



## More Than 300 Community Members Attend Healthy Living Champions for Change Summit

Many of the moms and dads walked from their nearby homes, the seniors came on BACS shuttles, while others used public transportation. Regardless of how they got there, they all had something in common – they represented 22 of Nutrition Services' Healthy Living Councils and came to the Cesar Chavez Education Center auditorium in the Fruitvale district to participate in the first ever Healthy Living Champions for Change Summit.

"The response to the Summit was incredible," said Diane Woloshin, R.D., M.S., Director, Alameda County Nutrition Services. "Our Champions for Change are everyday people who are dedicated to having safe and healthy communities. The Summit was a great way for young parents and seniors to see that they are part of a larger grassroots movement that's concerned about making families and neighborhoods healthier."

**See SUMMIT on page 5**

### New Staff Joins Nutrition Services

Robyn Sakamoto, R.D., M.P.H, Nutritionist II, is not only enjoying the challenges that often come with a new job but also with those associated with defining a new position. She is responsible for developing the delivery of nutrition-related services at schools that are part of Oakland's Elev8 Initiative. A relatively new program, the Initiative is being implemented in five Oakland Unified School District schools, including West Oakland, James Madison, Roosevelt, United for Success, and two schools on the Havenscourt campus, Coliseum College Prep and Roots International Academy.

"The Elev8 is a national initiative that is being implemented in Oakland, New Mexico, Chicago and Baltimore," said Sakamoto.

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Isabelle Vieyra demonstrated how to make two healthy recipes to Summit participants and Lucille Jackson, East Oakland Senior Center, and Yolanda Martinez, from the Healthy Living Champions For Change Council at Brookfield Elementary School, present highlights and achievements of their Healthy Living Councils. More than 300 community members attended the first ever Healthy Living Champions for Change Summit.



## Nutrition Services Partners With OUSD To Expand Nutrition Education Programs

Nutrition Services, in partnership with Oakland Unified School District’s (OUSD) Nutrition Services Department, is launching a new initiative that will further enhance nutrition education and inspire students to eat more fruits and vegetables. Entitled OAKLAND EATS GARDEN FRESH, the program will create a strong link between school garden programs, classroom nutrition education programs with special focus on Harvest of the Month, and the selection of fresh fruits and vegetables served in OUSD school lunch rooms.

The OAKLAND EATS GARDEN FRESH lunch room promotion will focus on creating a series of posters and sneeze guard stickers that promote fruits and vegetables. Each month a fruit or vegetable will be featured that corresponds to the Harvest of the Month. In those schools that do not have a Harvest of the Month program, the fruit or vegetable highlighted will be the one that OUSD serves that month.

“We’ve been sponsoring Harvest of the Month for three years, and every month students in our 30 partner schools get to sample the featured fruit or vegetable,” said Jenny Wang, M.P.H., M.P.P., senior program specialist, Alameda County Nutrition Services. “With the OAKLAND EATS GARDEN FRESH program, students will not only be able to sample the harvest in their classes but also see it promoted in the lunch room.”

Jennifer LeBarre, Director, OUSD Nutrition Services, also sees many potential benefits from the OAKLAND EATS GARDEN FRESH program. “School meals are such an important part of the students’ day,” said LeBarre. “The new lunch room promotion will help students and parents be more aware of the school meal programs and will also reinforce the students’ connection between classroom learning and what they are eating for lunch,” added LeBarre.

In addition to the classroom and lunch room nutrition education programs, school gardens— which have been planted in many OUSD schools— offer students an opportunity to grow and harvest some of the same fruits and vegetables that will be featured in the OAKLAND EATS GARDEN FRESH program as well as Harvest of the Month.

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## Community Partners Attend Sugar Savvy Workshop

Nutrition Services recently presented a “Be Sugar Savvy” refresher train-the-trainer workshop to more than 50 community partners at the Jack London Aquatic Center in Oakland.

The partners, who represented a wide variety of organizations that interface with Nutrition Services’ target audiences, will help spread the sugar savvy message and encourage Alameda County residents to “Rethink Your Drink.”

During the workshop, partners practiced presenting the “Be Sugar Savvy” presentation, received updated Sugar Shockers information, and were given promotional materials to distribute to residents encouraging them to eliminate sugary beverages. Several partners also shared ideas about ways they would get the word out to the community this summer from presentations at churches to discussions at family reunions.

One partner indicated that she was shocked to find out the amount of sugar she consumes, but now sees how important it is to “get this information to my community and say have a “Soda Free Summer.” ■

## Nutrition Services Takes Sugar Savvy Message to Healthy Living Festival

Seniors attending the 7th annual Healthy Living Festival – Alameda County’s largest senior health and resource fair – got the message loud and clear from Nutrition Services staff members – you have to “Be Sugar Savvy!”

**See SUGAR SAVVY on page 3**

## Garden Fresh (continued from page 2)

“Many students have never tasted or seen the fruits and vegetables before sampling them during our monthly Harvest of the Month taste tests,” said Wang. “If students are involved in growing, harvesting, and preparing foods, they are more likely to eat them. When kids grow it, they tend to try it. These nutrition education programs offer great opportunities to get OUSD students excited about new fruits and vegetables and then encourage their parents to serve them at home,” added Wang.

According to Wang, once the OAKLAND EATS GARDEN FRESH lunch room promotion materials are introduced and tested in Nutrition Services’ partner schools, OUSD plans to make them available to all Oakland public schools.

“We’re excited about OAKLAND EATS GARDEN FRESH and believe that it’s a great way to help make fruits and vegetables more appealing to students while strengthening the link between learning about healthy foods and choosing to eat them,” said Wang. ■

## Sugar Savvy (continued from page 2)

Nutrition Services, a member of the Festival’s planning committee, had one of the most popular booths at the July 9 event. Seniors received valuable nutrition information including healthy recipes, the official **Soda Free...for life** tote bag, Rethink Your Drink wrist bands and the popular **Soda Free Summer** tracking log people use to track the number of days they are soda free. The Festival—held this year at the Oakland Zoo—is made possible by United Seniors of Oakland and Alameda County and Kaiser Permanente. ■

## New Staff (continued from page 1)

“The initiative is dedicated to providing underserved middle-school age youth and their families with a broad cross section of services that support the students’ success in both school and life.

“I’m concentrating on nutrition and physical activity programs that include assessing what menu options the students are interested in and exploring ways to engage them with their eating environment.

“There’s quite a bit of need in each of the five schools – but only one of me. I’ve been trying to balance the need with what I can do. I feel good about the progress being made,” said Sakamoto. “My goal is to support the schools by bringing them healthy foods and healthy messaging and making sure those two things are sustained for a very long time.”

Prior to joining Nutrition Services, Sakamoto was with the California Afterschool and Healthy Kids Resource Centers, which are programs administered by the California Department of Education.

Mary Collett, R.D., M.P.H., Nutritionist II, enjoys the senior moments she has had since joining the Nutrition Services staff. Most of them have come while she is serving as the site coordinator for five Senior Healthy Living Councils which meet monthly at the East Oakland and North Oakland Senior Centers, the Ashland Community Center, and the Manzanita and Rainbow Recreation Centers.

“I enjoy working with the seniors and helping them understand that there are things they can do to have healthier lives,” said Collett.

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## Oven Fried Chicken with Summer Squash

### Ingredients

- 1 cup finely crushed cornflakes
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ cup evaporated skim milk
- 1 pound chicken breasts, skin removed and cut into 6 pieces
- Nonstick cooking spray
- ½ tablespoon vegetable oil
- 1 clove garlic, finely chopped
- 2 medium zucchinis, cut into short strips
- 3 medium yellow squash, cut into short strips
- 1 teaspoon dried oregano

### Preparation

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray a roasting pan with nonstick cooking spray and arrange chicken pieces on the pan in a single layer. Bake for 30 minutes.
5. While the chicken is baking, heat oil in a medium skillet over medium-high heat.

**See SUMMER RECIPE on page 4**

## Cooking up a Storm in Oakland Public Schools

What has four wheels, a blender and can be found in 35 Oakland Unified School District schools? Cooking Carts!! Funded by Nutrition Services, the flashy, stainless steel cooking carts are rolling through Oakland school hallways in route to classrooms. They are fully equipped with two burners, working space to cut and chop, a cabinet for appliances, and an overhead mirror to help students see the cooking action. Teachers, afterschool coordinators, and gardeners, who receive the safety training and want to cook, are enhancing lesson plans with food preparation and cooking.

Many educators have stepped up to the challenge of cooking with their students.



The cooking carts, funded by Nutrition Services, help educators enhance their classroom lesson plans with food preparation and cooking.

For example, at Bella Vista, the garden coordinator was so excited and eager to use the cooking cart, she decided to take the lead for the safety, security and use of the cart.

At Madison Middle School, the carts have helped make the afterschool cooking class offered by Sharon King a huge success. The class has grown from five to more than 40 students requiring administration to place a class size limit.

When Nutrition Services visited second grade teacher Dan Nelson he excitedly turned to his class and asked: "How many liked the beet and jicama salad?" A loud chorus of "I did!" from the students resounded throughout the classroom.

Ally DeArman, the Produce Market Manager for Learning without Limits and Global Family, offered a cooking demonstration using the cooking carts to a kindergarten class. She first read the popular fairy tale Stone Soup then made vegetable soup with the secret ingredient, a "magic" stone! The lesson went so well, other classes are clamoring for the same.

At a Healthy Eating, Healthy Weight class at Edna Brewer Middle School, students used the carts to prepare hard boiled eggs and oatmeal. They were challenged to practice at home what they learned in their class.

Overall, the cooking carts are a terrific resource for all participating OUSD schools, inspiring many to find new creative ways to make learning more fun. ■

## Summer Recipe (continued from page 3)

- Sauté garlic in oil for about 3 minutes. Add zucchini, yellow squash, and oregano; continue to cook until tender, about 5 to 7 minutes.
- Serve each piece of chicken with 1 cup of zucchini and yellow squash mixture.

**Makes 6 servings**

### Nutrition Information

**per serving:** Calories 185, Carbohydrate 17 g, Dietary Fiber 3 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 46 mg, Sodium 202 mg

### "Green" Food Tip

Why not pull out that dusty crock pot and cook up a pot of pinto beans. Fresh cooked beans are not only high in fiber, folate, and iron, but they're delicious! Plus you can help the environment by not adding to the pile of cans.

Beans are easy to prepare. Just soak beans overnight. In the morning, rinse beans and cover with water with one inch above the top of the beans. Add one chopped onion, four whole cloves of garlic and cook beans until soft, about 2 hours.

[http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list\\_nut\\_edit.pl](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl) ■

## Summit (continued from page 1)

During the Summit, a representative from each of the Healthy Living Councils enthusiastically shared their Council's healthy living achievements and activities during the past year. According to Patricia Ewrudje, North Oakland Senior Center, the sharing invoked some new ideas and helped solidify others as she is currently working on an event to bring health science and healthy living to children in her church community.

"I have wanted to get children in my community involved in being healthy," said Ewrudje. "One of the new ideas I got from a Summit group was starting a garden where seniors and children could work together. I think there's great potential for children and seniors to come together around the issue of healthy living."

Another highlight of the Summit was when each attendee prepared two healthy recipes following a demonstration by Isabelle Vieyra, Nutrition Services' own "celebrity chef." Every month she demonstrates a new recipe featuring the Harvest of the Month fruit or vegetable at many of the school-based Healthy Living Champions for Change Councils.

According to Maria Toscana, a community outreach specialist who conducts a weekly parenting class at Marilyn Avenue School in Livermore, parents really enjoy the food demonstrations that Isabelle presents once a month to the class.

"They (parents) get ideas and are using her advice," said Toscana. "They actually make the food and they love it! By using the recipes and following Isabelle's preparation advice, parents are changing the amount of fat, sugar and sodium they are eating. I can see their faces when listening to the presentations. They are shocked by how little sodium we should be eating and how much we do eat. The Councils motivate them to do better," added Toscana.

Summit attendees also got on their feet for a very lively physical activity break conducted by Nutrition Services Annette Laverty, R.D. M.P.H. Parents as well as seniors joined her on the stage showing how easy – and fun – it is to participate in lively physical activity.

Patricia Ewrudje could not help but comment that there was "a lot of enthusiasm" in the room and how much she enjoyed the dancing during the physical activity break. "I felt like I was returning to my childhood. It was so much fun!"

According to Anita Siegel, R.N., M.P.H., Acting Director, Alameda County Public Health Department, and a Summit speaker: "The Summit reaffirmed the message that eating more fruits and vegetables and daily physical activity can help individuals and families have healthier lives. We want to encourage and empower as many people as we can across the county to be Champions for Change and take small steps to make big improvements in their health." ■

## New Staff (continued from page 3)

"One of my goals is to encourage younger seniors to be involved in our Healthy Living Councils and focus on making community and environmental changes in addition to individual behavior changes."

Additionally, she is one of two registered dietitians responsible for working with the Nutrition Services programs that reach the community at large. Collett is currently working on implementing and providing technical assistance to county employees who are implementing the new county policy recently passed by the Board of Supervisors to improve the quality of food served at county events.

Collett's experience includes serving as the Vice President of Community Programs for the American Heart Association and as a consultant with the Special Olympics. She is an active volunteer in the community and has held several leadership positions with charitable organizations. ■

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