

# CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

January 2005

Take Your Job & Love it!

National Middle School Conference November 3-6, 2004 / San Francisco, CA

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CANFit partnered with the California School-Age Consortium (CalSAC) to host the **National Middle School Conference** at the Cathedral Hill Hotel in San Francisco on **November 3-6, 2004**. The conference was an enormous success with nearly 450 participants representing 28 states and three countries from Park & Recreation Departments, CBOs, schools, and other agencies!

CANFit kicked things off with its popular **"Recipes for Success"** workshop as a pre-conference offering on Wednesday. The afternoon was spent learning how to incorporate nutrition education and physical activity into youth programs through hands-on activities.

Thursday through Saturday provided participants with more than 50 workshops. Here are excerpts from a few:

### **Nutrition Policy Change & Financing Obesity Prevention Programs**

Literacy for Environmental Justice ([www.lejyouth.org](http://www.lejyouth.org)) is creating access to healthy food in one of San Francisco's most under-

served communities. Bayview Hunters Point is home to over 30,000 people and the closest supermarket is up to three bus rides away for some residents. The Good Neighbor Program works with local merchants (mostly corner stores) to provide them with city and private incentives to carry healthy food. The Good Neighbor Program grew out of Youth Envision, a group of youth who work as advocates for healthy food in their community.

### **Breakfast Club Plus...Breakfast and a Little Bit More: Innovative Snack Programs**

Breakfast Clubs are fast becoming one of the most effective environments for extended opportunities to promote healthy and nutritional eating. Many are establishing new and fun ways to engage and improve the physical health of young people and adults as well as proving to be effective agents in tackling issues of social inclusion and academic underachievement. ContinYou has been recognized as pioneers in supporting schools and communities through a range of initiatives that have raised the profile, increased the effectiveness and measured the impact of  
*(Continued on Page 2)*

## National Middle School Conference *(Continued)*

breakfast provision. As one of the leading educational charities in the United Kingdom with a network of over 11,000 schools, it has worked to develop the breakfast club culture in partnership with Kellogg's. For more information, visit [www.continyou.org.uk](http://www.continyou.org.uk).

### **Community Food Assessments: A Tool for Improving your Local Food System**

Raquel Bournhbonesque presented on Community Food Assessments (CFA). A CFA is a participatory and collaborative process that examines a broad range of food-related issues and assets in order to improve the community's food system. Through such assessments, a diverse group of stakeholders work together to research their local food system, strategically communicate their findings, and implement changes based on their findings. Heather Fenney with the California Food and Justice Coalition offered an introduction to farm-to-school programs along with steps to take to start a program. Farm-to-school programs supply school food service with fresh produce from local farmers, model nutrition education in the cafeteria and offer students experiential learning opportunities around nutrition and agriculture. Raquel presented on the use of school-based CFAs as a tool in developing school nutrition policies. Heather presented on the potential for farm-to-school programs to meet the multiple nutrition related goals that a school may outline in their policy. For more information about the Community Food Assessment Program go to: [www.foodsecurity.org/cfa\\_home](http://www.foodsecurity.org/cfa_home). For more information about the California Food and Justice Coalition go to: [www.foodsecurity.org/california](http://www.foodsecurity.org/california).

### **Sports and Recreation: For Fun and Healthy Living**

"Numbers 2, 4 and 5! Go!" And with this two sets of adults ran to the center of the room, each attempting to pull flags off opposing team members without having their flag removed. Lots of fancy footwork, evasion and quick moves were accompanied by a lot of laughter. Using the core sport, football, the "Sports and Recreation: For Fun and Healthy Living" workshop engaged participants in a hands-on exploration of how to introduce sports to middle school students in a way that is developmentally appropriate and accessible to all. Recognizing the unique characteristics of this age group, these workshop activities emphasized inclusion, skills development and community building. For more information, visit Sports4Kids' web site at [www.sports4kids.org](http://www.sports4kids.org).

### **EatFit**

The "EatFit" curriculum features nine nutrition and fitness lessons to help students develop critical thinking skills in making better food and exercise choices. All activities are hands-on and interactive providing exciting experiences for adolescents. The lessons also support state standards for middle school students. This University of California Agriculture & Natural Resources curriculum is available free of charge to low-income schools and after school programs. Find out more at [www.eatfit.net](http://www.eatfit.net), <http://fsnep.ucdavis.edu>, and <http://efnep.ucdavis.edu>.

### **Free Resources from the United States Tennis Association**

As a nonprofit, the focus of the United States Tennis Association is on bringing tennis into the lives of all who have an interest, especially children. Tennis is a non-contact sport which can be played for health and enjoyment throughout anyone's life. Dozens of CANFit/CalSAC conference attendees were amazed to learn that all USTA services to schools and after school providers, are absolutely free. For more information, visit [www.norcal.usta.com](http://www.norcal.usta.com).

**NEWS FLASH:**

**SCHOLARSHIP  
APPLICATIONS NOW ON  
OUR WEB SITE!**

# National Middle School Conference *(Continued)*

CANFit would like to thank its sponsors for the National Middle School Conference! Their continuing support of after school programs and professionals is greatly appreciated.



## Legislative Update

**Senator Martha Escutia** (D-Norwalk) has introduced **SB 12**, a new school food standards bill, “**Heathy Schools Now!**” Access to the sale of high fat and high sugar foods would be limited on California public school campuses. The bill is similar to last year’s SB 1566 with several key changes:

1. It offers additional exceptions for eggs, legumes, and individually-packaged cheese.
2. It utilizes language from the USDA’s Healthier US School Nutrition Challenge standards to limit portion size.
3. It applies to grades K-12.

This bill focuses only on foods. It is expected that another bill will be introduced to deal with beverages in high schools in 2005.

This bill is supported by **CANFit** and these other organizations: American Academy of Pediatrics (California District), American Cancer Society (California Division), American Diabetes Association (Western Division), American Heart Association, Association of California School Administrators, California Center for Public Health Advocacy, California Medical Association, California Nurses Association, California School Boards Association, California State PTA, Dole Food Company, and Strategic Alliance for Healthy Food and Physical Activity Environments.

# 2005 Multicultural

## January

- 1 **New Years Day** (U.S., Japan)
- 4 **Accompong Maroon Festival** (Jamaica): Descendants of runaway slaves celebrate the victory in the First Maroon with traditional dancing, singing, and drumming.
- 6 **Dia De Los Tres Magos** (Puerto Rico): Commemorates the arrival in Bethlehem of the three kings (magi).
- 13 **Makar Sankrant/Pongal** (India, Sri Lanka): Harvest festival honors the sun and rain to ripen the rice crops.
- 17 **Martin Luther King, Jr. Day**: Commemorates the birthday of Martin Luther King Jr. (1929-1968), African American civil rights leader.
- 21 **Eid Al Adah-The Feast of Sacrifice** (Islam): Feast marks the time of pilgrimage to Mecca.



## April

- 3 **Daylight Savings Time Begins**
- 4 **Ching Ming-Tomb Sweep Day** (China): Each year families visit their ancestors' graves to pay their respects. They clean the graves, place flowers on them and burn ghost money.
- 22 **Earth Day**
- 24 **Pesach-Passover** (Jewish, Christian): An eight-day period when unleavened bread is eaten to signify when Jewish slaves escaped from Egypt in a hurry and did not have time to let their bread rise.
- 28 **Gathering of Nations Powwow** (American Indian): The largest powwow in North America, this event attracts over 500 tribes from Canada and the U.S.



## February

### *African American History Month*

- 3 **Setsubun-Bean Scattering Festival** (Japan): Expresses everyone's desire for good health and good fortune in the new year.
- 4 **Lantern Festival** (China): Lanterns are lit and hung in front of residences, and family members get together and eat *yuan xiao*, a sweet flour pastry with sesame-seed filling.
- 8 **Fat Tuesday/Mardi Gras/Shrove Tuesday** (Christian): In many Roman Catholic countries, Shrove Tuesday is the culminating day of Carnival – a word deriving from the Latin words *carne vale*, "farewell to meat." Lent begins the next day with the fasting of meat. Parades and balls with masked dancers and costumed figures are highlights.
- 9-11 **Chinese New Year/Lunar New Year** (China, Taiwan): Children pay respect to their elders and receive money.
- 10 **Muharram New Year** (Islam)
- 14 **St. Valentine's Day** (U.S., Japan)
- 21 **President's Day** (U.S.): Honors the birthdays of Abraham Lincoln and George Washington.

## May

### *Asian/Pacific Islander Heritage & Physical Fitness and Sports Month*

- 4 **Youth Day** (China): The day commemorates a 1919 youth demonstration against imperialist aggression.
- 5 **Cinco de Mayo** (Mexico): Marks the defeat of the French colonial forces at the city of Puebla.
- 5 **Kodomo no Hi-Children's Day** (Japan): Celebration of all children with flying colorful carp wind socks and displaying samurai helmets and dolls for strength, success, and good luck.
- 5 **Tano-Children's Day** (Korea): Celebrates the joys of being a boy and expresses the hope that each boy in the family will grow up healthy and strong.
- 8 **Mother's Day** (U.S.)
- 30 **Memorial Day** (U.S.)

## March

### *National Nutrition Month*

- 3 **Hina Matsuri-Girls' Day** (Japan): A doll festival to celebrate the joys of being a girl.
- 8 **Women's Day** (China)
- 17 **St. Patrick's Day** (Irish)
- 20 **Spring Equinox**
- 21 **Now Ruz-New Year** (Iran): Celebrated as both the first day of spring and the first of the new year.
- 21 **Shumbun no Hi-Vernal Equinox** (Japan): The Japanese celebrate the beginning of spring with "nightingale cake," made from pounded sticky rice filled with a sweet paste made from white beans.
- 25 **Good Friday** (Christian)
- 25 **Holi** (Hindu): This joyous holiday celebrates the triumph of good over evil.
- 27 **Easter Sunday** (Christian)
- 31 **Cesar Chavez Day**



## June

- 1 **Children's Day** (China)
- 2 **Granting of Citizenship to American Indians** (1924)
- 11 **Dragon Boat Festival** (China, Taiwan): In honor of the revered poet Qu Yuan, long, thin boats decorated to look like dragons, race to the accompaniment of drums and gongs. The races are said to help maintain the balance between yang and yin.
- 12 **Independence Day** (Philippines)
- 17 **Native American Commemoration of the 1838 Trail of Tears** (U.S.)
- 19 **Father's Day** (U.S.)
- 19 **Juneteenth** (U.S.): Celebrates the 1865 proclamation freeing the slaves in Texas.
- 21 **Summer Solstice**

# Events Calendar

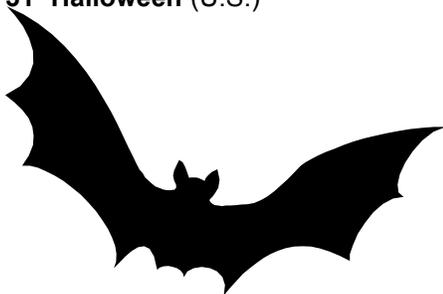
## July

- 4 Independence Day (U.S.)
- 7 Tanabata-The Star Festival (Japan): Celebrates the meeting of two constellations - lovers, Kengyu (the cow herder) and Shokujo (the weaving girl) - who are separated by the Milky Way on other days of the year.
- 14 Bastille Day (France): Celebrates the fall of the Bastille Prison which marked the beginning of the French Revolution in 1789.



## October

- 4 Rosh Hashanah (Jewish): New Year Celebration.
- 4 First Day of Ramadan (Islam): A time of worship and contemplation and to strengthen family and community ties.
- 10 Indigenous People's Day (U.S.): To honor American Indians.
- 13 Yom Kippur (Jewish): Jews attend religious services to atone for their sins.
- 30 Daylight Savings Time Ends
- 31 Halloween (U.S.)



## August

- 15 Father's Day (Taiwan)
- 15 Bon (Japan): Honors those who are deceased. Bon-Odori, or folk dancing, is done at festivals to comfort the spirits of the dead.
- 18 Kui Chieh-Ghost Festival (China, Taiwan): Food offerings are made to lonely ghosts.
- 26 Women's Equality Day (U.S.): Marks the certification of the 19th Amendment, which gave women the right to vote in 1920.



## November

*American Indian Heritage Month*

- 1 Dia de los Muertos-Day of the Dead (Mexico): The dead are honored with elaborate ceremonies, dances, and rituals.
- 1 Diwali (Hindu): This festival celebrates different Hindu gods and goddesses.
- 3 Eid Al Fitr-The Feast of the Breaking of the Fast (Islam): Marks the end of Ramadan.
- 3 Ramadan Ends (Islam)
- 11 Veteran's Day (U.S.)
- 24 Thanksgiving Day (U.S.)



## September

*Hispanic Heritage Month*

- 5 Labor Day (U.S.)
- 15 Independence Day (Costa Rica, EL Salvador, Guatemala, Honduras, Nicaragua)
- 16 El Dia de Independencia-Independence Day (Mexico): Anniversary of when the Mexicans first took arms against their Spanish rulers in 1810.
- 17-19 Chusok-Harvest Festival (Korea): Thanksgiving festival during which Koreans give thanks to their ancestors.
- 18 Harvest Moon Festival (China, Taiwan): Commemorates the spirit of 14th century rebels.
- 22 Autumn Equinox

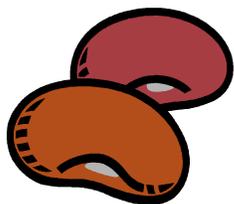


## December

- 1 Rosa Parks Day (U.S.): In 1955, Rosa Parks defied the established practice of segregation by denying her seat to a white man on the bus.
- 8 Bodhi Day (Buddhist)
- 10 Human Rights Day (U.S.): In 1938, the United Nations established the Universal Declaration of Human Rights.
- 16 Las Posadas (Mexico)
- 21 Winter Solstice
- 24 Christmas Eve
- 25 Christmas
- 26-1 Kwanzaa (African American): Patterned after an East African harvest festival, the celebration uses decorations in red (struggle and blood of the ancestors), black (beauty of Black people), and green (youth and renewed life).
- 26-2 Hanukkah
- 31 New Year's Eve (U.S.)

# Hot 'N Spicy Black-Eyed Peas & Rice

*Black-eyed peas are eaten on New Year's Day to bring good luck for the following year. Here is a delicious version to start 2005!*



6 c water  
1 c turkey ham, diced (8 oz)  
1 large onion, chopped  
1 t chili powder  
1/2 t black pepper  
4 c cooked rice (without salt or fat)  
1 can (6 oz ) tomato paste  
1 lb dried black-eyed peas  
1 c celery, chopped  
1 t garlic powder  
1/2 t cayenne pepper

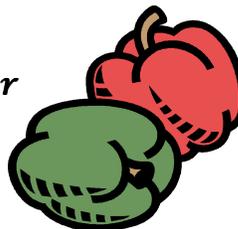
1. Place water, peas, ham, celery, onion, garlic powder, chili powder, cayenne and black pepper in large, deep cooking pot. Simmer about 1 hour 30 minutes or until peas are tender. Add more water as needed.
2. Stir in rice and tomato paste. Cover. Let stand to heat thoroughly before serving.

8 servings / 390 calories / Fat 3 g (25 cal or 6% of total calories) / Sat Fat 1 g (<5% of total calories) / Carb 69 g / Protein 23 g / Chol 15 mg / Sodium 465 mg  
Source: The Black Family Dinner Quilt Cookbook, National Council of Negro Women, 1993.

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## Stuffed Bell Peppers with Collard Greens

*Here is a colorful vegetable side dish for your holiday dinner.*



3 bunches collard greens, stems removed (about 3 lbs)  
Salt & pepper  
4 red bell peppers  
2 medium carrots, diced & blanched  
2 T salad oil  
2 medium turnips, diced & blanched

1. Wash and julienne collard greens. Place in large saucepan. Season with salt & pepper. Add oil. Stir. Cook on low heat one hour or until tender. Add water if needed.
2. Cut peppers in half. Remove seeds. Blanch in hot water about 10 minutes.
3. Remove from water. Rinse with cold water. Drain well.
4. Stuff peppers with collard greens. Garnish with diced carrots and turnips.

8 servings / 85 calories / Fat 3 g (27 cal or 31% of total calories) / Sat Fat <1 g (<5% of total calories) / Carb 13 g / Protein 4 g / Chol 0 mg / Sodium 130 mg  
Source: The Black Family Dinner Quilt Cookbook, National Council of Negro Women, 1993.

## Meeting Calendar



**January 9-12, 2005**

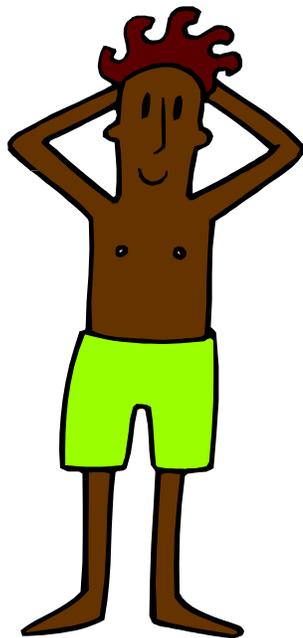
**California Childhood Obesity Conference: Launching a Movement: Linking Our Efforts to Make a Difference.** San Diego. Sponsored by the California Department of Health Services. Visit [www.cce.csus.edu/cts/co/index.htm](http://www.cce.csus.edu/cts/co/index.htm)

**February 16, 2005**

**California Afterschool Challenge.** Join afterschool champions from throughout the State for a special day in Sacramento to meet with legislators. Sponsored by the California School-Age Consortium. Visit [www.calsac.org](http://www.calsac.org)

## CANFit Receives New Grant

CANFit has been awarded a grant from the Kaiser Permanente Foundation to become a community partner of Kaiser's Healthy Eating Active Living (HEAL) initiative.



## Invest in CANFit!

I would like to invest in CANFit's work to improve the lives of our youth and their futures!

Name:  
Address:

City / State / Zip:  
Phone:  
Email:



Enclosed is my tax-deductible donation of \$ \_\_\_\_\_ made payable to The Tides Center/CANFit.

Contact me about volunteer work with CANFit.

Have a suggestion for CANFit? \_\_\_\_\_

*Thank you for your support!*

## Flexibility Stretches

*The holidays can be a stressful time. Use these flexibility stretches to reduce stress and soreness and increase circulation.*

**Shoulders:** Standing, clasp hands behind back with fingers interlaced, lift hands until you feel a stretch in your shoulders, arms and chest. Hold for 10-20 seconds.

**Hamstrings:** Stand with feet together and knees slightly bent. Cross your right leg over your left. Slowly let your upper body hang down toward the ground. Grab the back of your legs and gently pull your chest toward them. Hold 10-20 seconds. Repeat, crossing your left leg over the right.

**Neck:** While sitting or standing, place both hands behind your head with fingers interlocked. Gently pull your chin to your chest. Hold for 10-20 seconds.

**Reach Toward the Sky:** Standing with your feet shoulder width apart, lace your fingers together and press your palms up toward the ceiling. Take a deep breath and as you exhale bend at the waist and press your palms toward the floor. Remember, take deep breaths and don't bounce.

# CANFIT

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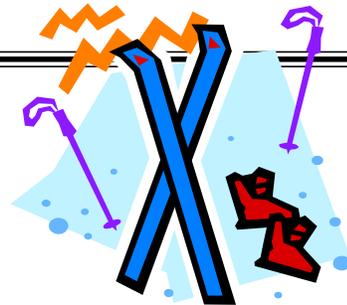
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## From the Executive Director

The winter is always a time for reflection, and such reflection often leads to a slow, steady build up of excitement about the coming year. On CANFit's horizon for 2005 are new projects focusing on providing training and technical assistance to after-school and community youth programs, launching a parent education program, creating a pool of CANFit-certified trainers, and partnering with MEE Productions to offer a series of workshops around the country. CANFit has been working with MEE Productions for years, however, last year we had the opportunity to speak on the same panel at several national meetings, and realized that we had the makings of a dynamite workshop on effectively communicating nutrition and physical activity messages to the Hip-Hop generation. Thus, a workshop series was born! We plan to offer these workshops in at least four locations around the country, and provide participants with background theory, training and materials to implement CANFit's P.H.A.T. program. If you'd like to get on a the mailing list to receive more information about any of these workshops or projects, just let us know.

*Arnell J. Hinkle*



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

*CANFit is a project of the Tides Center, supported by The California Endowment, The California Wellness Foundation, The Robert Wood Johnson Foundation, Kaiser Permanente, Louis R. Lurie Foundation, and individual donors. Newsletter layout made possible through the donation of PageMaker 6.5 Plus software by Adobe Systems, Inc.*