



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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## Social Skills Lead to Happiness & Success in Children

When asked “What do you want most for your child?” most parents respond with “I just want them to be happy”.

Did you know that there is science on how to do this? One of the most important things we can do to ensure our children’s happiness is to teach them how to behave socially– how to make friends, work in a group, fit in, and how to resolve conflicts. Some experts estimate that about 70% of our overall happiness is attributed to our social networks: Friends and family make us happy. Other research has shown that social skills are the most important attribute for career success. This means it’s worth the effort to plan play-dates for your children and take them to visit relatives. It’s also important to speak to them as you would others, so they can learn to mimic proper conversation and polite interactions.

Children are much better at behaving the way we want when they know ahead of time the expectations. Review rules in new situations before you enter them. Positive encouragement with hugs and words of praise when they behave well is the best way to teach. When possible, practice new social skills before they will be needed, situations like:

- ☺ How to talk on the telephone
- ☺ How to greet someone new
- ☺ How to ask for a turn on the swing
- ☺ How to thank someone for a present
- ☺ How to say no thank you to an offer of food
- ☺ How to display anger appropriately
- ☺ How to behave at a restaurant
- ☺ How to be patient in line
- ☺ How to host a guest
- ☺ How to compromise in a disagreement with a playmate



In the end, teaching our children these social skills will provide the best insurance for their overall happiness and success.

## Free Dental Clinics for Children Ages 5 and Under

There will be 3 FREE dental screenings this winter. 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 locations, dates, and times are listed below.



### West Sacramento

**Saturday February 20, 2010 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

### Davis

**Saturday March 13, 2010 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

### Woodland

**Saturday January 23, 2010 from 8am-3pm** at the Woodland Communicare Health Center. If you are interested, call (530) 666-8960 and mention "Saturday Clinic" to make an appointment.

Communicare Health Center:  
8 North Cottonwood Street  
Woodland, CA



## No-Bake Granola Bars

Looking for a quick, easy recipe that is healthy and delicious? Try this no-bake granola bar recipe. Children will love it and it gives them the opportunity to create their own snack. They will measure, combine ingredients and have the opportunity to learn kitchen skills by serving their classmates.

### Ingredients:

- ◆ 2 1/2 cups crisped rice cereal
- ◆ 2 cups quick cooking oats
- ◆ 1/2 cup raisins and/or cranberries (raisins and cranberries pose a choking hazard for children 4 years of age and younger)
- ◆ 1/2 cup chopped nuts, any variety (optional)
- ◆ 1/2 cup light corn syrup
- ◆ 1/2 cup lightly packed brown sugar
- ◆ 1/2 cup peanut butter
- ◆ 1 teaspoon vanilla extract



### Directions:

1. Let the children combine cereal, oats, raisins/ cranberries, and chopped nuts in a large bowl.
2. In a medium saucepan, heat the corn syrup and brown sugar to a boil, stirring constantly.
3. Remove from heat.
4. Stir in the peanut butter and vanilla extract and blend until smooth.
5. Pour this over the cereal mixture and mix well.
6. Press into an ungreased 13 by 9 inch baking dish.
7. Allow dish to cool. Cut into bars and serve.

Recipe adapted from [www.bigoven.com](http://www.bigoven.com)

## 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 produce featured newsletter every month with delicious recipes and a family activity. Teachers, please share this wonderful information with your students' parents!

During the Winter months the Moveable Market will be featuring the following produce items:

January



Purple Cabbage

February



Beets

March



Spinach



The following are several locations where you can stop by and purchase a bag.

### **In Woodland:**

Casa Del Sol

Time: 2:00-3:00pm

Dates: 1/12, 2/9, 3/9

YMCA of the East Bay, Woodland CDC

Time: 3:00-4:30pm

Dates: 1/26, 2/23, 3/23

Yolo Family Resource Center

Time: 11:15-12:15pm

Dates: 1/5, 2/2, 3/2

### **In Esparto:**

Along Side Country Church

Time: 10:00-11:15am

Dates: 1/20, 2/17, 3/17

### **In Knights Landing:**

Knights Landing Children's Center

Time: 11:30-12:00pm

Dates: 1/14, 2/11, 3/11

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

## Essential Minerals

Potassium is one of those minerals you may not often hear about but is vital for good health. Most of us do not consume enough of this mineral, therefore we need to make sure we are including those foods which are high in potassium in our diet.

Potassium helps with muscle and nerve function and helps to keep blood pressure down. It also helps create a healthy heart and immune system.

When preparing meals and snacks make sure to include a variety of fruits and vegetables since these foods are the best way to consume our daily potassium requirement. Here are a few items to look for:



### Fruits:

- ◆ Bananas
- ◆ Raisins
- ◆ Prunes
- ◆ Watermelon
- ◆ Avocado
- ◆ Orange Juice
- ◆ Tomatos

### Vegetables:

- ◆ Potatos
- ◆ Celery
- ◆ Broccoli
- ◆ Carrots
- ◆ Winter Squash
- ◆ Spinach
- ◆ Dried Peas and Beans



Adapted from Fruits & Veggies—More Matters

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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.”

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



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