Ten Things to do in 2006 to Improve After School Nutrition and Physical Activity

1. Provide training for your staff about how to teach nutrition and physical activity in ways that don’t stigmatize youth or their families about their weight or cultural eating habits.

2. Offer a new physical activity option each month that is not team-based, fun, and appealing to both both boys and girls (e.g., games, dance, crump, or DDR sessions, neighborhood walks).

3. Develop a Snack Advisory group at your center that gives youth the opportunity to select the snacks served at your program by voting via regular “taste test” of new (healthy) snack options.

4. Subsidize your snack costs with the 64 cents per snack reimbursement available from the federal Child and Adult Care Food Program.

5. Keep up-to-date on nutrition and physical activity policy issues affecting your community by regularly checking the Strategic Alliance website at www.eatbettermovemore.org.

6. Serve water, fruit, and vegetables daily at your after school program.

7. Teach youth about the influence that the media and advertising have on their food and physical activity choices.

8. Find out where youth purchase their snacks in your neighborhood. Do they have access to healthy foods that they can afford? If not, what could your program do about it?

9. Make your After School Program a “Junk Food Free Zone”: Limit what types of snacks and beverages youth can bring in, examine fund-raising sales policies (i.e., ban candy sales), encourage staff to model healthy eating and activity habits, evaluate corporate donations for inconsistencies with your values around youth health.

10. Develop partnerships with local practitioners (e.g. yoga, dance, fitness clubs, biking or hiking clubs) in your community to expand physical activity opportunities at your program.
INGREDIENTS:
2 teaspoons peanut oil 1 onion, thinly sliced
2 cups bok choy, shredded 4 cups water
1 (10 ounce) can coconut milk 1/4 cup fish sauce
1/4 cup chopped fresh cilantro 2 cloves garlic, thinly sliced
1/4 cup chopped lemon grass 2 teaspoons crushed red pepper
1 teaspoon ground coriander 1 teaspoon ground cumin
2 tablespoons grated fresh ginger root
1 skinless, boneless chicken breast halves - cut into thin strips

DIRECTIONS:
In a large saucepan over medium heat, heat peanut oil. Stir in garlic, ginger, lemon grass, red pepper, coriander and cumin and cook until fragrant, 2 minutes. Stir in chicken and onion and cook, stirring, until chicken is white and onion is translucent, 5 minutes. Stir in bok choy and cook until it begins to wilt, 5 to 10 minutes. Stir in water, coconut milk, fish sauce and cilantro. Simmer until chicken is thoroughly cooked and flavors are well blended, 30 minutes. Serving: 4

Per Serving Nutritional Information: Calories: 313; Protein: 10.2 g; Fat: 3 g; % of calories: 8%; Carbohydrate: 64 g; % of calories: 82%

Source: Eat to Compete with Power Foods: Recipes: Kids and Parents Cooking Together
2nd Strategic Alliance Web Forum, January 18, 2006  The second forum will build on the accomplishments and momentum generated by the Governor’s Summit. The interactive web forum, scheduled for Wednesday, January 18, 2006 from 9:30–11:00 a.m., will allow Strategic Alliance members to share information about exciting local action and policy as well as hear about upcoming statewide policy actions.  
www.eatbettermovemore.org

National Afterschool Association Conference, February 23-25, 2006 in Louisville, KY This is the largest gathering of afterschool professionals on an international scale. This conference is participant focused and was developed based on extensive input from attendees. www.naaConference.org

Growing Toward Success - Healthy Bodies & Healthy Minds, April 6-8, 2006 in Sacramento. Learn how to use new activities and ideas to better engage the youth in your after school programs, and to empower staff to plan programs that children and youth will love. www.calsacconference.org

Active Living Research 3rd Annual Conference, February 16-18, 2006 in Coronado, California. This conference provides a forum for Active Living Research grantees and others to share findings and to learn about the latest thinking, methods and research on policy and environmental issues related to active living. www.activelivingresearch.org
MARCH
Women's History Month
3rd Hina Matsuri - Girls’ Day - (Japan) A doll festival to celebrate the joys of being a girl.
8th Women’s Day - (China)
17th St. Patrick’s Day - (Irish)
20th Spring Equinox
21st Now Rouz NewYear - (Iran) Celebrated as the first day of spring and the first of the new year.
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.
24th Good Friday - (Christian)
Holi - (Hindu) This joyous holiday celebrates the triumph of good over evil.
26th Maha Shivaratri - (Hindu) on this day Lord Shiva was married to Parvati.
31st Cesar Chavez Day

FEBRUARY
Black History Month
2nd Vasant Panchami - (Hindu) The birthday of the Goddess of Wisdom.
3rd Setsubun - (Japan) Bean Scattering Festival Expresses everyone’s desire for good health and good fortune in the new year.
4th Lantern Festival - (China) Lanterns are lit and hung in front of the residences, and family members get together and eat yuan xiao, a sweet flour pastry with sesame-seed filling.
9th Lunar New Year - (China, Taiwan) Children pay respect to elders and receive money.
10th Muharram NewYear - (Islam)
14th St. Valentine’s Day - (U.S., Japan)
15th Nirvana Day - (Buddhist) The day Buddha died and achieved Nirvana.
28th Fat Tuesday / Mardi Gras / Shrove Tuesday/ Carnival - (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.
29th Chinese New Year - (China) This Holiday begins with the New Moon on the first day of the new year and ends on the full moon 15 days later.

The Chinese Year 2006 is the year of the Dog.
2006 CANFit Multicultural Calendar

JUNE
1st  Children’s Day - (China)
2nd  Native American Citizenship Day (1924) - Congress enacted a law permitting Native Americans to become citizens of their own country.
11th  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. The races are said to help maintain the balance between yang and yin.
12th  Independence Day - (Philippines)
17th  Native American Commemoration of the 1838 Trail of Tears.
19th  Juneteenth - (U.S.) Celebrates the 1865 proclamation freeing the slaves in Texas.
21st  Summer Solstice

JULY
4th  Independence Day - (U.S.)
6th  Birth of Dalai Lama - (Buddhist)
7th  Tanabata - The Star Festival - (Japan) Celebrates the meeting of two constellations - lovers, Kendyu (the cow herder) and Shokujo (the weaving girl) who are separated by the Milky Way on other days of the year.
14th  Bastille Day - (France) Celebrates the fall of the Bastille Prison which marked the beginning of the French Revolution in 1789.

AUGUST
3rd  Brother and Sister Day - (India) The day that brothers and sisters promise to be good to each other.
8th  Fathers’ Day - (Taiwan)
26th  Woman’s Equality Day - (U.S.) Marks the certification of the 19th Amendment, which gave women the right to vote in 1920.

SEPTEMBER
Hispanic Heritage Month
9th  National “5 a Day” Week begins
15th  Independence Day - (Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua)
16th  Independence Day - (Mexico)
22nd  Autumn Equinox
Native American Day - (Native American) Congress has not yet passed legislation making this a National Holiday.
Rosh Hashanah - (Jewish) The Jewish New Year
23rd  First Day of Ramadan - (Islam) A time of worship and contemplation and to strengthen family and community ties.

OCTOBER
Lesbian and Gay Month
1st  Yom Kippur - (Jewish) The Jewish attend religious services to atone for their sins
Chusok - (Korea) Harvest thanksgiving festival
9th  Indigenous People’s Day - (U.S.)
14th  White Sunday - (Samoa) A feast is prepared by parents and served to children
22nd  Last Day of Ramadan - (Islam)
29th  Daylight Savings Time ends at 2am
31st  Halloween

NOVEMBER
Native American Heritage Month
1st  Dia De Los Muertos - (Mexico) Cemeteries are visited and shrines are decorated to honor the departed loved ones.
7th  State and Local Election Day
10th  Veteran’s Day - (U.S.)
15th  Wwuchim - (Hopi New Year) Celebrated to songs, prayers and dances.
23rd  Thanksgiving Day - (U.S.)
24th  Buy Nothing Day - (U.S.)
24th  Eid Al Fitr - (Islam) The Feast that marks the end of Ramadan.

DECEMBER
1st  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.
10th  Human Rights Day - (U.S.) In 1938 the United Nations established the Universal Declaration of Human Rights.
16th  First Day of Chanukah - (Jewish)
Philippine Christmas Lasts until January 6th
21st  Winter Solstice
23rd  Last Day of Chanukah - (Jewish)
25th  Christmas Day - (Christian)
26th  Kwanzaa Begins - (African American) Patterned after the 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). Kwanzaa ends the First of January.
After School Programs, you can get $.64 per snack reimbursed from our Federal Government!

If you already have, or are planning on hosting an after school program, you may qualify for federal funds to provide snacks to children enrolled in after school educational or enrichment activities. Children who participate in the snack program will benefit from a nutritional boost they might not otherwise get. Organizations can use the after school snack as one more enticement to encourage children to participate in a physical activity based program during a time of day when many young people are unsupervised. By completing the application process and by meeting the minimum requirements listed below, you may save your program from spending many of its hard earned dollars.

To get some help with this, you can check out www.cfpa.org

Summary of United States Department of Agriculture
Minimum Snack Requirements: Select 2 of the 4 components

<table>
<thead>
<tr>
<th>Component</th>
<th>Requirement</th>
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<tbody>
<tr>
<td>Milk</td>
<td>1 cup</td>
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<tr>
<td>Juice, Fruit, or Vegetable</td>
<td>¾ cup</td>
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<tr>
<td>Meat, Meat Alternates</td>
<td>1 oz</td>
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<tr>
<td>Bread, Bread Alternates, or Cereal</td>
<td>1 slice or ½ - ¾ cup</td>
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Healthy bellies mean healthy backs!

To tighten your tummy from a different angle, lie on the floor with your arms at your sides, feet on the floor, and your legs and knees bent at a 90-degree angle. Contract your abdominals and press your back into the floor, lifting your hips about 2 to 4 inches off the floor. Hold, then lower. Do 10 to 12 repetitions, two or three times a week.

Something that will really help that ab work to stick, is a hike!

In California you can hike all year round and did you know that most Public Transit Systems will take you and your kids directly to those great places in the forests or mountains! Great for all of your body/mind connections and it won’t cost much at all! Nothing like a breath of fresh air to set your collective heads straight! Endorphins are nature’s anti-depressants, bodies make them as a result of cardiovascular exercise!
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 CANFit/Tides Center. 
☑ Contact me about volunteer work with CANFit.
I have this suggestion for CANFit:

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.