



# NUTRITION NEWS



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Nutrition Education Project



## Summer Resources for Your Child!



During the school year, our children attended school and received balanced, nutritious lunches from Student Nutrition Services. With summer just around the corner, we might wonder how to fill our children's free time and satisfy them with a nutritious lunch. Look no further – the answers are below! Read on....

Children attending summer school will be provided with a school lunch. Elementary summer school sites are: George Washington Carver, Fairmount, Francis Scott Key, Sanchez, Starr King, Gordon Lau, and Willie Brown Academy. **Children not attending summer school can get a free lunch through San Francisco's Free Summer Lunch Program.** This program, funded by the U.S. Department of Agriculture, serves free, healthy lunches to anyone 18 years old and younger, regardless of income. Meals are served on a first-come-first-serve basis at sites in many neighborhoods: Bret Harte Elementary School, Hunter's Point Boys and Girls Club, Chinese Recreational Center, Mission Playground, Alemany Housing, and Oceanview Recreational Center, to name a few.

For times and dates of lunch service and the most updated information,

- call United Way's Helpline: 211
- visit [www.summerlunch.org](http://www.summerlunch.org) or
- go to [www.dcyf.org](http://www.dcyf.org) and follow the **summer lunch** link

A list of summer lunch sites from the Department of Child, Youth and Their Families (DCYF) will be given out before the summer break. Free or low cost summer programs are featured on the reverse side. The DCYF website ([www.dcyf.org](http://www.dcyf.org)) and the San Francisco Unified School District website ([www.sfusd.edu](http://www.sfusd.edu)) both list additional summer programs for children. If you are unfamiliar with a program or agency, consider a visit before enrolling your child. We list them here as a resource and do not endorse any of them.

For fun games and puzzles, go to the following websites:

**Dole 5 A Day at**  
[www.dole5aday.com/kids](http://www.dole5aday.com/kids)

**MyPyramid at**  
[www.mypyramid.gov/kids](http://www.mypyramid.gov/kids)



**ICE CREAM IN A BAG**  
*A Healthy and Easy Family Project*

**What You Need:**

- 1/2 c. low fat milk or soymilk
- 1 – 2 tbsp. soft fruit
- 1 tbsp. sugar
- 1/4 tsp. vanilla extract
- 1 pint-size Ziploc plastic bag
- 1 gallon-size Ziploc plastic bag
- Ice cubes
- 1/2 c. salt

**How To Make It:**

- ☆ Open the pint-size bag, add sugar, vanilla and soft fruit. Seal bag tightly. Mix well by squeezing with fingers.
- ☆ Open bag and add milk. Squeeze out extra air, zip tightly and shake.
- ☆ Fill the large bag half full of ice and add the salt.
- ☆ Place the small bag inside the large one and seal carefully.
- ☆ Shake about 5 minutes, until mixture freezes. Wipe off top of small bag, then open carefully and enjoy!

**More Ideas:**

- ◆ Try a variety of fruit; ripe bananas, strawberries, blueberries, raspberries, peaches or pears all work well.
- ◆ Remember to wash fruit before adding to the ice cream mixture.
- ◆ Make a refreshing fruit sorbet by using the same amount of 100% fruit juice instead of milk or soymilk.



**Contact Information:** School Health Programs Nutrition Education Project  
1515 Quintara Street, San Francisco, CA 94116  
telephone: 415.242.2615 • website: [www.healthiersf.com](http://www.healthiersf.com)

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Agency	Program description	Ages	Telephone	Website
826 Valencia	Writing skills development	8 - 18	642-5778	<a href="http://www.826valencia.org">www.826valencia.org</a>
Bayview Beacon Center at Willie Brown Academy	Educational, art, and recreational programs	9 - 12	695-5416	<a href="http://www.sfbeacon.org">www.sfbeacon.org</a>
Boys & Girls Club of San Francisco	Sports and recreation, art, health and life skills, and leadership development programs	6 - 18	445 - 5481	<a href="http://www.bgcsf.org">www.bgcsf.org</a>
Community Music Center	Low cost music classes	4 and up	647 - 6015	<a href="http://www.sfcmc.org">www.sfcmc.org</a>
Providence Foundation of San Francisco	Summer day camp with academic and recreational programs	5 - 13	642-0234	<a href="http://www.providencefoundation.sf.org">www.providencefoundation.sf.org</a>
SF Ballet Center for Dance Education	Dance and music day camp for youth	7 - 13	865-4756	<a href="http://www.dancecamp.myevent.com">www.dancecamp.myevent.com</a>
SF Public Library	Summer reading programs and activities	Birth - 18	557-4272	<a href="http://www.sfpl.org">www.sfpl.org</a>
Sunset Neighborhood Beacon Center	Arts, sports, and computer classes	6 - 17	242-2559	<a href="http://www.snbc.org">www.snbc.org</a>
Vietnamese Youth Development Center	Recreational activities	6 - 17	771-2600	<a href="http://www.vydc.org">www.vydc.org</a>

## Mystery Vegetable



## What am I?

- ☆ I give sandwiches a nice juicy crunch
- ☆ My outer leaves are darker than my inner leaves
- ☆ I have a loaf like shape
- ☆ I am a surprisingly nutritious vegetable, full of vitamins, minerals and fiber that our bodies need to stay healthy
- ☆ I go by another name which is Cos Give up???

Remember to eat your colors every day...

...blue,  
green,  
white,  
orange,  
yellow,  
and red  
fruits & vegetables



## Romaine Lettuce

is a heart healthy vegetable, with nutrients that help decrease our risk for heart attack and stroke:

- **Vitamins A and C** help prevent cholesterol from building up in arteries and forming plaques which can cut off blood flow and trigger a heart attack or stroke. In two cups of raw romaine lettuce there is over 58% of our daily requirement for vitamin A and 45% of our daily requirement for vitamin C.
- **Folate** prevents our blood vessels from being damaged
- **Potassium** can be useful in lowering high blood pressure
- **Fiber** helps to lower high cholesterol levels.

High blood pressure and high cholesterol levels are both risk factors for heart disease and stroke.

**Serving Tips** Add romaine leaves to sandwiches and salads. Create a breadless sandwich wrap by rolling up the sandwich filling inside romaine leaves. For more information about how to select, store and serve romaine lettuce and other lettuces, check out the June 2006 "Harvest of the Month Newsletter."

**School Health Programs Department & the Nutrition Education Project  
wish you a happy, healthy summer!**