

CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

Winter 2001

Supporting Good Nutrition & Physical Activity in 2001

When we look back on the state of adolescent nutrition in 2000 we are sadly reminded that California teens are eating poorly and not exercising. According to survey results from the *California Teen Eating, Exercise, and Nutrition Survey* released last September, 30% of California teens eat the minimum recommendation for fruits and vegetables each day, while fewer than one in three adolescents reported getting the recommended minimum requirement of one hour of vigorous activity a day.

Since after school programs and community based organizations often provide services to youth on a daily basis, they are excellent vehicles for reaching youth with timely messages about nutrition and activity. They also provide many opportunities to reinforce, model and support healthy eating and exercise behaviors. We asked CANFit grant recipients to share some of their plans for improving nutrition and fitness at their youth programs in 2001. Here's what they said:

San Francisco Mission YWCA plans to add a fruit and/or vegetable option with every snack and one hour of fitness activity daily. They will also offer a healthy cooking class and an educational workshop on nutrition and fitness to their youth participants each week.

Bridge to Power Project, Contra Costa TeenAge Project has incorporated a gardening program to support increased knowledge and consumption of fruits and vegetables. Their youth have already plowed a garden area, chosen seeds and begun planting. Program staff plan to pass out fun fact sheets about the fruits and vegetables the youth plant along with simple recipes each week.

These are just two examples. To come up with your own ideas, take time to reflect on what goes on at your program (Are youth served chips, cookies or soda at snack time? Are your youth active and engaged during activity sessions?). Challenge your staff and youth to come up with ways to promote healthful practices such as providing balanced snacks at snack time or starting each session with planned physical activity.

One easy and fun way to incorporate nutrition and fitness is to make use of calendar and cultural themes. For example, March is National Nutrition Month and the perfect opportunity to highlight the importance of good eating and regular physical activity. Visit the CANFit website to print out a list of nutrition activities to help you reinforce positive nutrition messages. Or see this month's insert for a multicultural calendar and additional nutrition and fitness monthly theme ideas for 2001!

From the Executive Director

As we enter our eighth year as an organization, CANFit has been reflecting on its past and anticipating its future. Through a process that engaged grantees, youth, collaborative members, state and national experts, and staff, we have just put the finishing touches on our 5 year strategic plan. A document that charts CANFit's future work.

Don't worry, we'll keep doing our grant making and scholarship programs; but we'll also be expanding our training and technical assistance work. In addition, we will add new program areas in parent and youth leadership development, public policy advocacy, participatory research, and evaluation. Throughout it all, we will keep our "eyes on the prize" of culturally-appropriate adolescent nutrition and physical activity for low-income communities. You will be hearing more about our new journey in newsletters to come. Stay tuned.

Arnell J. Hinkle, RD, MPH

A Celebration of Culture: Soul Food Traditions

Soul Food has roots in both Africa and the American South as African slaves brought many of their native foods such as black-eyed peas, watermelon, okra and yams to the New World and combined them with cooking methods of other cultures. Popular soul foods like fried chicken were developed in the South when slaves took on the European practice of frying meats, while barbecue originated in South Carolina, under West Indies influence as American slaves began to baste their meats with sauce.

Many African American food traditions also reflect creativity and resourcefulness as slaves took ingredients thrown away by their masters like the ears, feet, thighs (hocks), stomach (maw) and small intestines (also known as "chitlins") of pigs to create dishes. All edible parts of plants including leaves, especially collards were used and prepared in oil, peppers and spices. Corn, the food made most available to slaves, was creatively processed to make corn bread, grits, hoecakes (cornmeal cooked on the blade of a hoe over a flame), and hush puppies (deep fried cornmeal with onions and spices).

Many of these dishes provided much-needed fat and calories for people who spent 12-18 hours a day doing heavy, manual labor. Today, we can appreciate

and savor the tastes and creativity of soul food by enjoying lower calorie and fat versions. Share the rich culture and history of African American Cuisine with your youth by preparing a traditional Soul Food recipe.

Good-For-You Cornbread

1 cup cornmeal	1 egg, whole
1 cup flour	1/4 cup margarine,
1/4 cup white sugar	1 tsp veg oil (to grease pan)
1 tsp baking powder	
1 cup buttermilk, 1 % fat	

Preheat oven to 350 . Mix together cornmeal, flour, sugar and baking powder. In another bowl, combine buttermilk and egg and beat lightly. Slowly add buttermilk and egg mixture to dry ingredients. Add margarine and mix by hand or with a mixer for one minute. Bake for 20 to 25 minutes in an 8 by 8 inch greased baking dish. Cool cut into 10 squares.



Makes 10 servings
Calories 178, Fat 6 g



Contact the National Heart, Lung, & Blood Institute at 301-592-8973 or visit <http://www.nhlbi.nih.gov/health/infoctr/index.htm> for your free copy of Heart-Healthy Home CookingCooking African American Style.

Rain or Shine

Young people need 60 minutes of activity each day rain or shine. Bad weather conditions can make meeting this requirement a challenge. So what do you do when cold, rainy weather keeps your youth cooped-up indoors? Try these activities that work well in situations with limited space.



Clean Your Room

Materials: string, 1 soft, throwable object (foam balls, bean bags, crumpled paper) per 4 people.

Designate a play area and divide the space in half using rope or string. Get youth into 2 teams, one on each side. Place an even amount of objects on each side. When you give the start cue, have youth pick-up and throw objects from their side to the other side. On your stop cue have youth drop any objects in their hands and form an X with their arms. The side with the least amount of stuff is the winner.

Dance

Materials: boom box, music. Have your youth bring in their favorite music. Move the chairs and tables out of the way and "let them get their groove on".

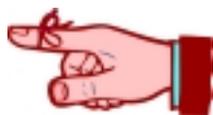
Activity Circuits

Materials: paper signs, tape, markers, stop watch. Set up activity stations in a circular format. At each station have cards with the name and/or diagram for the activity. Choose a variety of strength, endurance and flexibility exercises. Get youth into groups and assign each group to a station. Give youth a start and stop cue and tell them which way to rotate (clockwise or counterclockwise). Start with 30 second stations and increase time as fitness improves. (Example stations: Wall push-ups, wall sits, jumping jacks, jog in place, weight lifting.)

What's Happening at CANFit...

- YWCA Mission Girls Program in San Francisco implemented a nutrition and fitness curriculum at 2 of their program sites during 2000. The youth developed a video on body image and eating disorders, as well as a recipe book. Both are now available to the community. Curriculum topics were based on results of focus groups and a needs assessment conducted during the organization's planning grant.
- A total of \$10,000 is available for undergraduate and graduate scholarships for African American, American Indian/Alaska Native, Asian/Pacific Islander or Latino/Hispanic students expressing financial need to study nutrition, physical education, or culinary arts in the state of California. Call (800) 200-3131 or visit www.canfit.org for application requirements and instructions.
- CANFit is looking for sites to hold Recipes for Success Workshops in Fall 2001. Locations include: Los Angeles, San Diego and Sacramento. If you know of an available meeting room or training facility for up to 40 people, would like to hold a training at your program, or want to co-sponsor a workshop, please contact the CANfit office.

CANFit Calendar & Deadlines



Academic Scholarship Application Deadline
March 31, 2001

Community Grants 2001 Letter of Intent Deadline: June 2, 2001

CANFit Grantee Training
May 22-23, 2001

Melida Manjarrez Community Service Award Application Deadline: Oct. 2001

2001 CANFit Grant Awards



Planning Grants

Bethlehem Community Health Ministry, Oakland
"Fun with Nutrition and Physical Fitness for Survival Project"

Contra Costa Health Services - TeenAge Program, West Pittsburg - "Bridge to Power Project"

Sports4Kids, Oakland
"After-School Nutritional Planning"

Table Bluff Reservations - Wiyot Tribe, Loleta
"Youth Wellness Program"

United American Indian Involvement, Los Angeles
"CANFit Community Coalition"

Intervention Grants

Korean Health Education & Information Resource Center, Los Angeles
"Jambalaya" Multicultural Cookbook Project

YWCA of San Francisco
"Girls Now Project"

Snack Idea

Hip-Hop Pocket Sandwich



4 cups seedles grapes, halved
4 cups shredded non-fat, Monterey Jack cheese
2 cup shredded carrots
1 cup chopped celery
1 cup salsa
8 pita breads, cut in half to form pockets

Lightly mix all filling ingredients in a small bowl. Fill pita halves with grape filling. Top w/ extra shredded carrots, cheese and salsa if desired.

Makes 16 servings

Recipe from Kids...Get Cookin'! Public Health Institute, 1998

CANFIT

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CANFit testifies on behalf of model programs



On January 31, the CANFit program was asked to testify at a joint legislative hearing on childhood obesity and the role of California's schools. The hearing was co-sponsored by the California Senate Select Committee on Family, Child & Youth Development, the Health & Human Services Committee and the Education Committees. The committee heard testimony from experts representing the medical profession, research and scientific community and education, health and school practitioners. CANFit was showcased as a model program. You can download a copy of the testimony from www.canfit.org "News" section.

CANFit is... a non-profit organization that engages communities, and builds their capacity to improve the nutrition and physical activity of California's low-income, American Indian, Latino, Asian/Pacific-Islander, and African-American adolescents (10-14 years of age).

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To submit an article or announcement, or to be added/removed from the newsletter mailing list...

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