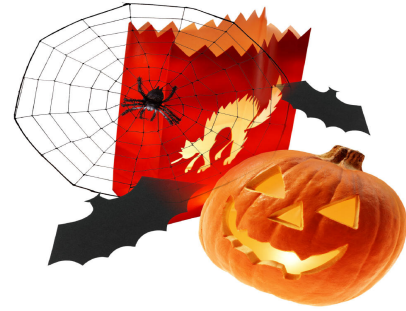


# CANFIT

## Connection



The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

October  
2007

## CANFit Releases New Policy Brief

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The California Adolescent Nutrition and Fitness (CANFit) Program is pleased to announce the release of **The After School Landscape in California: Opportunities of the After School Education and Safety Program Act**. This policy brief provides an overview of current after school developments in California and the opportunities and challenges they create for those who provide physical activity and nutrition programs for youth. With the implementation of Proposition 49, the legislation that created the After School Education and Safety (ASES) program, the number of state-funded after school programs in the state has nearly doubled. This policy brief explores the landscape of after school in the state, including the differences between programs run by local education agencies and those run by community-based programs, and how programs are implementing physical activity and nutrition components.

The brief also highlights how The California Endowment's Healthy Eating, Active Communities Initiative is helping to shape the movement toward intentional physical activity and nutrition in after school, and it provides recommendations for communities interested in expanding after school opportunities to promote healthy lifestyles.

The brief can be downloaded from the CANFit website at: <http://www.canfit.org/pdf/CANFit%20ASES%20PolicyBrief.pdf>



## Pear Slaw

***Pears are now in season. A quick-to-make, sharp dressing sparks this crisp and multi-textured combination.***

3 T fresh lime juice  
2 T seasoned rice vinegar  
1 t finely grated, peeled gingerroot  
2 firm Bartlett pears, pared, cored, cut into 2 x 1/4" matchstick pieces  
2 celery ribs, cut into 2 x 1/4" matchstick pieces  
2 scallions, thinly sliced diagonally

In a medium mixing bowl, using a wire whisk, combine lime juice, vinegar and ginger. Stir in pears, celery and scallions. Let stand at room temperature for 15 minutes before serving. Makes 4 servings.  
*Pear Bureau Northwest, 2004.*



## What's New at CANFit!

CANFit recently promoted a new wellness component at the 14th Annual Pistahan Parade and Festival. Read about how CANFit's Program Manager, Lloyd Nadal, was able to get non-profit organizations who promote physical and mental well-being to exhibit at the Filipino event for the first time. <http://www.asianjournal.com/?c=45&a=22159>

Empowering Youth with Nutrition and Physical Activity! is now available for download at [teamnutrition.usda.gov](http://teamnutrition.usda.gov). This manual is an updated version of the manual, Nutrition and Physical Activity the 100 Way (2003) developed by CANFit. It contains leadership development tools for youth on nutrition and physical activity.

Be sure to look for upcoming information about CANFit teaming up with Artraiser to raise funds for CANFit scholarships. Health and fitness art by Kimiko Sakuma will be sold online with half of the proceeds for all art purchased benefitting CANFit.

## Mark Your Calendar

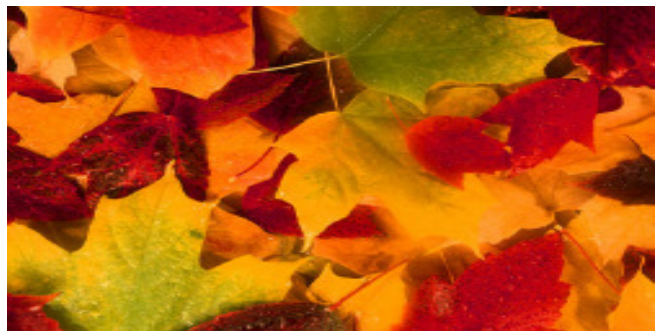
- November 3-7, American Public Health Association 135th Annual Meeting and Exposition, Washington, D.C. Politics, Policy & Public Health. This year's program addresses current and emerging health science, policy and practice issues. See [www.apha.org/meetings](http://www.apha.org/meetings).

- November 6, Growing Healthy Children: Exemplary Practices in Nutrition, Physical Activity and Hunger in After School Programs, Oakland, CA. Center for Collaborative Solutions. CANFit will be among the presenters who will provide concrete ideas and approaches to help effectively fight the obesity crisis facing our children and youth. Free with advance registration at [www.ccscenter.org](http://www.ccscenter.org).

- November 27-29, 2007 National Prevention and Health Promotion Summit: Creating a Culture of Wellness, Washington, D.C. U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention. For those dedicated to health promotion, chronic disease prevention, health preparedness, birth defects, disabilities, genomics, and wellness.

- November 30-December 1, Fifth Annual Statewide Promotoras And Community Health Workers Conference: Health is a Right Not a Privilege, Burbank, CA. Vision y Comprosimo. CANFit will be presenting here. Contact Melinda Cordero at (626) 864-6117 or [promotorasinCA@aol.com](mailto:promotorasinCA@aol.com).

- November 31, CANFit's 2nd Annual Gala Non-event. Be sure to look for details!



## *“ La Historia de Unos Miembro de Nuestro Familia Mexicana El Nopal y La Tuna” ”*



El Nopal y México son viejos familiares. El Nopal es una gran parte de nuestra identidad como mexicanos. “Me acuerdo cuando yo era niña era un alimento que se comía como desayuno, para el almuerzo y la cena, mi abuelita lo cocinaba de muchas maneras. El Nopal tiene una historia mas profunda, nuestros antiguos pobladores utilizaban el “Nopalli” ( Nahuatl” como fuente alimenticia y medicinal. La planta del Nopal se caracteriza por tener tallos o pecas planas en forma de paleta, cubiertos de de espinas. Sus flore amarillas y rojas nacen en los borden de las paletas y dan un fruto llamado “Tuna” o nochtill” ( nahuatl) es consumida en el país de México, es consumida como una fruta fresca , jugosa y contiene una gran cantidad de de semillas. Del procesamiento que se obtiene de la tuna es miel, melcocha, vino, harina, aceite, mermelada y pasta.

El Tallo del nopal es grueso y carnosos se adaptan para la acumulación del agua, sus raíces son extensas y superficiales. Las espinas sirven como elementos apara guardar el agua, es de gran ayuda en temporadas bajas de lluvia. La Tuna es el fruto del Nopal que contiene foro, sodio, vitamina C y fibra vegeta.

El Nopal no es solo un alimento pero también un recurso financiero para nuestra Comunidad. En México se cosecha durante todo el ano, pero durante épocas húmedas y de lluvia se registran la mayoría de producían del nopal. El nopal es un alimento muy nutritivo rico en calcio, potasio, fósforo, sodio, vitamina C y fibra vegetal.

Bueno no piense mucho y utilicé el nopal en sus comidas diarias, es un alimento muy nutritivo.

Ejemplos de Recetas:

Nopales con Huevo

Nopales asados

Nopales en ensalada de diferentes tipos

Salsa fresca con Nopales

Ensalada de tuna y jicama con granada.

(Infomacion del CoMeNTuna- Consejo Mexicano Del Nopal y Tuna A.C.

[www.comentuna.com.mx](http://www.comentuna.com.mx))



### **Congratulations!**

CANFit’s Executive Director, Arnell Hinkle, is being honored with the American Public Health Association (APHA), Food and Nutrition Section, Mary C. Egan Award at the APHA 135th Annual Meeting and Expo in Washington, D.C. on November 4. This award recognizes the professional contributions and outstanding service of public health nutritionists, including the development of new approaches to public health nutrition and nutrition education.

# Healthy Halloween Treats!

*Try giving out these healthy treats instead of candy this year.*

Animal crackers  
Wrapped fresh fruit  
Pretzels  
Mini-boxed raisins  
Individual sized bags of nuts  
100% juice boxes

*Or give out these fun tricks.*

|                              |                   |
|------------------------------|-------------------|
| Spin tops                    | Bouncy balls      |
| Coupons                      | Jump ropes        |
| Pencils                      | Temporary tattoos |
| Mini-frisbees                | Stickers          |
| Bracelets                    | Spider rings      |
| Plastic animals              | Erasers           |
| Notepads                     | Pencil tops       |
| Magnets                      | Whistles          |
| Kazoos                       | Bubbles           |
| Plastic fangs                | Shoelaces         |
| Jacks                        | Key rings         |
| Yo-yos                       | Slide puzzles     |
| Hair barrettes, bows or ties |                   |

*These treats are healthy too if there is no added sugar.*

Fruit cups  
Applesauce cups  
Pudding cups  
Trail mix  
Granola bars



## Legislation Update

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

SB 20 (Torlakson) Amended and no longer pertains to key issue areas.

AB 86 (Lieu) Prohibits trans fat in schools. In Assembly Health Committee.

AB 90 (Huffman) Prohibits trans fat in school lunches. In Assembly Appropriations.

AB 92 (Garcia) Requires over 500 schools to offer healthy breakfasts. In Assembly Appropriations.

AB 93 (Garcia) Prohibits trans fat. In Assembly Health.

AB 97 (Mendoza) Prohibits trans fat. Rejected but then motion passed to reconsider passed in the Senate.

SB120 (Padilla/Migden) Requires nutritional information on chain restaurant menus. Vetoed by the Governor.

AB 1503 (Fuller) Amended and no longer pertains to key issue areas.

Federal: S 1557 (Dodd) Enhances 21st Century Community Learning Centers Act by including physical fitness and wellness programs in the options of its activities and encourages volunteerism. Referred to Committee on Health, Education, Labor and Pensions.

# CANFIT

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## 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](http://www.canfit.org) and press:

**DONATE NOW**  
SECURE DONATIONS  
BY [GROUNDSPRING.org](http://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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