

SUMMER PRODUCE ADDS VARIETY, NUTRITION AND FLUIDS

When Summer produce hits the farmer's markets and supermarkets, find nutritious ways to plan meals around delicious fruits and vegetables. Strawberries, tomatoes, peaches, green beans, corn-on-the-cob, melons... YUM!

How about trying a cool and refreshing, delicious and nutritious...

Fruit Smoothie

Cool and refreshing, smoothies are delicious and nutritious!

Yield: 2 smoothies

Time: 5 minutes

Tools: Blender or food processor

Ingredients:

- 1½ c frozen fruit (see fruit ideas below)
OR 1 c fresh fruit + 3 ice cubes
- ¾ - 1 c low fat milk, soy milk, 100% fruit juice

Directions:

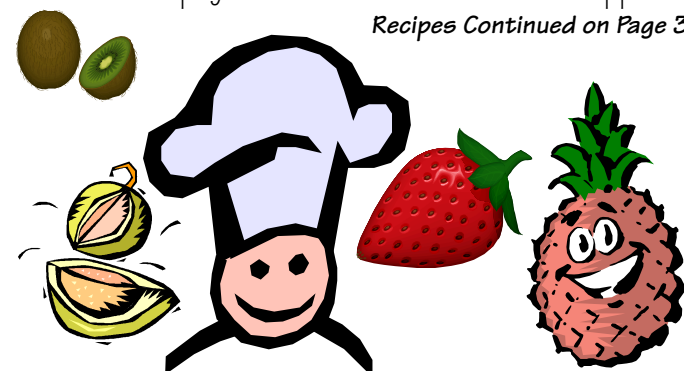
Place all of the ingredients in the blender or food processor and process until there are no visible chunks of fruit. If smoothie is too thick, add more liquid. Too thin, add more fruit.

FRUIT: To freeze your own fruit for smoothies...

1. Wash or peel the fruit.
2. Cut up large fruit into 2- or 3-inch pieces.
3. Put in tupperware or plastic containers with lids (e.g., empty yogurt or sour cream containers).
4. Keep fruit in the freezer until ready to use. Then when you want a smoothie, just pull out a container or two and throw some fruit in the blender. Some fruits that freeze well and make great smoothies:

- Apricots
- Bananas
- Berries
- Kiwi
- Mango
- Nectarines
- Papaya
- Peaches
- Pineapple

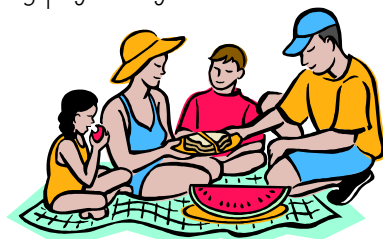
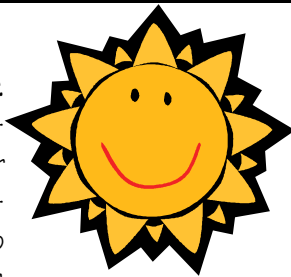
Recipes Continued on Page 3



SUMMER FUN

Summer is right around the corner. Unfortunately, because of the budget crisis, public summer school for Elementary Schools in San Francisco has been cancelled. Time to make a plan! The transition from life at school to life at home is always a difficult one and leaves many parents and children counting the days until Fall. It is important for kids to remain active throughout the summer instead of sitting in front of the TV while eating junk food. What are some easy and low cost alternatives for summer fun?

- Check with your local library. Many libraries offer summer programs that include reading clubs or contests.
- Call the San Francisco Recreation and Parks Department @ 666-7066 for summer sports camps and activities. Call Boys and Girls Clubs @ 221-0790. Many more resources can be found on the website for Recreation and Parks @ <http://civiccenter.ci.sf.ca.us/recpark/location.nsf>.
- If you attend a church, synagogue or temple, check out the local camps and schools.
- Go on a daily outing: Swim at the public pools (831-2747); picnic at a local park; check out special programs at the San Francisco Zoo, the aquarium, local museums or neighborhood libraries.
- Go shopping at Civic Center farmer's market on Wednesdays or Sundays and visit the new Ferry Building farmer's market on Tuesdays, Wednesdays, Thursdays or on the weekend. Visit Alemany market on Saturdays. Whatever you decide to do, plan ahead, relax, and have a great time being physically active and eating healthfully!



NUTRITION OLYMPICS (continued from Page 5)

All students ended the day with a delicious and refreshing fresh fruit snack and received a Certificate of Participation. Let's hear it for the Dr. Cobb Nutrition Olympians!! Our special thanks to Jasmik Sanassarian from the American Cancer Society, Lisa Yamashiro and Dana Andrews from UC Cooperative Extension, Principal Susan Audap, Kim Baranek & the Site Nutrition Coordinators from School Health Programs, all of our volunteers and ESPECIALLY the Dr. Cobb Elementary School Students!



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NEWSBITES

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LOGO CONTEST WINNERS

The results of our Logo Contest are in! We received hundreds of entries from K-5th grades, from all 7 nutrition project schools. Parents, teachers, nurses and others helped judge them and it WAS NOT EASY! Here are the results of the contest:

Bret Harte

Angelica O. - Kindergarten
Consuelo P. - 1st Grade
Waldmah S. - 4th Grade
Teresa B. - 5th Grade

Moscone

Mona Y. - 1st Grade
Daniel L. - 2nd Grade
Ming C. - 3rd Grade
Eva C. - 5th Grade
Stephanie A. - 5th Grade

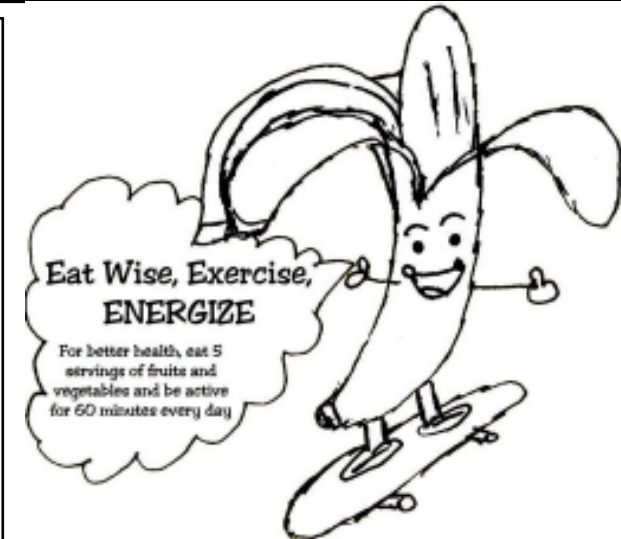
You will be seeing the winning logos on posters, stickers and bookmarks.

Dr. William L. Cobb

Faazil S. - 4th Grade
Francis Scott Key
Vanny L. - Kindergarten
Wayne L. - 2nd Grade

Ada L. - 3rd Grade

Leo G. - 3rd Grade
Nawring L. - 5th Grade
Sharon L. - 5th Grade
Vanessa I. - 5th Grade
Vivian Z. - 5th Grade



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SFUSD NUTRITION & PHYSICAL ACTIVITY POLICY

Let's hear it for the School Board!! On January 17, 2003 the San Francisco School Board overwhelmingly passed a resolution to address issues of overweight and physical fitness in our students. **View the policy online at <http://portal.sfusd.edu/data/board/pdf/memberreso/ACF4C.pdf>.** This important policy sets up a School Nutrition and Physical Fitness Advisory Board which will look at:

- Phasing out the sale of sodas and unhealthy snacks by the beginning of the 2003 - 2004 school year
- Improving opportunities for physical education in our schools
- Improving the nutritional quality of school breakfasts, lunches and snacks

The Nutrition Project schools have already begun to make policy changes at their sites. **Check out the Updates on page 2.**

How can parents and caregivers help support the policy?



Send healthy snacks to school! A tangerine, an apple, a hard-cooked egg, applesauce, trail mix, yogurt, celery & peanut butter... are all delicious substitutes for chips, soda and doughnuts!



For classroom celebrations, instead of cake, send low fat muffins, a fruit salad, or create a yogurt & fruit dessert. Talk to your Site Nutrition Coordinator for more ideas!



Be a good role model for your family: Turn off the TV! Eat healthy snacks! Be active!

A message from the California Department of Health Services. This material was developed with funding support from the National Food Stamp Program, U.S. Department of Agriculture.



UPDATES FROM THE SNCs



Update from Dr. Cobb:

The student council at Dr. Cobb is helping support the new SFUSD Nutrition Policy! On a field trip to Safeway, they read snack food labels and found healthy snacks with **less than 5 grams of fat, less than 10 grams of sugar, and 5% sodium** per serving. The student

council presented their research and passed out a healthy snack to all classes. Great work!

All students participated in a "Nutrition Olympics" on March 28th. Check out the article on pages 5 and 6!

Students at both Dr. Cobb and Harvey Milk celebrated Chinese New Year by cooking vegetable tofu stir fry. African American History Month was honored by discussing the origins of soul food and by cooking a "soul stew" with okra, collards and black-eyed peas.

Update from Harvey Milk:

Each Monday at Harvey Milk, eleven kindergarteners and first graders put on their chef hats and fill the cafeteria with wonderful aromas. In addition to successfully following a recipe, Cooking Club members have mastered knife safety and sharing food as a community.

- Kim Baranek



Update from Moscone:

Moscone Elementary is working hard to eat more fruits and vegetables and to be more physically active! Read the evidence!

- Doughnuts (high in fat and low in nutrient value) are no longer served to students or staff!
- Classroom Teacher Melissa

Breen wrote a snack policy with her students: They cook up healthy recipes for classroom birthday celebrations!

Update from Bessie Carmichael/FEC:

Staff and faculty are working hard to change the way our students eat!

- Staff attended a workshop and are helping develop a school wide cafeteria policy and classroom snack policy.
- The Kindergarteners baked delicious and nutritious bread.

- Joshua Eisenberg

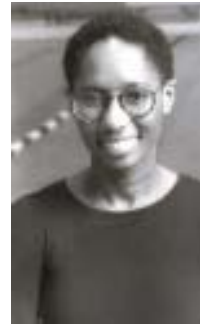
Update from Bret Harte:

Bret Harte students are having fun learning how to eat more fruits and vegetables.

Students have learned the "5 A Day Rap" and have drawn new logos to encourage SFUSD and to support the new Nutrition Policy:

- Ms. Scott's class has tried something new for Valentine's Day. Students brought in fruits instead of sugary candy. It was a success!
- Marsha, a 4th grader, shares with an after school teacher her new knife skills – Claw and Saw. Marsha says, "Make sure you use a bear claw when cutting food so that your fingers are out of the way of being cut."
- Bret Harte 2nd-5th graders are learning fractions by slicing apples and celery. They have become food reporters by asking their classmates questions about healthy eating and physical activity.
- The May 10th Health Fair was a huge success.

- Saeeda Hafiz



Update from E.R. Taylor:

Third graders made Pyramid Pizzas and learned the importance of eating a variety of foods.

- Ms. McPherson is working with Lilly Green, Service Learning Coordinator, on the new garden, which will provide an excellent hands-on learning environment for students. The Garden Committee is facilitating a staff workshop to enhance the garden project.
- Parents begin each Leadership meeting with a DYNABAND exercise activity to music.

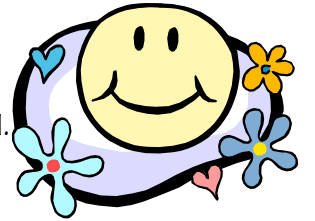
Update from F.S. Key:

- Student Council class representatives did an excellent job promoting the Nutrition Logo Contest.
- On March 11th and April 8th, Ms. McPherson and Mr. Pang, the Health Advocate, presented Parent Workshops about healthy shopping, label-reading skills, and healthy snacking.
- Ms. McPherson and the Vice President of Fundraising have discussed alternatives for the annual Valentine's Day/Chinese New Year candy sale. The student council has a new Nutrition and Fitness Committee.

- Toby McPherson



ASK SCHOOL NUTRITION SERVICES



Every newsletter we will answer questions that you have for Student Nutrition Services. If you have a question give it to the Site Nutrition Coordinator at your school.

Why is there so much cheese on the school lunch menu?

We receive many questions about the amount of cheese on the lunch menu!

The United States Department of Agriculture (USDA) donates mozzarella and cheddar cheese as a commodity, which Student Nutrition Services sends to USDA-approved processing companies. They turn the cheese into pizzas, taco pockets and grilled cheese sandwiches for our schools.

Sending the commodity foods to processors helps us to reduce waste, control food costs, increase food safety and provide a variety of food choices. In addition to cheese the most common USDA-donated foods sent to processors are beef, pork, chicken, turkey, flour, tomato paste and vegetable oil.

When we make up our menus, we limit the amount of fat in the lunches (over the week) to 30% of total calories—following the guidelines of the USDA. Light mozzarella cheese is often used because it contains approximately 50% less fat than regular cheese. Cheese pizza is a healthy source of protein and calcium, two of the nutrients required by the school lunch program. Cheese products are also an excellent source of protein for students who are vegetarians.

Why do my children have to pay for the school lunch, I thought it was supposed to be free?

At the beginning of the year every family in the school district fills out an application for each student to determine if the child can receive a free breakfast and school lunch or will have to pay their meals. Many students received free meals for the past 3 or 4 years through a Federal and State government program called Provision 2. The Provision allowed each school to provide meals to all students at no charge. Unfortunately the Provision 2 Program expired on June 30, 2002.

Here are some special notes about the lunch applications:

- There must be a separate application for each student, you can not fill one out for all your children.
- The USDA sets the policy regarding the School Lunch Program.
- The household size and family income determine eligibility for free and reduced price benefits. Children from households whose income is at or below specific levels are eligible for free or reduced price meals.
- All information on the application will be used ONLY TO DETERMINE MEAL ELIGIBILITY. The information will not be given to any other agency.
- Children who are members of food stamp households, Aid to Families with Dependent Children assistance units, or receive benefits from the Food Distribution Program on Indian Reservations (FDPIR) are automatically eligible regardless of household income.
- If an application is not submitted, students are required to pay full price for all meals. Meal prices are as follows:

Breakfast (all grade levels) - \$.80

Lunch (Elementary) - \$ 1.50

NUTRITION OLYMPICS

Our first-ever Nutrition Olympics was held on Friday, March 28, 2003 at Dr. William Cobb Elementary School. It was an exciting, fun-filled and healthful day. The Giant Carrot (better known as Kim Baranek, Site Nutrition Coordinator), greeted all 200 students who were dressed in their blue "5 A DAY" t-shirts. She sent them to the Nutrition Olympic events that were set up around the playground. Students went Coconut Bowling, Carrot Hopping, Racing for a Strawberry Breakfast, Apple Tossing, Food Pyramid Challenge racing and Wheel Spinning at the nutrition trivia booth. Some students danced to the "5 A Day Rap".



Students playing



Continued on Page 6 Students getting their "5 A Day"