



NUTRITION NEWS

Volume 3 Number 4 Summer 2005

Nutrition Education Project



HARVEST OF THE MONTH: MANGOS



Mango Facts



- There are over a thousand different varieties.
- Mangos are an excellent source of Vitamin A and a good source of Vitamin C.
- When buying mangos, choose ones that are plump, firm, and yield to slight pressure when ripe. Size and color differ according to variety and are not an indicator of quality or sweetness. Black speckling is normal as mangos ripen.
- Store unripe mangos at room temperature. Once ripe, they can be refrigerated up to one week. Sliced mango should be wrapped in plastic and refrigerated.

MELLOW MANGO POPS

1/2 cup low fat milk or yogurt
 3/4 cup water
 1/4 cup orange juice concentrate
 2 cups chopped mango



Puree mango in blender until smooth. Add milk or yogurt, water, and orange juice concentrate. Pour into ice cube trays or paper cups. Put in spoons or wooden sticks and freeze until firm, about 6 hours. Remove from container and enjoy. Makes 7 4-oz. servings.

Sensational Scrumptious Summer Spectacles

Find the words that have been hidden in the puzzle -- up, down, forward, backward, or diagonally. The words can overlap (i.e., a letter can be part of two or more words).

t e k r a p t n e m e s u m a
 t s i l s u h o k w a t e r e
 e n a s s r m c s p o r t s h
 c t s e p u o l a t n a c e b
 u b w r b l g n s s e w c l g
 t s o r b e t n a n b b u i n
 t s i n s p a r i o s e n m i
 e o u e i o s c e m b r u s p
 l s m c i t n a h e m r k q m
 i r n a u a k r r l s i a u a
 u i e n t t o r n e w e w a c
 c o l m p o i o u i t s s b
 e a b s m e e t g n i k i h s
 w c e e s u n s h i n e c o u
 s o w o s e s e e s o o s l l

tomatoes strawberries cantaloupes carrots lemons squash lettuce kiwi blueberries
 purple potato walnuts sorbet sports summer sunshine sun block swimming picnic
 camping hiking amusement park beach trees smiles water

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

School Health Programs Department

San Francisco Unified School District

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STAY FIT AND HEALTHY DURING THE SUMMER

Summer break will be here soon! What a great opportunity to use all the nutrition information that you and your children have received this year. During the summer, there are lots of delicious fresh seasonal fruits and vegetables: cherries, strawberries, apricots, plums, nectarines, peaches, melons, corn, green beans, tomatoes, and red & green peppers, to name a few. To purchase the ingredients you'll need for your favorite recipes, meals, and snacks, consider local and organic produce at the City's Farmers' Markets. Here are their summer hours:

SUMMER FARMERS' MARKETS	T	W	TH	F	Sat	Sun	What's Inside?
Alemany * (W) 100 Alemany Blvd.					6-5		In the Schools: Earth Ball Activities.....2 Physical Activity: Nutrition and Physical Activity Tips.....2 Harvest of the Month: Mangos.....4 Contact Information: School Health Programs Nutrition Education Project 1515 Quintara Street San Francisco, CA 94116 415.242.2615 www.sfusd.edu Visit California 5 a Day www.ca5aday.com
Bayview (W, E) Third & Galvez (starts 5/21/05) Seasonal: end of May – mid-December					9:30 - 1:30		
Cannery* (W, E) Del Monte Square (Jefferson and Leavenworth)				9-2	9-2		
Ferry Plaza (W, E) Embarcadero at base of Market Street Year-round: Tues and Sat May – Nov: Thursday evening	10-2		4-8		8-2		
Fillmore Street (W, E) Fillmore and Eddy Streets April 30 – Nov 19, 2005					8:30-1		
Heart of the City * at Civic Center (W, E) Market Street, between 7th and 8th Streets		7-5:30				7-5	
Kaiser Hospital (W, E) 2425 Geary Blvd. June 1, 2005 – Nov. 23, 2005		10-2					
Mission Village 2955 18th Street, at Alabama Street Starts May 28, 2005					9-1:30		
Noe Valley* 24th St. (between Sanchez and Vicksburg)					8-12		
* = year round; W = accepts WIC coupons; E = accepts Electronic Benefits Transfer							



SUMMER SAFETY TIPS

Keep children safe in and around water

- ♥ Watch young children around any water environment.
- ♥ Keep rescue equipment near pool (e.g., long pole with hook on the end, life preserver and portable phone).
- ♥ Learn how to swim and perform CPR. Contact your local Red Cross for classes.

(continued page 2)



Students from Moscone Elementary School work on a colorful mural stressing the importance of good nutrition.

Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the California Nutrition Network. For information about the California Food Stamp Program, please call 1-800-952-5253.





10 Fun Activities to do with the 5 a DAY Earth Ball

Individual

1. Toss the ball over your head; catch it behind your back. Reverse from back to front.
2. Toss the ball up high; see how many times you can clap your hands before you catch the ball.
3. Find some used clean quart or half-gallon size milk cartons. Line them up. Go bowling.
4. Try to balance the ball on your forehead for 5 seconds without letting the ball fall. Try other parts of your body (elbow, nose, knee, etc.).
5. Move the ball in a circle around your head. Then try your waist, knees, and ankles. Move the ball around and in between your legs in a figure 8 without dropping it.

Partners or Group

1. Stand back to back. Twist and hand the ball to your partner. Partner receives the ball and turns in opposite direction and passes the ball back. Try going from high to low or at different levels. Go over your head and then between your legs.
2. Find a clean 5-gallon container (paint can, soy sauce) and play basketball.
3. Toss the ball to each other. Whichever part on the ball you catch, name that country, continent, or ocean.
4. Play volleyball, two square or four square.
5. Toss the ball back and forth. After every successful catch, move back one step. See how far back you can go.

Nutrition and Physical Activity Tips



Consider doing one extra daily activity with your family to improve their health. Here is a checklist of possible options:

- Eat one more piece of fruit every-day.
- Ask your child to choose one new vegetable to try. Together, learn how it is prepared or served. Have fun trying it.
- Walk more, play more, dance more!
- Replace one soda drink with water or a 100% fruit or vegetable juice.
- Turn on your favorite music and clean the house together.
- Make a vegetable salad with your child.
- Have 1/4 cup of dried fruit and 1/4 cup of nuts or seeds as a snack instead of candy.
- Walk to your neighborhood library, select books on healthy eating and physical activities. Find out what other free summer activities are being offered.
- Learn more about the City by scheduling weekly walks. Check "Places to Go in San Francisco" on the next page.



Sun Safety (continued from page 1)

- ♥ **Slip** on a shirt that is made from cotton and has a tight weave.
- ♥ **Slop** on sunscreen that has SPF 15 or greater. Reapply every two hours or after swimming or sweating.
- ♥ **Slap** on a hat that has a wide 3-inch brim. Try to avoid sun exposure between 10 AM - 4 PM.
- ♥ **Wrap** on sunglasses that block 99-100% of ultraviolet rays.

Bicycle Safety

- ♥ Wear a helmet **every time** you and your child ride a bicycle, even if you are riding close to home. Look for a sticker that says the helmet meets CPSC safety standards. Helmet should be level on the head, not tipped forward or backward. Make sure the strap is securely fastened and the helmet does not move in any direction. If needed, use the helmet's sizing pads to improve fit.
- ♥ Get the right sized bike. Shop for a bike with your child and make sure it fits. Oversized bikes are dangerous.



Sources: American Academy of Pediatrics and American Red Cross

Healthy Outlook Parent's Page * Healthy Outlook Parent's Page * Healthy Outlook Parent's Page

Places To Go In San Francisco

Presidio Heights, Laurel Heights, & Richmond:

- ★ Golden Gate Bridge: scenic walk
- ★ Presidio National Park: beautiful hikes by the Bay, & historical sites

Golden Gate Park:

- ★ great place to walk, bike, skate, run, play, see the birds, bison, turtles, fish, & more
- ★ Sundays JFK drive closed for family activities

Lakeshore, Stonestown, & Merced:

- ★ SF Zoo: see & learn about all kinds of animals
- ★ Ocean Beach: take a walk, see big ships, build sandcastles, and play games
- ★ Lake Merced: walk, fish, or boat
- ★ Stern Grove: walk, picnic, dance at free Sunday summer festival events

Marina & North Beach:

- ★ Fisherman's Wharf & Pier 39: sea lions, outside performers
- ★ Pier 7 1/2: long pier for full view of the beautiful Bay & Bay Bridge
- ★ Marina Green: walk & fly kites, picnic, see boats

Mission:

- ★ Mission Dolores Park: walk & play on the grass, tennis courts

Noe Valley, Castro, Corona Heights, & Duboce Triangle:

- ★ Randall Junior Museum: live animals, science & nature

Bayview/Hunters Point:

- ★ Bay View Hill: amazing park contains rare California plants and fantastic wilderness

Excelsior:

- ★ Crocker Amazon Park: new playground (Geneva & Moscow), soccer & baseball fields, tennis & basketball courts, and skateboard park
- ★ McLaren Park: fantastic hiking trails, great views, tennis

Glen Park, Diamond Heights, & Twin Peaks:

- ★ Glen Canyon Park: fantastic canyon for hiking



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