CANFIT Connection

The Quarterly Newsletter of California Adolescent Nutrition and Fitness

January 2008

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2008 is CANFit's 15th Anniversary Year!

Today, California Adolescent Nutrition and Fitness (CANFit) is one of our country's leaders in providing culturally appropriate expertise in the field of nutrition and physical activity with youth from communities of color. And we've been doing it for 15 years!

So how are we celebrating?

~ We plan to have 15 house parties over the course of 2008 across the country. We are looking for 15 people to open their homes to host these events. Please call or e-mail us if you are interested in learning more about hosting a CANFit house party.

~ In the fall we will have host a Family Reunion in the San Francisco Bay Area. We will start out the day with our trademark Recipes for Success Nutrition and Physical Activity Workshop. That evening we will celebrate our 15th Anniversary over dinner with all the people who have joined the CANFit family over the years. If you interested in helping to plan the Family Reunion, please contact us. It will be even more fun to plan if you are able to pitch in!

~ We're going to have a contest to come up with a tag line that we can use for all of our events. The winner can choose $250 worth of CANFit resources! Get those creative juices going and e-mail us at info@canfit.org with your suggestions by February 15. (For example, our tag line for our 10th anniversary was "We CANFit!")

CANFit Scholarship Applications Available

Applications for our **Nutrition, Physical Education and Culinary Arts Scholarships** are available on our Web site. If you are an ethnic high school student planning to enter culinary arts school next year in California, you may be eligible to apply. Or if you are an ethnic California undergraduate or graduate student currently enrolled in a Nutritional Sciences, Physical Education or Public Health program in California, check out our Web site at www.canfit.org/scholarships.html.

CANFit Healthy Snack Guide for Your After School Program is Released

Nutrition guidelines for snacks served in after school programs can be confusing. CANFit has done the work for you to make it easier to serve healthy snacks in your after school program with the release of its Healthy Snack Guide. It can be downloaded at www.canfit.org/pdf/CANFitHealthySnackGuide.pdf. The guide has menus using foods that can be easily obtained at convenience stores and that fall within the federal reimbursement rate budget. There are also two-week sample cycle menus, our Best Practice Guidelines and 26 healthy recipes. Here are recipes from the Snack Guide that you can serve at your next party!

Chili Bean Dip

8 oz. light or nonfat cream cheese
1 can (24 oz.) light chili
1 package skim mozzarella or other low fat cheese, shredded

Spread cream cheese in bottom of small glass baking dish. Spread chili over cream cheese. Sprinkle on cheese. Back at 350 degrees for approximately 20 minutes or microwave on high for 3-4 minutes. Let cool. Serve with baked tortilla chips.

Baked Tortilla Chips

Corn tortillas
Vegetable cooking spray

Preheat oven to 350 degrees. Cut tortillas in half, and then cut each half into three triangles. Place tortilla pieces in a bowl and spray lightly with cooking spray. Place in a single layer on a baking sheet. Bake for 10-12 minutes or until crisp and pale, golden brown.

What's New at CANFit

We currently have a **job opening** for a **Program Assistant.** The job description is available at www.canfit.org/pdf/ProgAsst08.pdf. Please share it with anyone you think may be a great fit. If we interview someone you refer, we'll send you a free CANFit Super Manual or P.H.A.T. Multi-media Package!

We've recently received a contract with the **Office on Women's Health** to provide two **"Preventing Obesity in Today's Hip-Hop Women"** workshops in New Jersey and New Mexico. This workshop is an adaptation of our widely-received "Preventing Obesity in the Hip-Hop Generation."

An **Artraiser** fundraiser will be held February 14-29. Health and fitness art by Kimiko Sakuma will be sold online at www.artraiser.com with half of the benefits going to CANFit's scholarships! Beautify your home or office while helping to promote health professionals in communities of color. Get that special valentine a unique gift. Be sure to check it out.

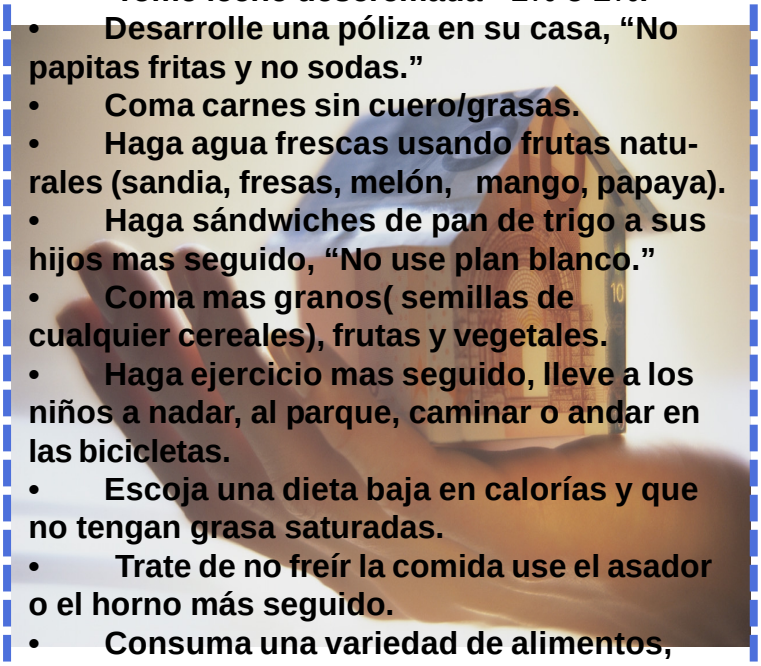
Consejos de Nuestra Casa a Su Casa

¿Usted sabe que tenemos un problema de obesidad en nuestras comunidades? ¿Usted sabe lo que usted puede hacer? ¡Empiece los cambios en su casa! Coma menos grasas, use menos sodio, consuma menos calorías y consuma alimentos con más fibra.

Grasas: Las grasas naturales se encuentran en carnes, la leche, el queso, la mantequilla y también en otros alimentos con aceites. No aumenté más grasas a los alimentos.
Sodio: Mucho del sodio que comemos se encuentra en la sal que añadimos en nuestros alimentos. El sodio es necesario en nuestra dieta pero no en exceso. No use el salero durante las comidas.
Calorías: Si usted o su familia comen más de lo que el cuerpo necesita, el cuerpo empieza a aumentar de peso.
Fibra: Coma mas alimentos con fibra como frutas y granos.

Cambios: Desarrolle y implemente una póliza en su casa para comer mas saludable. Las recomendaciones para un año sano:

- **Tome mas agua.**
- **Tome leche descremada - 1% o 2%.**
- **Desarrolle una póliza en su casa, "No papitas fritas y no sodas."**
- **Coma carnes sin cuero/grasas.**
- **Haga agua frescas usando frutas naturales (sandia, fresas, melón, mango, papaya).**
- **Haga sándwiches de pan de trigo a sus hijos mas seguido, "No use plan blanco."**
- **Coma mas granos(semillas de cualquier cereales), frutas y vegetales.**
- **Haga ejercicio mas seguido, lleve a los niños a nadar, al parque, caminar o andar en las bicicletas.**
- **Escoja una dieta baja en calorías y que no tengan grasa saturadas.**
- **Trate de no freír la comida use el asador o el horno más seguido.**
- **Consuma una variedad de alimentos, introduzca un vegetal o una fruta nueva este año nuevo.**
- **Escoja una dieta moderada en sodio y sal.**



Legislation Update

For the most current information on these and other legislation, see www.publichealthadvocacy.org.
SB 48 (formerly SB 107) (Alquist) Provides low-income communities with markets selling higher quality fresh fruits and vegetables. Held in Assembly Appropriations.
AB 86 (Lieu) Prohibits trans fat in schools. Re-referred to Assembly Education Committee.
AB 90 (Lieu & Huffman) Prohibits trans fat in school lunches. Held in Assembly Appropriations.
AB 92 (Garcia) Requires over 500 schools to offer healthy breakfasts. Held in Assembly Appropriations.
AB 93 (Garcia) Prohibits trans fat. Re-referred to Assembly Health Committee.
AB 97 (Mendoza) Prohibits trans fat. Sent to inactive Senate file.
SB 441 (Torlakson) Requires vending machines to have at least 25% healthy options. Re-referred to Senate Appropriations.
AB 967 (Nava) Promotes locally grown fruits and vegetables. Held in Asssembly Appropriations.

Mark Your Calendar

January 30, 2008, Nutrition, Physical Activity and Food Security Community Connections and Resources Summit, Burbank. Center for Collaborative Solutions, Network for a Healthy California and Afterschool Region 11 are offering this free meeting to learn about curricula, training and other resources for after school programs. Register at www.ccscenter.org.

February 7-9, 2008, New Partners in Smart Growth Annual Conference, Washington, D.C. For more information, see www.newpartners.org/about.html.

February 14-29, 2008, Artraiser. Health and fitness art by Kimiko Sakuma will be sold online at www.artraiser.com with half of the benefits going to CANFit's scholarships!

March 5-7, 2008, Regional Equity '08: The Third National Summit on Equitable Development, Social Justice and Smark Growth, New Orleans, LA. For more information, see www.regionalequity08.org.

March 12-14, 2008, National After School Association 20th Anniversary Conference, Ft. Lauderdale, FL. Learn the latest in after school and summer programming. For more information, see www.naaconference.org.

March 31, 2008, CANFit Nutrition, Physical Education and Culinary Arts Scholarships deadline. Visit our Web site in January 2008 for the application guidelines and forms.

April 5, 2008, Transportation and Land Use Coalition's 11th Annual Summit: Healthy Communities, Healthy Planet, Oakland, CA. January 9 deadline for session proposals. For more information, see www.transcoalition.org/cal/summit08/index.html.

April 30-May 3, 2008, Best of Out-of-School Time (BOOST) Conference, Palm Springs. One of the nation's largest and most recognized conferences for after school and out-of-school time professionals. For more information, see www.boostconference.org.

July 23, 2008, CANFit's 15th Anniversary. Look for upcoming news about the celebration!

2008 Multi-

January - National Oatmeal Month

6 - Accompong Maroon Festival (Jamaica) - Decendants of runaway slaves celebrate the victory in the first Maroon war with traditional dancing, singing, and drumming.
14-16 - Pongal/Makar Sankranti (Tamils, India) - The festival celebrates the prosperity of harvest.
17 - Dia de San Antonio de Abad - Animals are decorated with flowers and ribbons and blessed at church.

21 - Martin Luther King Jr. Day - Commemorates the birthday of Martin Luther King Jr. (1929-1968), African American civil rights leader.
20-26 - Healthy Weight Week

February - African American History Month

3 - Setsubun - Bean Scattering Festival (Japan) - Expresses desire for good health and fortune in the new year.
7 - Chinese New Year /Year of the Rat (China, Taiwan) - People post spring couplets in doorways, display peach blossoms and tangerines, eat rice dumplings and give children good luck money in red envelopes.
Tet begins - A week-long Vietnamese new year celebration in which people light firecrackers, exchange gifts, purchase new clothes and shoes, decorate their homes with yellow blossoms and plant a bamboo stick wrapped in red paper in their yards to scare off evil spirits.
14 - St. Valentine's Day (U.S., Japan)
15 - Nirvana Day (Buddhist) - The day Buddha died and achieved Nirvana.

March - National Nutrition Month

3 - Hina Matsuri - Girls' Day (Japan) - A doll festival to celebrate the joys of being a girl.
20 - Shumbun no Hi - Vernal Equinox (Japan) - The Japanese celebrate the beginning of spring with "nightingale cake" made from pounded sticky rice filled with sweet paste made from white beans.
21 - Norouz NewYear (Iran) - Celebrated as the first day of spring and the new year.
22 - Holi (Hindu) - This joyous holiday celebrates the triumph of good over evil.
31 - Cesar Chavez Day - Honors the Mexican American farm worker, labor leader and civil rights activist.

April - Youth Sports Safety Month

4 - Qing Ming - Tomb Day (China) - Families visit the graves of ancestors to pay their respects by cleaning, placing flowers and burning ghost money.
7 - World Health Day
9 - Day of Valor (Bataan Day) (Philippines) - In memory of the Filipino and American prisoners of war who walked the Bataan Death March during World War II.
24-26 - Gathering of Nations Powwow (American Indian) - The largest powwow in North America, this event attracts over 500 tribes from Canada and the U.S.
30 - Children's Day (Mexico)

May - Asian Pacific American History Month and Physical Fitness and Sports Month

4 - Youth Day (China) - 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.
Kodomo no Hi - Children's Day (Japan) - A celebration of all children.
Tano - Children's Day (Korea) - Celebrates being a boy and hopes that all will grow up healthy and strong.
20 - Buddha Day - Visakha Puja (Buddhist) - Commemorates Buddha's birth, enlightenment and death.

June - National Fresh Fruit and Vegetables Month and Dairy Month

1 - Children's Day (China)
2 - Native American Citizenship Day (1924) - Congress enacted a law permitting American Indians to become citizens of their own country.
8 - Dragon Boat Festival (China, Taiwan) - In honor of the revered poet, Quwan Yuan, long, thin boats decorated to look like dragons race to the accompaniment of drums and gongs to help maintain the balance between yang and yin.
12 - Independence Day (Philippines) - Independence from Spain.
19 - Juneteenth (U.S.) - Originally a Texas holiday celebrating the 1865 proclamation freeing the slaves.

cultural Calendar

July - Recreation and Parks Month

4 - Filipino-American Friendship Day - Independence from U.S.A.
6 - Birth of Dalai Lama (Buddhist)
7 - Tanabata - Star Festival (Japan) - Celebrates the meeting of two contellations, the lovers, Kengyu (the cow herder) and Shokujo (the weaving girl), who are separated by the Milky Way on other days of the year.
9 - Youth Day (Morocco)
20 - Children's Day (Indonesia)

August - Family Fun Month

7 - Double Seventh Festival (China) - The day on which Niu Lang, a cow herder, and Zhi Nu, a weaving maid, who were married secretly on earth, meet as stars across the Milky Way.
8 - Fathers Day (Taiwan)
9 - International Day of the World's Indigenous People (United Nations)
11 - Dia de la Raza - Celebrates the Hispanic heritage of Latin America and recognizes all cultural influences.
14 - Chusok - Harvest Moon Festival (Korea) - Festival during which Koreans give thanks to their ancestors.

September - Hispanic Heritage Month

1 - October 4 - Ramadan (Islam) - A time of worship and contemplation to strengthen family and community ties.
14 - Mid-autumn Festival (China, Vietnam) - A harvest festival celebrating abundance and being together. Moon cakes are a popular dessert.

15 - Independence Day (Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua)
16 - Independence Day (Mexico)
26 - Native American Day (American Indian) - Congress has not yet made this a national holiday.

October - Diversity Awareness Month

7 - Chongyang Festival (China) - People drink chrysanthemum wine and eat chrysanthemum cakes. Also China's Day for the Elderly.
8 - Indigenous People's Day (U.S.)
12 - White Sunday (Samoa) - Women and children wear white and children are treated extra special.
16 - World Food Day
28 - Diwali (Hindu) - Festival of lights to celebrate family, wisdom, values, and religion.

November - American Indian Heritage Month

1 - Dia DeLos Muertos (Mexico) - The dead, espcecially infants and children, are honored with elaborate ceremonies, dances, and rituals.
All Saints Day (Pacific Islanders) - Remembering all the dead.
2 - All Souls Day (Mexico) - Remembering deceased adult relatives and friends.
20 - Revolution Day (Mexico) - Commemorating the Mexican Revolution of 1910.
Universal Children's Day

December - National Stress-free Holidays Month

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.
12 - Day of the Virgin of Guadalupe (Mexico) - Celebrates the day that Our Lady of Guadalupe appeared on Tepeyac Hill to the native Juan Diego Cuauhtlatoatzin.
20 - Eid-al-Adah - The Feast of Sacrifice (Islam) - Feast marks the time of pilgrimage to Mecca.
26 - Kwanzaa begins (African American) - Patterned after an East African harvest festival using decorations in red (struggle and blood of ancestors), black (beauty of Black people) and green (youth and renewed life).
28 - Los Santos Inocentes (Mexico) - People play practical jokes on each other in honor of the young male children slain in Bethlehem under the rule of King Harrod.

CANFIT

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Be sure to enter our contest to come up with a tag line for CANFit's 15th Anniversary!

Did you find this newsletter helpful?

If you did, **please** consider a tax deductible donation to CANFit. Your donation allows us to continue to provide practical resources to communities.

Visit our web site at **www.canfit.org** and press:

DONATE NOW
SECURE DONATIONS BY GROUNDSPRING.org

Thank you for your support!

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-American, Pacific Islander, and African-American adolescents 10-14 years of age.

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