

FALL 2022

# NUTRITION NEWS

For Parents and Teachers of Elementary School Children

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## California Kids Eat Free

It's an exciting time for school kids in California. In the 2022-2023 school year, California will become the first state to implement a statewide Universal Meals Program for all school children. This means public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) have to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal eligibility.

This is great news for all California families. However, it is important to remember that the federal government still contributes some of the funding for free and reduced meals through the National School Lunch Program. Qualifying families will still be asked to fill out federal free and reduced lunch applications. With universal free meals, families may wonder why it is necessary to fill out these forms. The forms are important for several reasons. First, they ensure California schools are reimbursed for meals that meet federal guidelines. Second, many other programs rely on free and reduced meal applications in order to provide schools and students with other educational and programming opportunities. These programs are funded by the Supplemental Nutrition Assistance Education (SNAP-Ed) program and use federal free and reduced meal application numbers to deliver services.

If you are reading this newsletter, most likely your school qualifies for SNAP-Ed programming.

**CalFresh Healthy Living, UCCE** is one of the programs delivering nutrition education, garden education, and physical activity education to qualifying schools. Please be sure to fill out the free and reduced meal applications at your school this year. Teachers can also help by reminding families of the important programming that free and reduced meal applications support. We should all have another great school year knowing that no student is hungry.



**CalFresh Healthy Living, UCCE** staff can't wait to see everyone again this school year. We will be contacting classrooms soon to deliver nutrition education to students and provide other garden and physical activity opportunities at your school. Below is a list of the curricula we use with each grade level.

- **Go Glow Grow** (Preschool and TK) Using the book *Go Glow Grow: Foods for You*, children learn about healthy eating, exercising, and the importance of hand washing.
- **Happy Healthy Me** (Kindergarten) A nutrition and literacy curriculum designed to provide opportunities for young children to explore nutrition and physical activity concepts in a fun and interactive way!
- **My Amazing Body** (1st Grade) A nutrition curriculum that helps students learn about the amazing things their bodies can do and explore how they can keep their amazing bodies healthy.
- **Good for Me...and You!** (2nd Grade) A nutrition curriculum designed to explore what is good for a healthy body and lifestyle, study MyPlate, and are introduced to the concept of nutrients and what they do for their bodies.
- **It's My Choice... Eat Right! Be Active!** (3rd Grade) A nutrition curriculum designed to examine the key nutrients provided by each of the five food groups of MyPlate and learn how to make healthy choices.
- **Nutrition to Grow On** (4th and 5th Grades) A nutrition curriculum designed to provide children with the knowledge and skills necessary to make healthful dietary choices while they gain a greater understanding of the land that provides us with food.
- **Up4It!** (5th Grade) A nutrition curriculum designed to encourage youth to consume nutrient-rich foods and to achieve at least 60 minutes of physical activity every day.
- **CATCH** (all grades)- stands for "Coordinated Approach to Child Health." The goal of CATCH Physical Activity is to have fun while promoting moderate to vigorous physical activity for all children to enjoy during activity or recreation time.

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