Prop 49 Provides After School Funding

Proposition 49 was passed in 2002 to fund after school programs in California when the budget reached a certain level. That day has come. The Governor just signed SB 638 (Torlakson) which improves Prop 49 immensely. Schools districts and county offices of education are eligible for funding in partnership with cities, counties, or nonprofit organizations. Priority is given to current After School Education and Safety (ASES) and 21st Century Community Learning Center (CCLC) funded programs as well as schools where more than 50% of the student body is eligible for free or reduced lunches.

Programs must include an educational and literacy component as well as an educational enrichment component. A nutritious snack that meets SB 12 standards must be served. Physical activity is also required but those standards are still in process of being developed.

Fairly simple applications are due November 6 (November 3 if transferring funds from 21st CCLC).

Because it is expected that all funds will be allocated in this first round of grant awards, it is vital that schools make application this year. See www.cde.ca.gov/ls/ba/as for details.
Smashed Potatoes

Ingredients:
1 lb potatoes, cut into quarters
1 lb carrots, sliced
1 cup nonfat or 1% milk (or vegetable broth)
1 can black beans, drained

Directions: Cook potatoes and carrots together in boiling water until soft. Drain well. Mash potato and carrot mixture, adding milk or broth as needed to smooth the texture.

Serve each portion garnished with 1 tablespoon of black beans on top.
**Home is Where the Health is: Tips for Exercising at Home**

As winter approaches, we find ourselves spending more time staying home. Try these two ways to stay active at home; one requires only yourselves and the other a DVD/VCR.

1) **Family Circuit** - Choose 4 exercises (or more depending on how many family members want to participate) and assign each to a station area around the perimeter of the largest room in your house. Each person will start at 1 of the 4 stations. A lead person (who keeps time for 30 seconds) says “GO” and each person performs the exercise (as many as they can do while time allows). When 30 seconds is up, the lead person says, “SWITCH!” and everyone rotates right to the next station. Continue this until all 4 have been completed and then rest for 2 minutes in between sets. Perform 3-5 sets. As you get better, you can increase the time from 30 seconds to 1 minute. Here are 4 station ideas:

**Station 1 - Jog in Place** - The easiest way to move and burn calories without traveling any distance. For more advanced folks, try jumping jacks!

**Station 2 - Push-ups** - Push-ups can be done on the floor or on the wall. Just make sure your hands are shoulder width apart and at the edge of your shoulders as you come down. On the ground, you can also be on your knees, just make sure that your stomach comes close to the ground.

**Station 3 - Sit-ups** - First lie on your back with your feet on the ground. Keeping your lower back flat and your hands to the side, bring your head and shoulders up together no higher than your knees. When you do this, squeeze your abdomen for one second, then bring it down and relax. Make sure to leave a space between your chin and the top of your chest to avoid pulling at your neck.

**Station 4 - Front Raise Squats** - Squat down with your arms out forward, keeping your back straight and head up, until your thighs are parallel to the floor. Push up with the legs to bring your body back up and relax the arms.

2) **Instructional Exercise DVD/Videos** - There are several DVD/videos with different types of exercises that are quite easy to follow and can be purchased or rented at any video store. Try Living Yoga to focus on relieving stress or Taebokickboxing to work up a good sweat! All you have to do is pop it in and let the instructors tell you what to do. It’s that simple and a great way for the family to do something together!

These are just a couple of activities your family can do at home. Remember, 60 minutes a day (of exercise) keeps the doctor away...not just an apple!

---

**Legislation Update**

For the most current information on these and other legislation, see www.publichealthadvocacy.org.

**SB 638 (Torlakson)** Provisions to Proposition 94 including increased funding for after school programs at schools across the State. Signed by the Governor. Proposals due to California Department of Education November 2006. Feature article on Page 1.

**SB 362 (Torlakson)** Establishes a teacher training program for PE teachers. Requires districts to assure that students are active in PE. Did not pass out of fiscal committee.

**AB 469 (Yee)** Requires guidelines for sugar and sodium for all food on school campuses. Vetoed by the Governor.

**AB 569 (Garcia)** Sets the stage for breakfast to be served in all low-income schools. Signed by the Governor.

**SB 1329 (Alquist)** Creates a program to finance grocery stores, markets, and farmers markets in low-income communities. Did not pass out of fiscal committee.

---

**Mark Your Calendar**


**March 21-23, 2007, National AfterSchool Association Conference, Phoenix AZ.** For the afterschool professional by the afterschool professional. Register at www.NAAconference.org.
Staff Directory

Arnell J. Hinkle, MPH, RD, CHES
Executive Director
ahinkle@canfit.org; ext. 12

Betty Geishirt Cantrell, MSSW, MBA
Program Administrator
betty@canfit.org; ext. 11

Lloyd Nadal, MA
Program Manager
lnadal@canfit.org; ext. 14

Ruth Manzano
Technical Assistance Advisor
rmanzano3@cox.net

Lauren Au
Intern
info@canfit.org; ext. 15

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 about 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, 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.