears onto a serving dish and top lightly with frozen yogurt if using. Be sure to drizzle each pear with juices left in the baking dish.

Holiday Luminaries



Looking to add some flair to your Thanksgiving décor? These holiday luminaries are easy to make, the entire family can help you craft them, and they look great outside your front door or patio.

Materials Needed:

- Scissors
- Brown paper lunch bags
- Tissue paper (white, red, yellow and orange)
- Glue Stick
- Paper weights, such as rocks
- LED tea lights

1. Cut a circle from the seamless side of a paper bag. Use the cutout circle as a guide to cut a slightly larger circle from white or yellow tissue paper.
2. Cut skinny triangles of red, orange, and yellow tissue paper for the feathers, and cut two wing shapes from red tissue paper. Use a glue stick to hold the feathers and wings onto the tissue paper circle. Reference the image below as a guide.
3. Draw and cut a turkey body from the brown paper circle. Next, glue it to the center of the tissue paper collage.
4. Line the edge of the bag's circular hole with more glue, then lay the collage circle on top. Fill the bag with about an inch of rocks and carefully place an LED tea light inside.
5. Light up your yard or patio for some after dinner physical activity. Have the family skip around one luminary and hop around another. Also, try singing 'Ring around the Rosie' while moving in a circular motion around each luminary.



Activity from Family Fun Magazine

Is Popcorn Healthy?

Have you heard the news? If you're a popcorn lover you will be happy to know the crunchy little snack holds a staggering amount of antioxidants. Antioxidants help fight agents that contribute to cancer, cholesterol, and heart disease. Yes, these are the same antioxidants that are found in fruits and vegetables, although in addition, fruits and vegetables also carry a significant amount of vitamins and minerals supporting overall health.



Research has found that the hulls (the part that everyone gets caught in their teeth) of the popcorn has the highest amount of fiber and antioxidants. Fiber is important in our diets because it helps in digestion. It moves food through the body and helps with cholesterol and disease prevention.

Popcorn is a naturally fat-free, cholesterol-free, and sugar-free snack and is considered **100% whole grain**. However, the avenue to which you prepare your snack can potentially bring the health value down. Air-popping is the best way to prepare popcorn and has the lowest amount of calories. Pre-packaged microwave popcorn may contain large amounts of butter which adds extra calories and fat making your snack a little less healthy. If you like the speed and convenience of the microwave, simply place 1/4 to 1/2 cup of popcorn kernels into a brown paper lunch bag. Fold at the top, place in the microwave and pop as normal. Listen carefully for the popping to slow, pull the bag out of the microwave, open, and enjoy!

If you don't have access to brown paper lunch bags, try heating a skillet on medium-high heat with a little canola oil. Slowly add in the popcorn kernels and cover with a lid. While cooking, continuously shake the pan to avoid burning of the kernels. Cook until the popping stops.

A "popcorn bar" is great, inexpensive classroom incentive for your students. Try setting up the following at your next classroom party :

- Large bowl of plain air-popped popcorn
- Small paper bowls, cups or brown paper bags
- Seasonings for the popcorn:
 - Black Pepper
 - Cinnamon
 - Cocoa Powder
 - Cayenne Pepper or Hot Sauce
 - Garlic Powder
 - Pumpkin Spice
 - Italian Herbs
 - No-salt-Mrs. Dash

Ask students to put some popcorn into their bowl, cup or paper bag and sprinkle lightly with a seasoning.

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 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 students. 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.

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Fill Up On Fiber

“Eat fruits and vegetables” is the constant advice we hear, but what makes them so important? Fruits and vegetables are nature’s multivitamin. They provide us with lots of vitamins, minerals, phytochemicals, and fiber too! Fiber is key for good digestive health. It helps reduce constipation, lowers blood cholesterol, and helps us feel full longer. It is recommended that children 3-8 years of age get 19-25 grams of fiber per day. A good source offers 3 grams of fiber or more per serving. Depending on the fruit or vegetable, one serving has 2.5 to 5 grams of fiber.

Generally, fruits are preferred among children because they are often juicy and sweet. Juices offer very little fiber, so limit fruit juices to 6 ounces or less per day, and remember to only offer 100% fruit juice. It is best to offer whole fruit to children daily, replacing 100% juice, with meals or as a snack for optimal nutrients.

Vegetables tend to be bitter and may be the most difficult for a child to accept. Try offering sweeter tasting vegetables like sweet potatoes, carrots, or pumpkin squash to very picky eaters. Here are some other kid friendly ways to include vegetables into meals and snacks.



- **Mix in or offer a new vegetable along with a known favorite.** This familiarity will increase the chances of a child accepting the new food.
- **Have children help in the preparation of vegetables.** With an appropriate knife and adult supervision, little ones can wash and cut softer vegetables like tomatoes, lettuces, and mushrooms.
- **Puree new vegetables into soups, stews, casseroles, or baked goods.** For example, if you have offered cooked carrots as a side dish at one meal and they were rejected, offer them in a new way. Use the leftover cooked carrots in a vegetable soup or puree them and add to a spaghetti sauce. This will not only prevent food waste but will also increase the chances of a child trying the new vegetable.
- **Offer washed, cut up vegetables as a snack.** Children tend to enjoy dipping their food into a sauce or dip; offer vegetables with a favorite bean dip, salad dressing, ketchup, or cheese dip.
- **Include vegetables in fruit smoothies.** Fresh spinach blends easily with strawberries and bananas in a kid friendly smoothie.
- **Practice variety.** Children may prefer a fruit or vegetable if it is offered fresh, dried, or cooked. Experiment with different ways to offer a new food. For example, a child may refuse cooked broccoli but really like fresh, raw broccoli. Don’t give up if the food is initially rejected. Keep offering fruits and vegetables with every meal or snack.
- **Buy fruits and vegetables in season.** Produce in season is the freshest, tastes the best, and cost the least. If your family’s favorite fruits or vegetables are out of season, try buying canned, dried, or frozen versions. Remember with canned or frozen vegetables to look for low/reduced sodium or no salt added. For canned or frozen fruits look for low/reduced sugar or no sugar added on the food label.
- **Remember what you say is as important as what you do.** Don’t threaten or force a child to try a new fruit or vegetable. Instead, use encouraging and positive words like, “You must be proud of yourself for trying broccoli today!” or “Which one of these vegetables is your favorite and why?”



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Disfrute Fibra

"Comer frutas y verduras" es el asesoramiento constante que escuchamos, pero que los hace tan importante? Frutas y verduras son el multivitamínico de la naturaleza. Nos proveen gran cantidades de vitaminas, minerales, fitoquímicos y fibra! La fibra es la clave para una buena salud digestiva. Ayuda a reducir el estreñimiento, reduce el colesterol de la sangre y nos ayuda a sentir más satisfecho. Se recomienda que los niños de 3-8 años de edad reciben 19-25 gramos de fibra cada día. Una buena fuente ofrece 3 gramos de fibra o más por porción. Dependiendo de la fruta o verdura, una porción tiene 2.5 a 5 gramos de fibra.

Generalmente, frutas son preferidos entre los niños porque son jugosas y dulces. Jugos ofrecen muy poca fibra. Limitar solamente 6 onzas o menos de jugo por día, y recuerde que sólo ofrece 100% jugo de fruta. Es mejor ofrecer fruta entera a los niños diariamente con sus comidas o como un bocadillo. Sustituir jugo 100% de fruta con fruta entera le ayudara recibir nutrientes óptimos.

Verduras tienen la tendencia de ser amargos y pueden ser lo más difícil para un niño aceptar. Trate de ofrecer verduras que son más dulces como camote, zanahoria o calabaza para ayudar a los niños que son melindrosos. Aquí hay algunas maneras para incluir verduras en las comidas y bocadillos.



- **Mezcle o ofrece una verdura nueva junto con otro alimento favorito conocido.** Esta familiaridad aumentará la posibilidad de un niño aceptando los nuevos alimentos.
- **Pedir ayuda de su hijo mientras prepare las verduras.** Con un cuchillo apropiado para niños y la supervisión de un adulto, niños pueden lavar y cortar verduras suaves como tomates, lechugas y hongos.
- **Puré verduras nuevas en sopas, guisos, o alimentos horneados.** Por ejemplo, si usted ha ofrecido zanahorias cocidas como un guarnición en una comida antes y fueron rechazadas, ofrece zanahorias en una manera diferente. Utilice las sobras cocidas de zanahorias en una sopa de verduras o puré y agregar a una salsa de espaguetis. Esto no sólo evitará los desperdicios de comida, pero, también aumentará posibilidades de un niño intentando la verdura nueva.
- **Ofrece verduras lavadas y cortadas como bocadillos.** Los niños disfrutan alimentos con un tipo de salsa. Ofrece verduras con puré de frijol, aderezo de ensalada, ketchup o salsa de queso.
- **Incluye verduras en licuados de frutas.** Espinacas frescas combinan fácilmente con fresas y plátanos en un licuado.
- **Practique variedad.** A veces, los niños prefieren una fruta o verdura si es ofrecido fresca, seca o cocido. Trate diferentes maneras de ofrecer un nuevo alimento. Por ejemplo, un niño puede rechazar broccoli cocido, pero le gusta brócoli fresco y crudo. No se desanime si el alimento es rechazado inicialmente. Mantenga el optimismo y ofrece frutas y verduras con cada comida o bocadillo.
- **Compre frutas y verduras de temporada.** Productos de temporada son más frescos, tienen un mejor sabor, y el costo es más mínimo. Si las frutas o verduras de su familia están fuera de temporada, trate de comprar versiones de esa verdura. Como enlatadas, secas o congeladas. Recuerde que si son verduras enlatadas o congeladas, trate de buscar productos con sodio baja o reducido, o sin sal agregada. Busque frutas enlatadas o congeladas bajo o reducido de azúcar, o sin azúcar añadido en la etiqueta de los alimentos.
- **Recuerde lo que dices es tan importante como lo que haces.** No amenacé o force a su hijo a probar una nueva fruta o verdura. En cambio, use palabras alentadoras y positivas, "Usted debe estar orgulloso de ti mismo por probar el brócoli hoy!" o "Cual uno de estas verduras es tu favorito y por qué?"