



## Healthy Living Monthly Updates

For anyone who knows the 4-H pledge, “health” is a cornerstone of our organization. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to manage emotions, and the ability to develop and maintain positive social interactions and relationships. The California 4-H Youth Development Program is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum. For more information, visit [www.ca4h.org/projects/healthyliving](http://www.ca4h.org/projects/healthyliving).

### NEWS

#### *Social Programs Designed To Reduce Stress Could Lower Obesity*

A new study shows that the social safety net program, designed to reduce psychological stressors for families, could also help reduce childhood obesity. Energy in and energy out is important, however energy imbalance alone are not to blame for the extent of obesity among children in the United States. Dr. Craig Gunderson, the author of the study, determined that psychological factors such as stressors, brought about by uncertainty about the economy, income inequality and a fraying social network, increase the rate of obesity among youth. To learn more, visit [psychcentral.com/news/2011/](http://psychcentral.com/news/2011/).

### THIS MONTH IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Everyone has a role to play in the fight against childhood obesity. Your involvement is key to ensuring a healthy future for our children. Celebrate this special month by advocating for obesity prevention in your community for a local cause. To download a free *Let's Move!* tool kit, visit [www.letsmove.gov/resources](http://www.letsmove.gov/resources).



#### *Recognize Local Successes with 4-H Healthy Living Lapel Pin*

National 4-H Mall is now offering a special healthy living lapel pin that may be used to recognize efforts related to healthy living at the county or club level. The pins cost \$2.25 each and are available at [www.4-hmall.org/Category/pins-medals-ribbons-pinsmedals.aspx](http://www.4-hmall.org/Category/pins-medals-ribbons-pinsmedals.aspx). A unique statewide pin will still be awarded to youth who present health-related topics at State Presentation Day or earn their President's Active Lifestyle Award.

### RESOURCES

#### *Fast Food In The Kitchen*

As more youth are cooking for themselves and their families, the *Food Basics: At Home in the Kitchen* DVD makes cooking easier and less expensive. Preparation tips, simple recipe demonstrations and kitchen tool identification are described and illustrated to make cooking simple, convenient and less expensive than fast-food options. Available in English and Spanish, this DVD is an essential resource for Food and Nutrition 4-H projects. To borrow or buy the DVD, visit [foodstamp.nal.usda.gov/foodstamp/resource\\_finder\\_details.php?id=444](http://foodstamp.nal.usda.gov/foodstamp/resource_finder_details.php?id=444).



*Summer Is A High Season For Cycling & ATV Related Injuries*

Did you know summer is the peak season for recreational injuries? Boost your ATV safety IQ by visiting the 4-H ATV Adventure site, [svia.4-h.org/atvsafety/](http://svia.4-h.org/atvsafety/). Become a member and explore the many fun and entertaining resources available to help you become a safe and responsible ATV rider. Prepare for your real ride by taking an online ATV Safety course and playing an all-new, fun and exciting interactive ATV game, Tread-Sylvania.



*Educate Girls About Aspects Of Health*

The mission of girlshealth.gov is to promote healthy, positive behaviors in girls between the ages of 10 and 16. The site offers girls current, reliable, and useful information on various health issues they will face as they become young women, and tips on handling relationships with family and friends, at school, and at home. Visit



the website, [www.girlshealth.gov](http://www.girlshealth.gov), to take interactive quizzes, ask for advice and download a free Teen Survival Guide. The website also provides information for parents and educators to help teach girls about healthy living.

*Keep Your Kids Safe Online*

Deliver comprehensive online safety education for elementary and middle school students with an easy to use kit. As a program of the National Center for Missing and Exploited Children, NetSmartz focuses on educating parents and children about online and personal safety. Teen leaders may also use this kit to teach younger children or create classroom presentations. Try the safety kits at [www.netsmartz.org/kit](http://www.netsmartz.org/kit). For more information, visit [www.netsmartz.org/Parents](http://www.netsmartz.org/Parents).



*Love Is Not Abuse—Educate Youth About Teen Dating Violence*

Love Is Not Abuse is a curriculum that provides a step-by-step guide to educate high school students about the issue of dating violence. This program uses literature and poetry to provide necessary tools to help educate young adults about this sensitive topic. This resource features information on how to talk to friends about dating violence, quizzes, warning signs and real teen stories. The “Just for Teens” section is especially tailored for teenagers. Love Is not Abuse also recently released an app for mobile devices. For more information, visit [loveisnotabuse.com/web/guest](http://loveisnotabuse.com/web/guest).

**FUNDING OPPORTUNITIES**

*Resources For Service Learning Projects: Fruit Tree 101*

**Deadline: October 15, 2011**

The California 4-H Youth Development Program has awarded service grants to 4-H clubs and units for many years. In anticipation of our Centennial Anniversary in 2013, California 4-H is launching The Revolution of Responsibility. 4-H members can apply for up to \$1,000 to carry out a service-learning project in their community. Consider installing a fruit tree orchard in a community schoolyard so students can improve the quality of air and water while creating a source of tasty snacks for their school’s future. Fruit Tree 101, [www.ftpf.org/fruittree101.htm](http://www.ftpf.org/fruittree101.htm), is a program that assists young people in planting fruit trees. To join the 4-H revolution, visit [www.ca4h.org/Resources/FundingOpps](http://www.ca4h.org/Resources/FundingOpps).



*Home Depot Community Impact Grants*

**Deadline: October 31, 2011**

Grants of up to \$5,000 are made available as Home Depot gift cards in order to purchase tools, materials or services. Home Depot believes in the power of hands-on-service while serving our communities. Volunteering to improve physical health of communities, school neighborhoods, campuses, and school gardens creates a healthier and stable environment where families and communities can thrive. For more information, visit [www.homedepotfoundation.org/how-we-help/grants.html](http://www.homedepotfoundation.org/how-we-help/grants.html).



*National Inclusion Project*

**Deadline: October 31, 2011**



Let's ALL Play is the National Inclusion Project's program model for recreational programs that are currently serving children with disabilities and wish to do it better; and programs that seek to open doors currently shut to children with disabilities in their communities. Let's ALL Play includes successful modifications, inclusive games, and other information to help successfully run a program of inclusion. Maximum funding is \$10,000 each year. For more information, visit [www.inclusionproject.org](http://www.inclusionproject.org).

*Grants for Youth Promoting Collaboration*

**Deadline: Ongoing**

The Southern Poverty Law Center is sponsoring the Mix It Up grants program that provides \$500 for youth-directed activist projects which identify, cross, and challenge social boundaries in schools and communities. Create a service learning project that focuses on this theme or bring Mix It Up to a local school. There is no application deadline. For more information, please visit [www.tolerance.org/mix-it-up](http://www.tolerance.org/mix-it-up).



**TRAININGS**

*Healthy School Environment Workshop*

**Fall 2011 Part 1 Training Location and Dates**

Location	Date	Location	Date
Bakersfield	November 1 and 2	San Francisco	November 30 and Dec 1
Fresno	November 15 and 16	Los Angeles	December 6 and 7
Ukiah	November 17 and 18	Hayward	December 8 and 9

This free, 2-day training is designed for educators, school personnel and community partners. Through interactive skill-building activities, the training will provide tools to support an increase of fresh fruits and vegetables on school campuses. To learn more about the training, visit [www.healthyschoolenvironment.org/workshop-registration](http://www.healthyschoolenvironment.org/workshop-registration).

*State 4-H Leaders' Forum*

**November 11-13, 2011**

The 2011 State Leaders Forum, the premier California 4-H volunteer training, will be held at the Asilomar Conference Grounds in Pacific Grove. The conference will feature a variety of healthy living workshops, recreational



activities and idea sharing. With the theme “4H: The Magic of Transformation,” you can be sure that there will be a few surprises! For more information, visit [www.ca4h.org/Programs/Conferences/SLF](http://www.ca4h.org/Programs/Conferences/SLF).

## EVENTS AND ACTIVITIES



### *MyPlate Makeover Challenge*

USDA’s new MyPlate icon depicts a plate half-filled with fruits and veggies. The Produce for Better Health Foundation (PBH) has launched a MyPlate Makeover Challenge to encourage consumers to fill their plates with fruits and vegetables. Follow the “MyPlate Makeover Challenge” and “Fruits & Veggies—More Matters” on Facebook or Twitter to submit a photo of your plate at breakfast, lunch and/or dinner. Each week, PBH will give away one \$100 grocery gift card and feature one entry as the “Plate of the Week.”

### *Plan Your Own Worldwide Day of Play Event*

**September 24, 2011**

For the seventh year in a row, Nickelodeon is encouraging kids to get up and go out and play. You can join thousands of clubs, schools, organizations and families to plan a Play Day to celebrate. For more information, please visit [pro-social.nick.com/world-wide-day-of-play/](http://pro-social.nick.com/world-wide-day-of-play/).



### *Lights on Afterschool 2011*

**October 20, 2011**

The 12th annual Lights On Afterschool event will include a million people in more than 7,500 communities throughout the country and United States military bases worldwide. The event takes place to celebrate afterschool programs that keep our children safe, inspire them to learn and help working families. This year, the event will kick off on October 2 in Washington, D.C. at the CapCrit, the bike racing championship on the National Mall. You can win up to \$5,000 in the Light Up A Landmark for the Lights On Afterschool Contest. For more information, visit [www.afterschoolalliance.org/loa.cfm](http://www.afterschoolalliance.org/loa.cfm).



### *Volunteer At San Francisco Farm Day*

**October 20, 2011 • San Francisco**



Join agriculture enthusiasts at the 25<sup>th</sup> anniversary of the first San Francisco Farm Day and California Foundation for Agriculture in the Classroom. Live farm animal displays, school garden demonstrations, food and farming-themed classroom presentations, and exciting activity stations will allow nearly 10,000 urban San Francisco students to experience agriculture like never before. If your 4-H club or county All Star group would like to participate in the event, complete the online volunteer sign-up at [www.learnaboutag.org/anniversary/](http://www.learnaboutag.org/anniversary/) and California Foundation for Agriculture in the Classroom will contact you with more details.

### *North Central Section Family and Consumer Science Field Day*

**November 5, 2011 • Stockton**

Save the date—all California 4-H clubs are invited to participate! This year’s field day will offer a variety of educational opportunities including a variety of food and consumer science workshops, presentations, competitions and demonstrations. Workshops include “Healthy Spa Time” highlighting common foods you might find in a spa, “Ignite Your APPetite” showcasing food and fitness mobile apps that will enhance your healthy lifestyle, and much more! Look for more information in the October Healthy Living Monthly Updates.

## FOCUS ON 4-H POLICY

### September Policy Update

By Terri Spezzano, 4-H Healthy Living Advisory Committee Member

Brownies, cookies and fruit “drink”—oh my! Does your club need a healthy snack makeover? Although this month’s article is not an official 4-H policy, counties and clubs are encouraged to offer healthier snacks at 4-H events and activities to promote healthy living.

What determines food as healthy or unhealthy? Often there are mixed messages that come from media and other reputable sources. Eating healthy should not be this hard! Here are a few tips from [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.



Check out the recipe section of this newsletter for a healthy snack recipe for your next 4-H meeting.

## SUCCESS STORY

*Join the Revolution of Responsibility*

### Sacramento County 4-H

Each year nearly 20,000 families who live at or below the poverty line in the Sacramento area receive food, education, clothes and other services provided by the Sacramento Food Bank and Family Services at the SACA Community Learning Center. This year, Carmichael 4-H members made a donation of bikes and bike accessories to the center in order to help families in their community lead more healthy and active lives.

The American River 4-H members from Sacramento County along with teen leader Julia Lewis initiated an outreach program in their community. The youth requested donations of bikes and bike accessories from families in their community in order to distribute them to low income families and encourage an active lifestyle. In addition to all its benefits, the bikes will provide transportation for those in need. The American River 4-H worked with 4-H volunteers to repair the donated bikes in order to make them safe and functional. Some of these repairs included adding safety reflectors, new handlebars and seats. Sacramento County’s 4-H provided tools for independent, safe and active lifestyles by teaching bike recipients how to maintain their bikes and use them properly and safely.



The refurbished bikes provide transportation to underprivileged families and communities. They also encourage an independent lifestyle within communities. The donated bikes have helped the community in Carmichael have

better access to jobs, school, and activities that will help empower bike recipients to be more active and engaged in the community.

Julia Lewis, Sacramento County Teen Leader commented on 4-H's team effort with her leadership: "I have guided project members on how to repair the bikes safely in a fun way. I gave many 4-H presentations on how to properly choose and fit a helmet on your head and present the importance of wearing a bike helmet." We congratulate Julia on the team's success in the project and wish Carmichael 4-H members the best of luck in future ideas.



## HEALTHY RECIPE

### **Hummus with Fresh Vegetables and Whole Wheat Pita Bread**

Homemade hummus is so easy to make, you may never purchase store-bought again! This recipe is an excellent beginner recipe for a 4-H food and nutrition projects and introduces basic kitchen electronics like a blender or food processor.

#### Ingredients:

- 16-ounce can of chickpeas or garbanzo beans
- $\frac{1}{4}$  cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending on taste)
- 1  $\frac{1}{2}$  tablespoons tahini (peanut butter can be substituted)
- 2 cloves garlic, crushed
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons olive oil



#### Directions:

1. Drain chickpeas and set aside liquid from can.
2. Combine remaining ingredients in blender or food processor.
3. Add  $\frac{1}{4}$  cup of liquid from chickpeas.
4. Blend for 3-5 minutes on low until thoroughly mixed and smooth.
5. Serve with sliced vegetables, whole grain crackers or pita bread.

Preparation time: 10 minutes

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