



# CANFit Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

September  
2005

## California Leads the Country with the Passage of Healthier School Foods Legislation

### In this issue:

Passage of  
Healthier School  
Foods Legislation  
(p. 1 & 3)

Fruit Train  
Recipe  
(p. 2)

Legislation  
Update  
(p. 3)

Tapioca Pearl  
Drinks

Summary of  
Governor's  
Summit  
(p. 4)

Mark Your  
Calendar

From the  
Executive  
Director

Stretches  
(p. 5)

The California State Assembly made history with the passing of SB 12, a bill that bans junk food sales in all California public schools grades K-12, on August 31, 2005 with a resounding vote of 49-27. Then, the following day, the Assembly passed SB 965, legislation that bans the sale of sodas and other sweetened beverages in high schools, by a similarly strong vote of 47-28. (Prior legislation had banned the sale in elementary and middle schools.) Both bills were signed by the Governor at his Summit. California will have made the most impressive gains in school nutrition since school lunch was first introduced after World War II.

CANFit encourages all after school programs to follow suit and apply these same standards to the foods they serve. Let's give our youth the greatest opportunities to grow up healthy!

*SB 965 -- School Beverages Standards*

***SB 965 extends school beverage standards through high schools, thus eliminating all soda sales on high school***



***campuses. Reducing soda consumption is one of the most promising strategies for preventing obesity.***

***Authored by State Senator Martha Escutia (D-Montebello) and sponsored by Governor Arnold Schwarzenegger, supporters included CANFit, State Superintendent of Public Instruction Jack O'Connell, the California Medical Association, and more than 30 other health and education organizations. The ONLY registered opposition to SB 965 came from industries that make money selling soda to our children.***

(Continued Page 3)



# Fruit Train Recipe

*Here's a recipe that is great for encouraging youth to try new and different fruits and yogurts. While developed for fruits, the same concept can be used with vegetables!*

## Fruit Train

Serving: 1 Fruit Train

4 pieces cut fruit (Suggested fruits & preparation: Apples - cored and cut into wedges, Bananas - cut into thick slices, Grapes - stems removed, Kiwi - peeled and cut into big chunks, Mango - cut into chunks, Melon - cut into chunks, Orange - peeled and separated into sections, Papaya - cut into chunks, Pineapple - cut into chunks, Strawberries - whole.)

1 8 oz. fruit flavored, lowfat yogurt

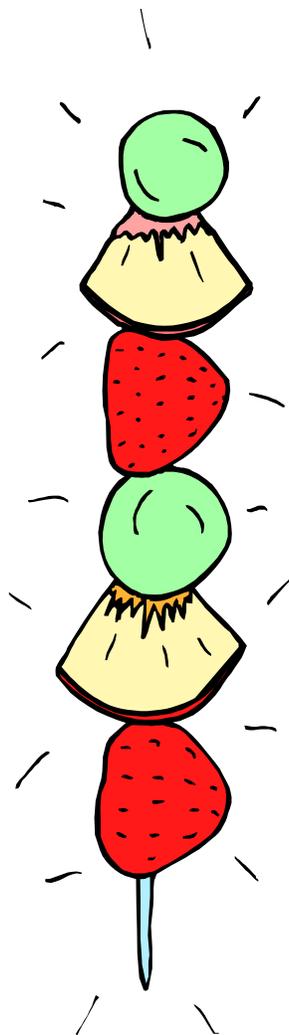
1 wooden skewer = fruit train stick

1 TBSP chili powder (optional)

Wash and prepare fruits you have chosen. Empty 8 oz. of yogurt into a small bowl and stir. Select 4 pieces of fruit and thread on the fruit train stick (skewer). Dip the fruit into the yogurt or chili powder. (Explain that the fruit should be dipped only once, and you should not dip with your fingers.)

*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; San Bernardino County Department of Public Health Nutrition Program; 1998.*



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## New Resource from VERB

Now that you're back to school, are you looking for new ways to keep the youth in your programs moving throughout the year? Active games are a great way for all kids have fun and stay healthy, regardless of their skill level.

For new games, encourage tweens to "make it up" using ideas and prizes from VERB's Make It Up kit. The **free** kit provides prizes for up to 100 tweens. Use priority code MK05MK when ordering now at [www.cdc.gov/youthcampaign/index.htm](http://www.cdc.gov/youthcampaign/index.htm). Visit [www.cdc.gov/verb](http://www.cdc.gov/verb) for more information about the VERB campaign and its other free resources. You can download and use them today!



## Passage of Healthier School Foods Legislation

(Continued from Page 1)

*SB 12 -- School Food Nutrition Standards*  
**SB 12 establishes the most rigorous nutrition standards in the country for foods sold on school campuses (K-12) and must be implemented by July 2007. The Senate already approved a previous version of the bill earlier this year and has now concurred the amendments. The bill was signed by Governor Schwarzenegger on September 15.**

**Authored by Senator Martha Escutia, SB 12 is sponsored by the California Center for Public Health Advocacy, the California School Boards Association, and Governor Schwarzenegger. Co-Sponsors and Supporters include CANFit, State Superintendent of Public Instruction Jack O'Connell, the California PTA, and numerous other business, health and education organizations.**

## Sunkist Introduces 100% Fresh Ready-To-Eat "fun fruit"

Sunkist, a grower-owned cooperative, has created a line of fresh-cut fruit called "fun fruit" in pleasant easy-open packaging. These fresh 1/2 cup servings have a 14-day shelf life due to new Sunkist technology in processing the orange wedges (smiles), destemmed seedless grapes (giggles), pineapple spears (pals), apple slices (grins), and bite size carrots (kidders). Already served in many schools throughout the eastern United States, look for them in more schools soon.



## Legislation Update

Here is an update on proposed bills other than SB 12 and SB 965. 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 -- going to the Governor for his signature; and **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 -- going to the Governor for his signature; **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 -- going to the Governor for his signature.

**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 obesity, diabetes, nutrition, and physical activity programs for childhood obesity prevention -- further hearing to be set.

# Tapioca Pearl Drinks: The Newest Sugary Craze

The popularity of tapioca pearl drinks in the United States has sky rocketed within the last year. Adults and youth alike are opting for the slushy tapioca or “bubble tea” drinks rather than visiting the closest smoothie establishment -- especially since most of these pearl drinks take less out of your pocket.

With the widespread hype around these drinks, the question that comes to mind is, “How much sugar is in these beverages?” To answer this questions, six stores in and around Berkeley that specialize in the creation of these pearl drinks were surveyed. The Milk Tea flavor, with or without the tapioca balls, is considered the most popular order.

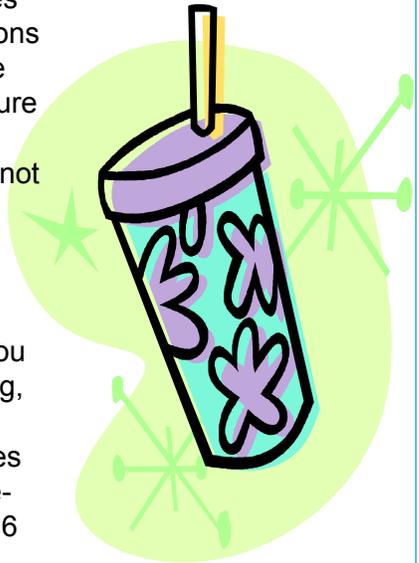
Stores were first asked whether they had any nutritional information on their drinks. If they replied no, they were then asked to estimate the amount of sugar added to the Milk Tea drink. Four of these stores either did not know or refused to answer the first question. The other two tapioca stores did not have nutritional information. However, they did know that approximately 4 tablespoons of sugar was added to the Milk Tea drinks for each 12 oz serving.

Additionally, both stores also add 2-3 tablespoons of heavy cream to give the drink a thicker texture and creamy color. (These amounts may not be the same for every business selling pearl drinks.)

Surprised? Many of you may not be considering, that in comparison, Jamba Juice smoothies can carry up to 7 table-  
spoons of sugar in a 16 oz serving.

This cements the fact that not all popular trendy foods or drinks are healthy. This is true for these pearl drinks, even if their base is tea -- considered by many to be a healthier beverage. The best alternative? Water, of course.

If you would like further information, Lollicup, a pearl drink chain store, has standard nutritional information on many of their flavored drinks at their web site: [www.lollicup.com](http://www.lollicup.com).



## Summary of Governor Schwarzenegger's Summit on Health, Nutrition & Obesity



The *Governor's Summit* was held on September 15 as a convening of leaders in government, business, education, public health and community groups. The Governor unveiled his *Vision for a Healthy California* which not only called for individual responsibility and action, but also recommended that children under age 12 should only be marketed healthy foods. The *Vision* also emphasized the importance of neighborhood environments that provide easy and affordable access to healthy food options and for recreational and physical activity.

The Governor also signed three important pieces of legislation to shape the strongest nutrition standards in the country for California's school foods. (See pages 1 & 3 for more information.) Important organizational linkages were initiated that may not have occurred otherwise. *Commitments of Significance* were made by industry and nonprofit organizations that will be monitored by a committee to ensure their follow through. Visit the Strategic Alliance's web site at [www.eatbettermovemore.org](http://www.eatbettermovemore.org) for more details.

## Mark Your Calendar

**November 18, 2005: CANFit's Recipes for Success**, Joshua Tree. This interactive, hands-on program is designed for professionals working with youth; especially low-income, multi-ethnic youth ages 10-14. The workshop features nutrition and physical activities and games that have been tested and proven effective with adolescent audiences. Conducted by CANFit staff as part of a series conducted by the Dietician of the Desert. Limited enrollment. Register at [www.dieticianofthedesert.com](http://www.dieticianofthedesert.com).



**November 18-19, 2005: Healthy Schools, Healthy People X**, Sacramento. This conference will cover multiple issues including childhood obesity, physical activity, health, and academic success. Registration information available at 916-443-0218 or [Stephanie@rdlent.com](mailto:Stephanie@rdlent.com).

**December 10-14, 2005: American Public Health Association's 133rd Annual Meeting & Exposition**, Philadelphia. The conference was originally scheduled to be held in New Orleans in November. Due to the devastation on the city by Hurricanes Katrina and Rita, the conference will instead be held in Philadelphia. The Annual Meeting program is being revised from Evidence-Based Policy and Practice to instead address the public health emergency across the Gulf Coast, relief efforts and rebuilding of communities and the public health infrastructure. Register online at [www.apha.org/meetings](http://www.apha.org/meetings).

## From the Executive Director

I am currently a resident at the Rockefeller Foundation's Bellagio Study Center in Italy. I was privileged to receive a one month residency here that is allowing me to focus on writing a series of articles about the work that the CANFit Program has been doing over the past 12 years. In my travels throughout Europe, and talks with other residents, everyone is inspired and impressed by all that California has accomplished in the area of improving school food. I think that we still have a lot to learn (and to do) in order to take the lessons learned from California's successes with schools, and apply them to improve after school food and activity environments.

Throughout my journey, I have been impressed with the easy accessibility of healthy foods in Europe, and with the way that physical activity is built into the infrastructure of the society -- getting 10,000 steps a day (and more) has never been easier. One of my goals during this trip is to explore how the after school food and activity behaviors of European adolescents (especially those from immigrant populations) differ from those of middle school age youth in the United States. I'll keep you posted.

*Arnell Hinkete*



## STRETCHES

**Been sitting too long? Stretch your hips.**

1. Seated, bend right leg. Place right foot over left leg and hug knee to chest. Repeat on other side.
2. Seated, bend left leg with foot on ground. Place right foot on top of left knee. Switch.
3. Standing, spread legs and lunge to the right. Bending right knee, go as close to the floor as flexibility allows -- you should feel a stretch in left groin. Be sure not to extend your knee past your toes. Repeat on other side.
4. Sumo squat -- feet wider than shoulder width, heels on ground, squat down as far as possible, keeping back straight.

# 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.**

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