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NUTRITION NEWS

CalFresh Healthy Living, University of California



TIPS TO LOWER YOUR RISK OF GETTING SICK



Federal authorities have released a list of tips to help slow the spread of the coronavirus, like coughing into your elbow, not touching your face, and avoiding non-essential travel. Read on for tips to lower your risk of getting sick.

Managing Stress

Experiments have shown when people who are stressed are exposed to a virus, illness, germ, or disease, they are more likely to get sick and have worse cold symptoms.

If you're feeling stressed or overwhelmed by the Coronavirus outbreak, you're not alone. The Centers for Disease Control and Prevention recommend:

- Take breaks from watching, reading, or listening to news stories about the pandemic.
- Take care of yourself by stretching, meditating, deep breathing, and exercising regularly. Eat balanced meals and avoid drugs and alcohol.
- Take time to unwind. Read a book or spend time on a hobby you enjoy.
- Connect with friends and family. Call your loved ones regularly or use video calling to stay in touch.

Exercise Regularly

Data shows that people who exercise regularly get fewer respiratory infections. Exercise will also help relieve stress.

Get Enough Sleep

According to the Mayo Clinic, lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus. Lack of sleep can also affect how fast you recover, if you do get sick.

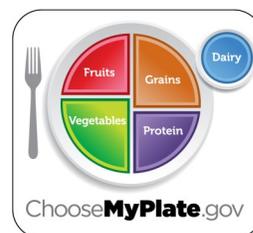
A positive attitude helps with stress management and can even improve your health. We are all in this together. When you think that you've come to the end of your rope, tie a knot at the end and hang on!



Spring 2020

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More Resources

Visit our website - Let's Eat Healthy:
<http://ceplacer.ucanr.edu>



SOCIAL DISTANCING AND KEEPING CHILDREN ENGAGED

For now, we are all being challenged with social distancing, school closings, and shelter in place directives due to Coronavirus. Keeping children entertained and trying to squeeze in some education can, at times, feel impossible.

Playing outside is important to children's mental and physical development. The outdoors can become a large classroom where learning and connections take place.

The following ideas can be shared with you're families:

Ride a bike. Riding a bike gets children outside and develops their gross motor skills while still allowing for plenty of personal space.

Play hopscotch. This traditional outdoor game builds both gross motor skills and cognitive skills. See "[25 Ways to Play Hopscotch](#)" from *Housing A Forest* for fun, fresh, and educational variations of hopscotch.

Jump rope. [Jump rope games](#) also help build gross motor skills and stamina. There are jump rope games for one, or if you want to get parents and siblings involved, get a longer rope and try some games for more players!

Take a walk or hike. Walking and hiking bring all the senses alive while giving children the benefits of physical activity. Plan your walk so that you are noticing what you hear, see, and smell. Yes, you can even walk in the rain and jump in some puddles!

Create an obstacle course. Encourage creativity as your child can use everyday objects like hoses, rocks, buckets, hula hoops, and brooms to create an obstacle course outside. Just be ready to try it out yourself!

Go on a scavenger hunt. Scavenger hunts may sound complicated or like a lot of work to put together, but there are many scavenger hunts you can do in your own backyard! One idea is to create a list of items for your child to collect. For example: a leaf, something green, five rocks of different sizes, something that begins with the letter H, etc. Another idea is to take photos of places outside of your house and see if your child can find them.



Hopscotch link <http://www.housingaforest.com/25-ways-to-play-hopscotch/>

Jump rope link <https://www.verywellfamily.com/jump-rope-games-1256809>

(continued on Page 3)

Source: Michigan State University Extension

SOCIAL DISTANCING AND KEEPING CHILDREN ENGAGED (CONTINUED)

Bring art outside. Children can paint with water on the sidewalk, play with sidewalk chalk, create rubbings of textures they find outside, or just draw what they see as they experience art outside.

Make a mud kitchen or outdoor sensory table. Get out the old pots, pans, and spoons for some special recipes made from springtime mud. A plastic bin can serve as a sensory table filled with sand, leaves, rocks, or any other sensory item you might not want inside of your house. Some scoops, spoons, bowls, and measuring cups are all that is needed for an afternoon of sensory play.

Have a treasure hunt. Bury treasures, such as seashells or gems in the sand, or hide a treasure in the yard and provide a pirate's map that marks the location.

Have a picnic. Eating outside is a special treat, and your child can help pack a basket and set up for a backyard picnic or even a tea party.

Read a book. Reading does not have to be an indoor activity. Let the books come outside and sit under a shady tree (or find a sunny spot depending on the weather), and let your child enjoy the sensations of being outside as they read.



These ideas are just the beginning of ways to have fun while being outside. These outdoor experiences can increase children's physical activity as well as help them become actively engage in learning in their outside environment. Getting outside provides a way to entertain sti-crazy children and allows parents to help make memories for years to come.

Did You Know?

Coronavirus is the name of the virus.
COVID-19 is the sickness it causes.

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Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4 to 6 Years Olds

Combines stories and literacy with nutrition education.

Eating Healthy from Farm to Fork...Promoting School Wellness

A nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits.
(K-2nd Grade)

My Amazing Body - 1st Grade

Good for Me and You - 2nd Grade

It's My Choice...Eat Right! Be Active! - 3rd Grade

These curricula promote healthy eating and physical activity. Children will gain skills to practice appropriate healthy behaviors.

Nutrition to Grow On

A garden-enhanced nutrition education curriculum. Objectives: 1) Teach the importance of making healthful food choices; and 2) improve children's preference for fruits and vegetables by giving them an opportunity to work with the land and grow their own produce. (4th-6th Grade)

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