



# CANFLIT Connection



The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

**January  
2006**

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

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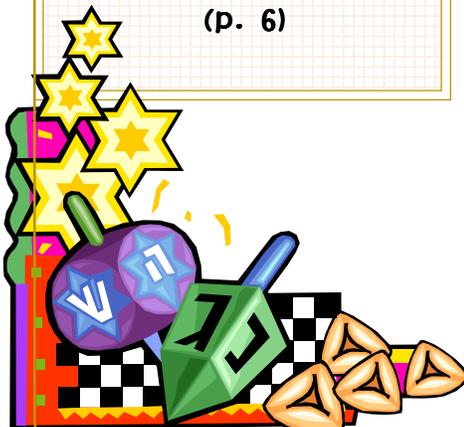
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- 1 - Provide training for your staff about how to teach nutrition and physical activity in ways that don't stigmatize youth or their families about their weight or cultural eating habits.
- 2 - Offer a new physical activity option each month that is not team-based, fun, and appealing to both 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](http://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.



# Warm and Yummy Tom Ka Gai Soup

## INGREDIENTS:

2 teaspoons peanut oil  
2 cups bok choy, shredded  
1 (10 ounce) can coconut milk  
1/4 cup chopped fresh cilantro  
1/4 cup chopped lemon grass  
1 teaspoon ground coriander  
2 tablespoons grated fresh ginger root  
1 skinless, boneless chicken breast halves - cut into thin strips

1 onion, thinly sliced  
4 cups water  
1/4 cup fish sauce  
2 cloves garlic, thinly sliced  
2 teaspoons crushed red pepper  
1 teaspoon ground cumin



## 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

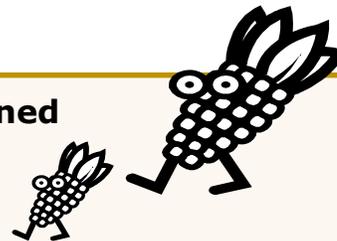
Per Serving Nutritional Information: Calories: 313; Protein: 10.2 g; Fat: 3 g; % of calories: 8%; Carbohydrate: 64 g; % of calories: 82%.

Source: Eat to Compete with Power Foods: Recipes: Kids and Parents Cooking Together



The success of GMO Foods are threatened  
by Deborah Koons Garcia  
and Lily Films

## **The Future of Foods**



There is a revolution happening in the farm fields and on the dinner tables of America — a revolution that is transforming the very nature of the food we eat. *THE FUTURE OF FOOD* offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade. From the prairies of Saskatchewan, Canada to the fields of Oaxaca, Mexico, this film gives a voice to farmers whose lives and livelihoods have been negatively impacted by this new technology. The health implications, government policies and push towards globalization are all part of the reason why many people are alarmed by the introduction of genetically altered crops into our food supply. Shot on location in the U.S., Canada and Mexico, *THE FUTURE OF FOOD* examines the complex web of market and political forces that are changing what we eat as huge multinational corporations seek to control the world's food system. The film also explores alternatives to large-scale industrial agriculture, placing organic and sustainable agriculture as real solutions to the farm crisis today.

Please check the website for more information and updates on screenings in your area as there will continue to be citizen screenings as well as theatrical.

[www.thefutureoffood.com](http://www.thefutureoffood.com)

[info@lilyfilms.com](mailto:info@lilyfilms.com)

# Legislation Update

For the most current information on these and other legislation, see [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org).



**School Food Bills: AB 569 (Garcia)** which requires all food and beverage vendors at schools to provide nutritional labeling -- made into a 2-year bill; **AB 1385 (Laird)** which sets up a program for the direct certification of low-income children into federal school meal programs -- was signed by Governor.

**SB 281 (Maldonado)** which establishes a two-year pilot program for fruits and vegetables in at least 25 schools -- signed by the Governor at his Summit.

**Physical Activity Bills: SB 523 (Torlakson)** which uses state highway funds for bicycle related purposes -- vetoed by Governor Schwarzenegger; **SB 559 (Torlakson)** which requires districts to assure that students are active in PE -- held in Assembly Appropriations; and **SB 638 (Torlakson)** which provides voluntary guidelines for physical activity programs -- held in Assembly Appropriations.

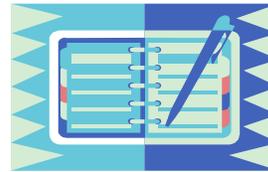
**Nutrition Education Bills: AB 334 (Chan)** which allocates funds for school gardens -- held in Assembly Appropriations; and **AB 689 (Nava)** which requires the incorporation of nutrition and physical activity into core curriculum subjects -- was signed by Governor.

**Medical Management Bills: SB 454(Ortiz)** which requires Medical to adopt policies and programs for counseling on nutrition, physical activity, and federal food programs -- held in Senate Appropriations.

**Funding Bills: SB 564 (Torlakson)** which establishes a tobacco tax to fund, diabetes, nutrition, and physical activity programs for childhood obesity prevention -- further hearing to be set.



# Mark Your Calendar



**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 state-wide policy actions.

[www.eatbettermovemore.org](http://www.eatbettermovemore.org)

**National Afterschool Association Conference, Febuary 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 form attendees. [www.naaConference.org](http://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](http://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](http://www.activelivingresearch.org)



# 2006 CANFit Multicultural Calendar



## JANUARY

- 1st** New Years Day - (U.S.)
- 2nd** Last day of Hanukkah - (Jewish)  
New Years Day Observed

**4th** Accompong Maroon Festival - (Jamaica)  
Descendants of runaway slaves celebrate the victory in the First Maroon with traditional dancing, singing, and drumming.

**6th** Dia De Los Magos - (Puerto Rico) Commemorates the arrival in Bethlehem of the three kings (Magi).

**13th** Makar Sankrant / Pongal - (India, Sri Lanka)  
Harvest Festival honors the sun and rain to ripen the rice crops.

**17th** Martin Luther King Jr. Day - Commemorates the birthday of Martin Luther King Jr. (1929-1968), African American civil rights leader.

**21st** Eid Al Adah - (Islam) The Feast of Sacrifice Feast marks the time of pilgrimage to Mecca.

## 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 New Year - (Islam)

**14th** St. Valentine's Day - (U.S., Japan)

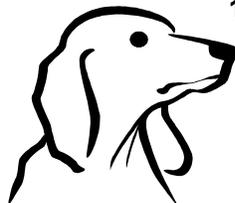
**15th** Nirvana Day - (Buddhist) The day Buddha died and achieved Nirvana.

**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.



## 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 Rous 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



## APRIL

**2nd** Daylight Savings Time begins at 2am

**4th** Ching Ming-Tomb Day - (China) Each year families visit the graves of their ancestors to pay their respects. They clean the graves, place flowers on them and burn ghost money.

**12th** Passover - (Jewish) This eight-day holiday celebrates the delivery of Jews from Egyptian slavery. A traditional Seder meal and ceremony takes place in homes during the first two evenings.

**22nd** Earth Day - (Everyone)

**28th** Gathering of Nations Powwow - (Native American) The largest powwow in North America, this event attracts over 500 tribes from Canada and the U.S.

## MAY

### Asian American History Month

**4th** Youth Day - (China) This day commemorates a 1919 youth demonstration against imperialist aggression.

**5th** 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.

**10th** Mothers Day - (Mexico)

**13th** Wesak Day - (Buddhist) Buddha's Birthday



# 2006 CANFit Multicultural Calendar

## JUNE

- 1st** Children's Dat - (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, Kengyu (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 woman 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 Wuwuchim - (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.

A HAPPY  
NEW YEAR

## **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](http://www.cfpa.org)

*Summary of United States Department of Agriculture*

*Minimum Snack Requirements: Select 2 of the 4 components*

*Milk.....1 cup  
Juice, Fruit, or Vegetable..... $\frac{3}{4}$  cup  
Meat, Meat Alternates.....1 oz  
Bread, Bread Alternates,  
or Cereal.....1 slice or  $\frac{1}{2}$  -  $\frac{3}{4}$  cup*



### **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!

# CANFIT

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## 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.**

*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.*