

POWER UP FOR *Sports & Health*



PUSH Toolkit

Ideas, tools and support to make healthy nutrition part of the athletic experience for physically active children and families



Introduction

Go Team Go!

We are pleased to introduce the Power Up for Sports and Health (PUSH) toolkit for youth athletic leagues. Our goal is to give coaches, parents and league representatives ideas, tools and support to make healthy nutrition a part of the athletic experience for physically active children and families. Being active and participating in sports is important for a healthy lifestyle. All children, whether or not they are overweight, need the opportunity to develop lifelong healthy physical activity and eating habits. These lifestyles will reduce their odds of developing many diseases and conditions, including obesity, in the future.

Topics covered in this toolkit include:

- League policies
- Messages given by team coaches
- Foods brought to sporting activities by parents
- Fundraising opportunities and concession choices

Promoting a healthy sports experience for our youth may be easier than we think. The PUSH team of health experts created this toolkit to provide a consistent healthy nutrition environment that supports our children's athletic experience. Together we can make sure that all our teams are winners!

Sincerely,

- **More than 1 in 4 children in San Diego County are overweight or obese, which is higher than the national average.**
- **1 in 3 children born in the U.S. today will develop Type 2 diabetes in their lifetimes.**
- **For the first time in history, this generation of children will have a shorter life expectancy than that of their parents.**




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How to Use This Toolkit

This toolkit has been designed to assist youth sport leagues, leaders, coaches and parents. Participation from all levels is essential to the success of the PUSH toolkit. The enclosed materials are intended to provide your league with resources and information to make healthy changes. Here are some ideas to kick-start the process:

You can download
this entire toolkit at
www.ccwsd.org
under Resources



- **Develop and implement** league nutrition policy. Share the policy with coaches and parents.
- **Distribute** to each team coach the Letter to Coaches and Key Messages to Coaches.
- **Distribute** to the team parent/manager and the team parents the handouts from Section 2: Tools for Teams.
- **Designate** a leader from the league who can work with snack bar coordinators to add healthier options. In the first year, consider setting goals for offering healthier options. (See Section 1: Fundraising and For Profit Foods).
- **Commit** to fundraisers with healthier options. (See Section 1: Fundraising and For Profit Foods).
- **Organize** a speaker, such as a local sports figure or health expert at league night to educate parents and coaches about nutrition and hydration. Please contact us for information on presentation options or potential speakers.
- **Share information** provided in this toolkit via your e-mail newsletters, e-mail lists, or regular newsletters that you use within your league.

We are asking for your commitment to select **at least three** of the above activities to put into action in your league.

About Us

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Sports and Nutrition

We applaud you for providing athletic opportunities for your children. Keeping kids physically active is an important way to avoid excess weight gain and has other benefits including:

- Kids who compete in sports have better social skills.
- Playing a sport is associated with reduced drug and alcohol abuse and smoking.
- For girls in sports there is an association with increased self-esteem and healthier body image, compared to girls not participating in sports; girls in sports are also less likely to become pregnant.
- Kids in sports have a lower likelihood of depression.
- Kids involved in sports have a higher chance of graduating from high school and college.

- **The amount, composition and timing of food intake can profoundly affect sports performance.**

International Olympics Committee

- **Scientific evidence suggests that fruit and vegetable intake protects against cancer, heart disease, high blood pressure, diabetes, and asthma, among other chronic diseases.**

- **With healthier foods, kids may have better ability to deal with frustration and stress.**



Where we are falling short is with the nutritional choices we offer our children at sporting events.

You have probably witnessed the high-fat, high-sugar choices that can be munched, guzzled and eaten after or between games. Maybe your league sponsors a concession stand or sells food for fundraising. Or perhaps parents bring snacks to the games. Reflect on foods that are consumed at athletic events. If these foods are high in sugar and fat and low in other nutritional content, then think about these questions:

- Are these foods that would be the ideal fuel for kids regardless of their activity?
- Are these foods giving a consistent, positive message to children about health when they participate in the league?

We understand that candy, soda and other less healthy food choices will always be available. But it is all about balance. Our goal is to make sure that healthy food choices are always available as options for children and their families.

We encourage you to talk to those who make decisions in your organization to discuss simple policy changes that can support these efforts.

Policy

Where it Starts

We have seen it happen in schools—the Local School Wellness Policy, as approved by Congress in 2004, has given our schools the opportunity to re-examine the foods they offer as well as their physical activity programs. Change is taking place, sometimes on a small scale and sometimes on a large scale, but change is happening. What we have all learned from this mini-health reform in our schools is that taking small steps creates a start and an opening for more change.

We do not believe banning all unhealthy foods from concession stands or telling parents exactly what they need to bring for game snacks will be a winning solution. Setting achievable goals within the policy will allow change to happen. A great place to start is to request that a certain percentage of foods sold in concession stands be healthy options. Or, ask parents who bring snacks to games to bring a majority of the foods in the form of healthy (low fat, low sugar) options. The following lists include suggestions for your nutrition policy.



Setting achievable goals and taking small steps will allow you to implement your policy at a progressive, reasonable pace.



Policy

Sample Nutrition Policy Ideas

For concession stands:

- League officials and operators of nutrition programs will be made aware of your nutrition policy and the long-term health risks if it is not followed.
- Healthy food options such as fresh fruit or vegetables will always be provided along with other menu items.
- Where beverages are sold, bottled water will always be available.
- Marketing strategies to encourage healthier choices will be considered, such as pricing healthier options lower.
- Non-food items such as sunscreen, hats or water bottles will be offered for sale.
- ___% of foods and beverages sold will meet nutrition standards as adhered to by County of San Diego Department of Parks and Recreation Policy and Procedure Memorandum (included in this toolkit).
- For every product that does not meet nutrition standards, a like product that meets the standard will be provided (e.g., if pepperoni pizza is offered, veggie topping pizza will be offered; if a hamburger is offered, a veggie burger will be offered).
- Smaller portion sizes for less healthy food options will be sold (e.g., chips in 2-ounce packages or less, no jumbo size hot dogs, no king size packaged candies).
- Placement of healthier options will be more visible; marketing of less healthier options will be limited.
- Space will be provided for nutrition educational materials at all snack facilities.
- All servers will be aware of or have access to the ingredients and nutritional facts of the food served.

Policy

Sample Nutrition Policy Ideas

For teams and parents:

- Bottled water will always be an option.
- Soda and drinks with high and moderate sugar content will not be offered (for example, Gatorade, Sunny-D, Capri Sun).
- Energy drinks with caffeine or stimulants will not be offered (for example, Monster, Rockstar, Redbull, even the sugar-free options).
- Juice offered will be 100% fruit or vegetable juice in 8-ounce serving sizes or less.
- Parties and celebrations will include foods that are healthy choices, such as fruits and vegetables.
- Coaches will receive:
 - Letter to Coaches
 - Nutrition Tips to Share
 - Sports and Nutrition article
- Parents will receive:
 - Sports Nutrition Myths
 - Winning Nutrition for the Young Athlete article
 - Nutrition Tips to Share
 - Parent Flyer for Game Day Snacks and Beverages
 - Game Snack Team Survey
 - Snack Draft Choices for Games
 - Healthy Snacks for your Child's Sports Team
 - Recipes
- Options that are non-food items or healthful food and beverages will be considered for fundraising activities (see section labeled Fundraising & For Profit Foods).

Policy

Sample Wellness and Nutrition Resolution from the La Mesa Athletic Council

RESOLUTION of the _____ ATHLETIC COUNCIL

Whereas, the _____ Athletic Council and its members are concerned about the physical fitness, nutrition and general health of the participants, family members as well as all members of the community the Council serves; and

Whereas, the lack of providing healthy and appropriate nutrition has become a major problem throughout our community and is causing a significant rise in rates of obesity and related diseases; and

Whereas, the _____ Union High School and _____ School Districts have enacted Wellness Policies to address healthy nutrition; and

Whereas, the City of _____ has enacted a Wellness Policy and is a leader among cities throughout the country in promoting healthy nutrition; and

Whereas, it will take the combined effort by all elements of the community to improve and change the nutrition habits of our youth and adults; and

Whereas, the _____ Athletic Council provides coordination and guidance to all the sports leagues, youth groups and other organizations that use the athletic fields operated by the City of _____ and _____ School District; and

Whereas, youth and families are strongly influenced and affected by what community organizations do in their efforts to improve public health; now, therefore, be it

Resolved by the _____ Athletic Council, that it will encourage and promote all of its members and organizations it represents to make a sincere, good faith effort to ultimately conform to the Wellness Policies of the _____ High School District, _____ School District and City of _____ and that it be it further

Resolved that, members and organizations it represents will be encouraged to begin reasonable and incremental steps towards changing how it views nutrition starting with an awareness and education program followed by making healthy food choices available and then reducing the availability of foods which are promoting poor health and in some cases eliminating certain foods entirely from its sponsored events, snack bars, food services and programs.

Policy

Sample Wellness and Nutrition Resolution from the La Mesa Athletic Council

The resolution affects items sold or made available to the public by the leagues and user organizations. It does not affect private parties or individuals. Nor does it affect transactions beyond the control of the leagues and user organizations. The resolution will also not override existing laws and policies of the City, School District or other level of government which has jurisdiction over the facilities.

Suggested approach for the Council in developing and implementing a wellness and nutrition program which is supported by a policy:

- Presume that sports leagues and teams are partners in the overall effort to seek better nutrition and health in the community.
- Begin with an awareness and informational program for all leagues and groups, starting with leadership followed by others who may be involved.
- Provide information and materials on current health issues affecting the community, focusing on obesity and its related health risks.
- Assure everyone that the program and policy is being implemented for the welfare of everyone and that it is directed at addressing a major health epidemic.
- The concerns and needs of individual, leagues and organizations will be accommodated.
- The program and policy will be implemented at a reasonable pace and progressively, taking steps that are doable.
- For the most part, leagues and organizations will be committing to make a “good faith effort” in implementing an effective educational program and providing healthy nutrition.
- Ultimately, we want to seek lasting improvements in the health of all the team members, families and communities.

Policy

Sample Wellness and Nutrition Resolution from the La Mesa Athletic Council

Some potential steps and levels:

Date to Implement	Type of Action	Description
		Educate league officers and operators of nutrition programs on the Policy and the health risks associated with obesity.
		Provide space for educational material at all snack facilities (posters and pamphlets) on a regular basis.
		Seek a wellness coordinator from each team who will take the lead in implementing wellness programs and disseminate information
		Make all servers aware of or have access to the ingredients and nutritional facts (suggested serving size, percentage of daily values, calories, fat, etc.) of the food they serve.
		Display the number of calories per serving for menu items and other foods in a reasonable and easily understood way where the food is sold.
		Provide water as an option anytime liquids are sold.
		Provide healthy food options such as fresh fruit or vegetables, along with other menu items.
		Sodas and drinks with high sugar content will not be made available.
		50% of foods served or made available will meet _____ standards as healthy foods.
		Foods high in saturated fat (donuts) and candies will be limited in their availability such as once a week, month or special occasions.
		Become aligned with both the City and School District(s) Wellness-Physical Activity and Nutrition Policy.

Policy

County of San Diego Department of Parks and Recreation Vending Fact Sheet



Healthy Vending Machine Policy County of San Diego Department of Parks and Recreation

Policy Overview

On March 23, 2006, the County of San Diego Department of Parks and Recreation adopted a healthy vending machine policy. The policy requires that food and beverages sold in vending machines located in all facilities under the jurisdictions of the department meet specified nutrition standards.

This policy specifies that 100% of the food and beverages sold in vending machines in recreation centers and sports facilities and 50% of the food and beverages sold in vending machines in parks and open space meet the following nutrition standards based on standards set by SB12 and SB 19. The policy also addresses advertising.

Beverages in each vending machine shall be:

- water
- non fat or 1% low fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than 15 grams of added sugar per 250 gram serving or 3 teaspoons sugar per 1 cup milk)
- 100% fruit/vegetable juice
- fruit-based drinks containing at least 50% juice and no added caloric sweeteners
- all other non-caloric beverages, including diet sodas
- sports drinks less than or equal to 100 calories
- no greater than 12 ounces except for water, with a preference for juices in small size portions (6 ounces)

Snacks/foods shall meet all the following criteria per individual package:

- not more than 250 calories
- not more than 35% calories from fat with the exception of nuts and seeds; snack mixes and other foods of which nuts are a part must meet the 35% standard
- not more than 10% of calories from saturated fat
- does not contain trans fats added during processing (hydrogenated oils and partially hydrogenated oils)
- not more than 35% total weight from sugar and caloric sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners or fats
- not more than 360 mg of sodium per serving

The policy also requires that at least one item meeting the snack criteria in each vending machine shall also meet the FDA definition of "low sodium" (less than 140 mg per serving). Further, the policy recommends that vending machine options contain items that include at least 2 grams of dietary fiber. In addition, the policy states that items that meet nutrition standards shall not be priced higher than the items that do not meet the standards.

Finally, the policy stipulates that advertising on vending machines shall include advertising only of beverages and foods that meet the nutrition standards.

The policy is available on the website of the Greater San Diego Recreation and Parks Coalition for Health and Wellness, www.goplaygetfit.com and on the San Diego Nutrition Network site at www.sdnonline.org.

Policy

County of San Diego Department of Parks and Recreation Vending Fact Sheet

Healthy Vending Machine Policy

Key Steps Undertaken to Get Policy Adopted

- In the summer of 2005, staff of the County of San Diego Department of Parks and Recreation (DPR) attended a summit sponsored by the National Parks and Recreation Association where the important role parks departments could play in combating childhood obesity was highlighted.
- In May of 2005 the San Diego Nutrition Network (SDNN) formed a vending machine policy subcommittee; DPR staff learned about the subcommittee and began attending the meetings.
- In the summer of 2005, the SDNN conducted a literature search of successfully implemented vending policies (see Vending Machine Toolbox Kit at www.sdnnonline.org).*
- In the fall of 2005, DPR staff asked SDNN members with expertise in nutrition for information about healthy vending best practices and ideas about issues that might be included in a healthy vending policy.
- In January 2006, the San Diego County Board of Supervisors adopted a Childhood Obesity Action Plan, a plan which calls on government, business and schools to address childhood obesity.
- In the spring of 2006, DPR staff drafted a vending machine policy for DPR based on expertise from SDNN members, information from the SDNN literature search, and the standards of SB 12 and SB 19. DPR staff sought advice about specific nutrition standards, advertising limitations and pricing structures from the SDNN as it developed its policy.
- DPR staff presented the draft policy to the DPR Director; the director signed the policy in March 2006.
- After the policy was adopted DPR staff contacted vendors explaining that new policy must be implemented in spring 2006. Companies not complying with the policy will not have contracts renewed.

Lessons Learned

- Increased communication among health-related coalitions and nutrition collaboratives is essential to ensure that policies reflect sound nutrition knowledge.
- To guarantee that vending policies communicate the same wellness message it is important to align county policies with school nutrition standards.
- Findings from the literature search were instrumental in gaining the support of key decision makers in the parks and recreation department.
- The Childhood Obesity Action Plan provided strong rationale to the DPR director to adopt a healthy vending policy.
- The decision to include different standards for food and beverages - 100% of food and beverages sold in facilities most often used by children and youth must be healthy and 50% of food and beverages sold in facilities used by adults must be healthy - helped gain acceptance for the policy and ensured that the DPR policy conformed to the school policy.

Contact Information

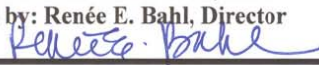
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* To be completed June 2006.

Support for this publication was provided by a grant from the California *Nutrition* Network for Healthy, Active Families. © May 2006 CCPHA

Policy

Policy from County of San Diego Department of Parks and Recreation

COUNTY OF SAN DIEGO DEPARTMENT OF PARKS AND RECREATION POLICY & PROCEDURE MEMORANDUM	POLICY NUMBER:- C-37 Page <u>1</u> of <u>3</u>
TITLE: Vending and Concessions Nutritional Standards in Parks and Recreation Facilities	
Date issued/revised: October 10, 2007 Authorized by: Renée E. Bahl, Director Signature: 	
<p>IT IS THE POLICY of the County of San Diego Department of Parks and Recreation that it is in the interest of public health to establish guidelines to provide healthier options for food and beverages sold on Department of Parks and Recreation property.</p> <p>Background</p> <p>Childhood obesity has reached epidemic proportions. Obesity causes health problems and results in significant financial burdens to individuals and taxpayers. A <i>Call to Action: San Diego County Childhood Obesity Action Plan</i> was developed using an ecological model to promote health and help prevent childhood obesity. According to this Action Plan and the subsequent Childhood Obesity Initiative, a supportive environment helps individuals make positive behavioral changes. A key strategy of the Action Plan includes providing healthy choices in vending machines. This policy will improve the nutritional content of items sold in Department of Parks and Recreation property to the benefit of individuals who use our facilities. High-calorie sodas, large portion sizes, and low-nutrition foods contribute to obesity, as well as displacing healthier options.</p> <p>By implementing this policy in Department of Parks and Recreation facilities, we can assist in building a supportive community environment for healthy nutrition and create more demand for healthy foods. The implementation of this policy will promote good nutrition and create a positive environment to foster healthy eating habits in employees, the public, and others who use our facilities.</p> <p>These nutritional standards are based on standards set by California Education Code Sections 49430-49431.5 (SB 12 and SB 965, Statutes of 2005) and recommendations from the San Diego Nutrition Network and California Project LEAN.</p> <p>Policy</p> <ol style="list-style-type: none">1. Vending machines on Department of Parks and Recreation property shall contain the following percentages of items that meet the food and beverage nutritional standards set forth in Section 2:<ol style="list-style-type: none">A. 100% of the food and beverages sold in vending machines at Department of Parks and Recreation facilities that primarily serve youth such as recreation centers and sports facilities; andB. 50% of the food and beverages sold in vending machines at all other Department of Parks and Recreation facilities such as parks and open space.2. The food and beverage nutritional standards are as follows:<ol style="list-style-type: none">A. Beverages: Beverage volumes of no more than 12 ounces (except water), and no more than 250 calories per container. Note: If juices are available in smaller-sized portions, such as 6 ounces, they are preferred. The beverages that meet the nutritional standards offered in each vending machine shall be one or more of the following:	

Policy

Policy from County of San Diego Department of Parks and Recreation

COUNTY OF SAN DIEGO DEPARTMENT OF PARKS AND RECREATION POLICY & PROCEDURE MEMORANDUM	POLICY NUMBER:- C-37 Page 2 of 3
TITLE: Vending and Concessions Nutritional Standards in Parks and Recreation Facilities	
<p>i) Water (no volume limit; 0 calories);</p> <p>ii) Non-fat or 1% low-fat milk, including soy, cow's milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 mL serving or 3 tsp. sugar per 1 cup;</p> <p>iii) 100% fruit or vegetable juice;</p> <p>iv) Fruit-based drinks containing at least 50% juice and no added caloric sweeteners, such as sugar or high-fructose corn syrup;</p> <p>v) All other non-caloric beverages, including diet sodas; and</p> <p>vi) Sport drinks with no more than 100 calories.</p> <p>B. Snacks and Entrées: Snacks and entrée food items that meet the nutritional standards offered in each vending machine shall meet all the following criteria for each individual package:</p> <p>i) Snacks: No more than 250 calories;</p> <p>ii) Entrées: No more than 400 calories. An entrée is defined as a food generally regarded as being the primary food in a meal and shall include, but not be limited to, sandwiches, burritos, pasta, and pizza;</p> <p>iii) No more than 35% calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale). Snack mixes and entrée foods, of which nuts are a part, must meet the 35% standard;</p> <p>iv) No more than 10% of calories from saturated fat (excluding eggs or cheese packaged for individual sale);</p> <p>v) No trans fats;</p> <p>vi) No more than 35% total weight from sugar and caloric sweeteners except for fruits and vegetables that have not been processed with added sweeteners or fats; and</p> <p>vii) No more than 360 mg. of sodium per serving for snacks and 575 mg. of sodium per serving for entrées.</p> <p>C. At least one item meeting the above criteria in each vending machine shall also meet the FDA definition of "low sodium" (less than 140 mg. of sodium per serving for a snack and 225 mg. per serving for an entrée).</p> <p>D. It is also recommended that vending machines options have items that contain at least 2 grams of dietary fiber.</p> <p>3. Concession stands and snack bars on Department of Parks and Recreation properties shall offer a minimum of 50% of products that meet the food and beverage nutritional standards set forth in Section 2 in addition to the following:</p> <p>A. No beverages shall have volumes of more than 12 ounces (except water). Refills are not encouraged.</p> <p>B. For every product that does not meet the food and beverage nutrition standards, a like product that meets the standards shall be provided (for example, if a hamburger is offered, a veggie burger or</p>	

Policy

Policy from County of San Diego Department of Parks and Recreation

COUNTY OF SAN DIEGO DEPARTMENT OF PARKS AND RECREATION POLICY & PROCEDURE MEMORANDUM	POLICY NUMBER:- C-37 Page <u>3</u> of <u>3</u>
TITLE: Vending and Concessions Nutritional Standards in Parks and Recreation Facilities	
<p>turkey sandwich must be offered; if pepperoni pizza is offered, a veggie topping pizza must be offered; if regular ice cream is offered, non-fat frozen yogurt must be offered.)</p> <p>C. Prepackaged products sold must only be offered in regular sized single serving packages. Non packaged food (i.e. pizza, hot dogs, burgers, nachos) must be sold in small, single serving size portions.</p> <ul style="list-style-type: none">i. Only regular size candy bars can be offered (no King Size packages).ii. Only regular sized hot dogs can be offered (no jumbo size)iii. Hamburgers must be ¼ lb. or less.iv. Regular chips can only be offered in 2 oz. or less packages. <p>D. Products that meet the nutritional standards must be placed more prominently than items that do not meet the standards.</p> <p>E. At least one fresh fruit or vegetable must be offered when other products are sold.</p> <p>F. It is recommended that concession stands that predominantly serve youth have more than 50% choices that meet the standards.</p> <p>4. Beverages, snacks, and other food products that meet these nutritional standards shall be comparatively priced to products that do not meet the nutritional standards.</p> <p>5. The products advertised on Parks and Recreation property shall only be beverages, snacks or foods that meet the nutritional standards with the exception of diet soda and sports drinks.</p> <p>6. The Department of Parks and Recreation shall provide resources and lists of acceptable products that meet the nutrition standards upon request.</p> <p>7. The Department of Parks and Recreation reserves the right to limit quantities and exercise control on any food/beverage item offered at a Department of Parks and Recreation facility.</p>	
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Fundraising and For-Profit Foods

Vending/Fundraising Myths and Facts



Myth: If “junk food” is sold, it is not a problem. It will have no effect on our kids.

Fact: Promoting and selling unhealthy foods promotes unhealthy habits that can have a lifelong impact on children. With the current problem of childhood obesity, many people in our communities (parents, teachers, coaches, etc.) have worked hard to educate children about the importance of healthy eating. Asking children to sell junk food defeats the message we are teaching them. There are many ways to make money that do not promote unhealthy lifestyles!

Myth: Only “health nuts” would insist on healthy foods sold during and after games.

Fact: With the childhood obesity epidemic, many different types of people, not just “health nuts,” want to provide healthier food options at games. Everyone from parents, to coaches, to medical professionals has shown interest. Some people may not be concerned for the health of children but for others, it is a major concern. We can show respect for all people by making healthy options available.

Myth: Kids prefer to buy the foods high in sugar and fat—selling these foods increases sales.

Fact: A recent University of Minnesota Study found that kids are just as willing to eat healthy as they are to eat “junk food.” When given healthy choices at school lunches, sales did not decline and the lunches did not cost more to make. When people stop doubting that kids will choose healthy foods when they are available and realize that healthy foods can cost the same as “junk food,” profits can be made. Many leagues have seen this change and find that the healthy foods actually sell out first at concession stands.

Myth: The easiest and most profitable fundraising is selling food and beverage.

Fact: There are many ways to make money besides selling food. Some other ideas are selling magazines, house decorations, stationery, coupon books, scented pencils, balloon bouquets, pedometers, etc. Holding an event is another fundraising option. Some ideas are bike-a-thons, bowling nights, car washes, carnivals, skate nights, talent shows, walk-a-thons, etc. With some creativity, there are many ways to raise money instead of selling unhealthy food and beverage. People may even enjoy these activities more than “junk food.”

Myth: Selling “junk food” is the only way to make a profit.

Fact: Actually, sales could decrease if healthy food IS NOT made available. Coaches and parents are becoming interested in healthy snacks for their children. If there are no healthy choices in concession stands, they will most likely bring their own healthy snacks instead.

Myth: Healthy food is expensive, so we will make less money.

Fact: There are many less expensive food and beverage items that can be bought in bulk and sold at a fair price (see Healthy Vending Options list).

Fundraising and For-Profit Foods

Candy Bar

Sales Take a Bite Out of Our Children's Health

When school children sell candy bars to raise money, they may unknowingly be selling diabetes in the form of more fat, sugar and calories than anyone needs.

Schools need to put children's health first by adopting school board policies that allow only healthy foods or non-food fundraisers.



TAKE A STEP
TOWARD A
HEALTHIER
COMMUNITY.

Do the Math

Children are expected to sell a box of candy which equates to:

$$\begin{array}{r} 97 \text{ students in an average 6th grade} \\ \times 50 \text{ candy bars per box} \\ \hline 4,850 \text{ candy bars, which contain a total of} \end{array}$$

- 44,862 teaspoons of sugar
- 27,887 teaspoons of fat
- 1,940,000 calories = 554 pounds of body fat*



*based on nutritional information from a 2.6 ounce chocolate bar



Fundraising and For-Profit Foods

Barras de Dulce

Las Ventas Toman una Mordida de la Salud de Nuestros hijos.

Cuando los estudiantes de las escuelas venden dulce para recaudar fondos, pueden estar vendiendo diabetes sin saberlo en forma de mas grasa, azúcar y calorías que uno necesita.

Las escuelas necesitan poner la salud de sus estudiantes primero, adoptando pólizas en el comité de la escuela que les permite vender solo comidas saludables o productos que no sean comidas.



Calcule usted

Se espera que los niños vendan una caja de dulces que equivale a :

97 estudiantes promedio en una clase de 6° grado
 \times 50 barras de dulce por caja
4,850 barras de dulces que contienen un total de

- 44,862 cucharaditas de azúcar
- 27,887 cucharaditas de grasa
- 1,940,000 calorías= 554 libras de grasa de tu cuerpo o grasa de cuerpo*






*basado en información nutricional de una barra de chocolate 2.6



Fundraising and For-Profit Foods

Healthy Snack and Beverage Options for Concession Stands

To provide the best nutrition, the State of California has set guidelines for schools, which can be used for after-school activities and concession stands to promote healthy eating.

Here are optimal choices at stores near you...				
Price Range	Item	Product	# of Srv	Store
\$4.50 to \$7.50 	Bever-ages	Martinelli's 100% Apple Juice Kirkland 100% Juice Blast Variety Pack Assorted Lipton Pure Leaf Ice Teas	16 36 6	Costco SF
	Food	Super Pretzel King Size Soft Pretzels Coach's Oats Oatmeal Cranberry Cookies Assorted Nabisco Cracker Packs Kellogg's Nutri Grain Cereal Bars	24 36 12 16	Costco SF
\$7.50 to \$11.00 	Bever-ages	Talking Rain Sparkling Spring Water Naked Juice Variety Pack Apple and Eve 100% Grape Juice boxes	30 12 36	Costco SF
	Food	Kirkland Turkey Burgers Boca Burger Original Vegan Hawaiian Bowls Teriyaki Chicken Bowls Yoplait Light Nonfat Yogurt Cedarlane Organic Low-fat Bean, Rice and Cheese Burritos Skinny Cow low fat Ice Cream Sandwich Nature's Valley Trail Mix Bars Healthy Choice Premium Fudge Bars Luigi's Real Italian Ice	12 16 6 12 8 20 35 18 24	Costco SF
\$11.50 to \$15.00 	Bever-ages	Diet Snapple Variety Pack Propel Variety Pack Honest Tea (USDA Organic) Variety Pack	28 24 32 12	Costco SF
	Food	Tyson Chicken Breast Fillets Tyson Frozen (fully cooked) Honey Mustard Chicken Breast Fillets Gourmet Yakitori Cooked Skewered Chicken	20 15 14	Costco SF
\$16.50 to \$20.00	Bever-ages	Langers All Pomegranate 100% Juice bottles	12	SF
	Food	Cliff Bar Variety Pack	68	

SF = Smart and Final

Note: Prices are subject to change based on location and food costs

Fundraising and For-Profit Foods

Healthy Fundraising Resources

Coalition on Children and Weight San Diego

<http://www.ccwsd.org/resources-schoolfoods.htm>

Website includes the following downloadable resources:

- Creative financing and fundraising
- Costco foods, beverages and snack bar lists
- Lists of snacks & beverages that meet nutritional guidelines
- Childhood obesity PowerPoint presentation for PTAs, school administrators (available at <http://www.ccwsd.org/resources-schoolpolicy.htm>)

Dollars and Sense: The Financial Impact of Selling Healthier School Foods

http://www.cnr.berkeley.edu/cwh/PDFs/Dollars_and_Sense_FINAL_3.07.pdf

This brief report, which can be downloaded at the link above, examines the financial impact of adding nutrition standards for foods and beverages sold on school campuses; discusses challenges and ways to achieve financial success; and offers concrete recommendations.

Sweet Deals: School Fundraising Can Be Healthy and Profitable

www.cspinet.org/schoolfundraising.pdf

The Center for Science in the Public Interest released this report, which helps to dispel a number of myths about the need to sell junk food in schools. The report also provides contact information for more than 60 companies that offer healthy fundraising options and provides ideas for fundraisers that promote physical activity, such as bowl-a-thons, 5Ks, car washes, and sporting events.

School Food Standards Calculator

<http://www.californiaprojectlean.org/calculator/>

Online “snack-u-lator,” helpful for calculating whether snack foods measure up to California school food standards. These standards have been adopted by the County of San Diego Department of Parks and Recreation (see Policy section).

Snackwise

www.snackwise.org

Developed by the Center for Healthy Weight and Nutrition at Nationwide Children’s Hospital, this research-based snack rating system is designed to identify healthier snack choices.

Fundraising and For-Profit Foods

Healthy Fundraising Vendors

ChicoBag

<http://www.chicobag.com>

Sell reusable, foldable shopping bags for \$5, and the cost per bag is \$2.50 (no minimum purchase). Optional custom-made ChicoBags displaying your logo are also available.

Eco Sprouts Fundraising

<http://www.ecosprouts.com/> (click on Fundraising)

Sell organic cotton t-shirts and earn an average of 45% profit. Receive one free t-shirt per 12 sold.

Fundraising Green

<http://www.fundraisinggreen.com>

Raise funds for your school and support healthy and environmentally-friendly restaurants, businesses and activities.

Kid Smart Food Service

<http://www.kidsmartfoods.com/>

Encinitas-based company offering more nutritious options for food service venues.

Natural Cravings Vending

<http://www.healthystudentvending.com>

Offering YoNaturals vending machines stocked with snacks and beverages that comply with SB12 and SB965 nutrition standards. Serving all of San Diego County.

Compiled by Southern California Region Project LEAN





Sports and Nutrition

Sports Nutrition Myths and Facts

By the way...it's all about balance!

It's not that kids should never have treats or less healthy food choices. Studies have shown that children who are never allowed to have "junk food" may develop problems with their eating habits and crave those foods even more. Foods high in fat or sugar can be eaten once in a while in moderation, but not in place of other healthy foods.



Myth: My kid is active, so it's not a problem if he has an unhealthy snack after the game.

Fact: Even if children are active, healthy eating is important. To be healthy, kids need both physical activity *and* healthy eating habits. Even if children do not have a weight problem, their bodies need healthy foods to give them energy and to help them recover from physical activity. Foods and beverages high in sugar will cause a quick rise in blood sugar, but then the sugar levels will drop down fast making the child feel tired.

Myth: My kid works hard and did well at the game, so I want to reward her with a treat.

Fact: By doing this, you are teaching children that certain foods are rewards, not basic needs. Often these reward foods are high in fat and added sugar, so children begin to think of these foods as "prizes" and will then value them more than nutritious foods. By using food as a reward, children often pick unhealthy foods in place of nutritious foods when given a choice.

Myth: Only "health nuts" would insist on healthy snacks during and after games.

Fact: With the epidemic of childhood obesity, many parents, not just "health nuts," have shown interest in making healthier snack choices available at games. Even if your child is not overweight, this may still be a concern for others. A good example can be set for everyone by providing healthy snacks.

Myth: My child needs protein shakes/bars for extra protein since he is an athlete.

Fact: Children do need a small amount of extra protein when participating in sports to support the development of muscle and to recover from being active. However, the extra need can easily be met with a well balanced diet, and bars or shakes are not needed. Eating more protein than the body needs leads to extra work for the kidneys and possible dehydration. If your child's meals and snacks include protein (cheese, meat, beans, nuts), that should be plenty.

Sports and Nutrition

Sports Nutrition Myths and Facts

Myth: I know it's important for my child to drink water during the game, but afterwards a soda won't hurt.

Fact: Most children do not consume enough fluids during exercise and are somewhat dehydrated afterwards. As a result, 80-100% of the fluid lost by sweating during a game needs to be replaced. The caffeine and sugar in soda further dehydrates children's bodies, which can make them feel light-headed or fatigued. Water is always a wise choice!

Myth: I bought a snack from a health food store, so it has to be good for my child.

Fact: Just because an item comes from a health food store DOES NOT ensure that it is healthy. Just like a regular market, health food stores have a wide range of foods, many of which are high in calories. Products labeled organic, natural, or sugar free can still be high in calories, fat, or sugar. No matter where your food came from, always remember to read the nutrition label.

Myth: An energy drink before and during the game will give my child energy to perform her best.

Fact: The main ingredients in energy drinks, such as Red Bull, are caffeine and sugar. Using these drinks before exercise for energy may be harmful. The caffeine can cause nervousness, dizziness, upset stomach, and dehydration. More seriously, children are more sensitive to caffeine, so this large dose can cause increased blood pressure and heart rate. The best way to fuel up before a sporting event is to have a snack consisting of carbohydrate, protein, and healthy fat with water to drink.

Myth: If I bring healthy snacks it will be a waste; kids don't eat this stuff.

Fact: If children are hungry, they will eat what is provided to them. Besides, just because a food is healthy does not mean it does not taste good. There are lots of kid-friendly snacks and recipes that are nutritious *and* delicious.

Sports and Nutrition

Winning Nutrition for Young Athletes

By Christine Wood, M.D. www.kidseatgreat.com

Professional athletes know that the foods they eat can affect their performance. Of course, their careers can depend on this, but what does nutrition mean to our young children competing in sports? Well, they might understand that food means energy so they can run around and play, but unfortunately, the nutrition message that happens around their sporting event may carry messages that can be confusing.

Imagine this scene: your child has exercised for 30 minutes and then the “game snack” is served – cupcakes and juice. A 55-pound child playing soccer has just burned 120 calories in that half hour and has quickly eaten 260 calories in the cupcake and 90 calories in a 7 ounce juice pouch for a total of 350 calories. They need food and fluid replacement after the game, but what message do they get when they receive food that is low in nutritional value after a game? If this is what they expect, then what will they choose when making decisions about food on their own?

We know that eating habits established when children are young influence their eating habits as they become adults. If parents help children make healthy balanced choices about their eating at home, what happens on game day? The cupcakes show up and it would be difficult to deny their child the right to eat the cupcake with their friends. If slices of watermelon and water were served, do you think the children would eat it? I think the answer would be yes. When we change the food that is offered, we are changing their food environment. In addition, we are giving them a message that supports the healthy physical activity they have just finished.

San Diego County Childhood Obesity Initiative (www.OurCommunityOurKids.org), Share the Care and the County of San Diego Health and Human Services Agency have created resources and information to support healthy nutrition for our young athletes. Our vision is to provide changes in youth athletic programs, so that children will have healthy options during their sports participation. Please help us spread the word and use these tools within your leagues. Our children deserve a winning attitude about nutrition!

Coaches' Corner

Letter to Coaches



Dear Coaches,

Thank you for helping keep our kids active! You can also make an impact by encouraging kids to eat healthy. Healthy food has been shown to improve athletic and academic performance. You are an important role model for our children and a leader in the community, and we would like to enlist your help in encouraging your sports team to eat healthful snacks and beverages during and after the games and at practices.

Your role goes beyond teaching kids the value of participating in sports. Coaching also includes encouraging them to be healthy, active, and successful. Please join this effort by sharing information with the parents and children on your team about how they can build strong bodies through physical activity **and** eating healthy.

The Power Up for Sports (PUSH) Toolkit has many resources (articles, tip sheets, snack food choices and recipes) for you to share with your team parents and athletes and these can be downloaded at www.OurCommunityOurKids.org. Please share the Key Nutrition Messages with your parents and athletes.

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Coaches' Corner

Key Nutrition Messages for Coaches

- Water is probably the most important nutrient for all athletes and the best replacement fluid for most athletes. If possible, support our environment by bringing reusable water bottles with tap water.
- Most experts feel that sports drinks offer little advantage over water. They are designed to benefit athletes who are competing in high-intensity aerobic workouts that last 90 minutes or more. They should not be used as a regular beverage in a child's diet.
- Educate your athletes about the importance of drinking enough fluids before, during and after practice and competitions to avoid dehydration. You only need to lose about 1 to 2% of body weight in fluid to affect performance. Emphasize the need to hydrate before they walk onto to the field for practices or games.
- Help kids understand that food is like their "equipment." Just as the right sporting equipment is essential for their sport, the food and fuel they choose to put in their body is equally as important.
- Encourage athletes to avoid eating sugary foods right before they compete. These foods may give a short energy boost, but it won't last long and then fatigue can set in.
- After competition, replacement of nutrients lost in sweat is important. During exercise, water replacement is the main concern. Electrolyte replacement is easily achieved with a normal diet. Citrus fruits, such as oranges and grapefruits, and bananas are good sources of potassium (an important nutrient lost in sweat).
- Performance-enhancing supplements/alternatives from health food stores or from the Internet should be discouraged.

Coaches' Corner

Power Play Games

Here are some games you can try with your sports teams!

Fruits and Veggies

Age Level: 5-9 year olds

Formation: One or two straight lines depending on the size of the group

Equipment: Ball

Rules/Directions:

For this drill, have the youth form one or two straight lines.

Designate a team captain for each line.

One line is FRUITS and the other line is VEGGIES.

The captain of the line passes the ball overhead to the next person in line, the next person passes it through the legs and so on.

When the last person in line gets the ball, they have to run to the front of the line but before they pass it back they have to say the name of a fruit or veggie depending on which team they are on.

The team that has the captain run to the front of the line first is now the first team to get the ball when playing your real game (basketball, soccer, etc).

Memory Ball

Age Level: 9-14 year old

Formation: Everyone stands in a circle

Equipment: Ball

Rules/Directions:

To begin this drill, have everyone stand in a circle, drill starts with a whistle blow or when you say "Go!"

The coach will say the name of a color, when the ball is passed, the child has to name a fruit or vegetable that is that color and has not already been named.

When the whistle blows, first person will pass (toss or kick) the ball to someone across the circle from them. They must remember who passes the ball to them, and who they pass the ball to.

Coach can change the color at anytime and the motion of the game as to continue in the same order the entire time.

Adapted from *Children's Power Play!* Community Youth Organization Idea & Resource Kit *Memory Ball*

Parents' Corner

Parent Flyer for Game Day Snacks

Game Day Snacks & Beverages: What Parents CAN DO!

Active kids are healthier kids...good nutrition supports good health *and* enhances performance. Consider limiting snack choices during or after sports to fresh fruit and water or the following other healthy choices with water:

- ✓ Trail mix containing dried fruits and nuts
- ✓ Low-fat fruit flavored yogurt
- ✓ Celery or apples with peanut butter
- ✓ Raw carrots and broccoli
- ✓ Hummus on pita bread
- ✓ Whole wheat crackers with cheese

Healthy fuel for active kids:

- ✓ Healthy snacks after active play give kids energy they need. Refuel with fruits, vegetables and whole grains instead of sugary beverages and junk food.
- ✓ Provide water as fluid replacement. Water is the best drink to hydrate children before, during, and after sports events. Even better, bring a water bottle from home to help our environment.
- ✓ As a parent, try to be a good role model. Eating and activity habits are formed early in life. Help develop healthy habits so children can reach their full potential.

More tips to help your kids make the right choice:

- ✓ Use positive messages!
- ✓ Make good nutrition easy: cut up fruits and vegetables to be ready to eat, provide healthy spreads like peanut butter or hummus.
- ✓ Involve children: let them be part of the decision process by including them in grocery shopping and preparing meals and snacks.

"One of the reasons I want my children to play sports is to have a healthier lifestyle. Being offered junk food at the game just goes against that goal."

---parent

"When my daughter watches her friend play Little League, I don't even let her go near the "snack shack." If there were healthier choices we could both buy some refreshments and support the team."

---parent

"As a volunteer coach for a team of young girls, I included fitness activities and nutrition information. The parents really appreciated it and the girls enjoyed it, too!"

---sports coach



Parents' Corner

Healthy Snacks for Your Child's Sports Team

Here are some good choices found at stores near you...

Grocery Store Beverage:

*Assorted 100% juice boxes
Low Calorie Electrolyte Beverage
Child Safe Cap 8oz water bottles

Grocery Store Food:

Snyders 100 Calorie Pretzel Packs
Assorted Chex 100 Calorie Snacks
Peeled Baby Carrots
Sliced Apples
Banana Crisps
Dried Mango Slices

Warehouse Store Beverage:

Premium Drinking Water
Propel Fitness Water
Glaceua Vitamin Water
Pure Life Flavored Water
*100% Fruit Juice

Warehouse Store Food:

Nutri-Grain Cereal Bars
Nature Valley Trail mix Bars
Nature Valley Granola Bars
Vegetable Medley
Mixed Dried Fruit

Great choices found at most stores...

- 1/4 Cup Dried Fruit
- Apple (w/ 1 Tbsp Peanut Butter)
- 1 Cup Grapes
- Unsweetened Applesauce Cups
- Fat-Free Chocolate Snack Packs
- 6 oz. Low-Fat Yogurt
- String Cheese
- 1/4 Unsalted Nuts
- 1 Hard Boiled Egg
- Popcorn Mini Bags
- Kashi Granola Bars
- Quaker Breakfast Cookies
- Fiber One Bars
- 18 All Bran Crackers (w/ 1/4 cup Hummus)
- 7 Triscuit Crackers (w/ 1 oz. Cheese)
- 1/2 Cup Low-Fat Granola
- Carrot Sticks (w/ 2 Tbsp Light Ranch)
- Celery (w/ 2 Tbsp Light Cream Cheese)

Recommendation by American Academy of Pediatrics: Juice should be limited to no more than 4 to 6 ounces each day for children ages one to seven.



Parents' Corner

Snack Draft Choices to Bring to Games

As parents, we want to make healthy choices for our children but do not always know what the right choices are. By using this list, you can identify some foods to look for and some foods to avoid when shopping for snacks to bring to your child's sporting event.

GREAT CHOICES	
¼ Cup Dried Fruit	Light Popcorn Mini Bags
Apple (w/ 1 Tbsp Peanut Butter optional)	Kashi Granola Bars
1 Cup Grapes	Quaker Breakfast Cookies
Unsweetened Applesauce Cups	Fiber One Bars
Fat Free Chocolate Snack Packs	18 All Bran Crackers (w/ ¼ cup Hummus)
6 oz Containers of Low-Fat Yogurt	7 Triscuit Crackers (w/ 1 oz Cheese)
String Cheese	½ Cup Low-Fat Granola
¼ Cup Nuts	Carrot Sticks (w/ 2 Tbsp Light Ranch)
Rice Cakes	Nature Valley Trail Mix Bar
1 Hard Boiled Egg	Celery (w/ 2 Tbsp Light Cream Cheese)
GOOD CHOICES	
Mixed Fruit Cups in Light or No Syrup	Nutri Grain Bars
Sweetened Applesauce Cups	Quaker Granola Bars
¼ Cup Yogurt Covered Raisins	1.5 oz. Goldfish Crackers
Regular Yogurt	8 Graham Crackers
½ Cup Orange Sherbet	16 Animal Crackers
1 oz. Turkey Jerky	22 Mini Pretzels
Crunchy Granola Bars	15 Mini Yogurt Covered Pretzels
TRY TO AVOID CHOOSING	
Fruit Roll-Ups	Chips
Pastries or Donuts	Buttered Popcorn
Pop Tarts	Cheese Flavored Crackers
Candy	Kool Aid
Cookies	Soda
Snack Cakes	Energy Drinks

SAFETY TIP: Don't forget that young children (under age 4) are at risk for choking on foods. Round foods most commonly cause choking. Foods likely to cause choking may include: hard candy, whole nuts, whole grapes, gum, popcorn, hot dogs, spoonfuls of peanut butter and chunks of meat or fruit. No children should be allowed to run with food in their mouths.

Parents' Corner

Game Snack Team Survey

We are collecting a survey to find out what the kids on our team would prefer to have as healthy snack choices. Please fill out this survey so we have some ideas about healthy snacks we can offer at the games!

Return this form to: _____

GO TEAM GO!!!

	LOVES IT!	Likes It	Doesn't Care for It	Allergic to It
Apples				
Bananas				
Berries				
Grapes, red				
Grapes, green				
Oranges				
Watermelon				
Raisins				
Apricots – dried fruit				
Mangos – dried fruit				
Applesauce cups				
String cheese				
Granola Bars				
Goldfish				
Pretzels				
Triscuits				
Yogurt				
Popcorn				
Turkey jerky				
Graham crackers				
Peanuts/peanut butter				
Bagels				
Other Ideas?				

We are trying to limit snack choices that are less healthy like:

- | | | |
|--------------------------------|-----------|----------------|
| Pastries | Pop Tarts | Cookies, Cakes |
| Buttered Popcorn | Donuts | Candy |
| Chips | KoolAid | Soda |
| Juices that are not 100% juice | | Energy Drinks |

Parents' Corner

Calories In, Calories Out

Look at how many calories our children burn as they play their sports:

Calories Burned per 1/2 hour of sport based on child's weight

Activity	55 pounds	88 pounds	132 pounds
Baseball/Softball	63	100	150
Basketball	102	204	306
Football, contact	-	192	289
Soccer	120	196	344
Swimming, moderate pace	70	121	182
Volleyball, recreational	43	68	102

Look at some food choices and the calories they contain:

Food	Calories
Krispy Kreme donut	280
Cheetos, 2 ounces	320
Potato chips, 2 ounces	280
Soda, 12 ounces	160
Chips Ahoy, 2 ounces	320
Hot dog with bun and ketchup	315

Parents' Corner

Recipes

Eating healthy for children who play sports is very important. Unfortunately, children are frequently “rewarded” after participating in sporting events with high calorie, low-nutrient foods. Here are some healthy recipes that you and your child can make together for nutritious and tasty post-game snacks. Seeing exactly what goes into a recipe helps children learn to make better decisions about the foods they eat.

Fruity Granola Energy Bars

Yield: 18 bars

2 cups rolled oats
1/4 cup wheat germ
1/2 cup diced dried apricots
1/2 cup raisins
1/4 cup sunflower seeds
1/2 teaspoon cinnamon
1 pinch salt
1 tablespoon melted butter or vegetable oil
1/2 cup brown sugar
1/4 cup honey
1 egg
1/2 teaspoon vanilla

Preheat oven to 350 degrees. Spray a 9-inch baking pan with non-stick cooking spray. Combine oats, wheat germ, apricots, raisins, sunflower seeds, cinnamon and salt in a large bowl. In a separate bowl combine honey, egg, and vanilla until smooth. Stir liquid mixture into dry mixture until dry ingredients are evenly moistened. Press mixture firmly and evenly into prepared pan. Bake for 20 minutes or until golden and firm. Cool and cut into 18 pieces. Wrap individually and take them to the game!

Nutrition info. per 1 bar: 120 calories, 3 g fat, 23 g carb., 2 g fiber, 3 g protein

Parents' Corner

Recipes

On-the-Road Chewy Fruit Squares

Yield: 16 bars

1/3 cup sifted unbleached flour
1/4 cup sifted whole wheat flour
2 tablespoons cornstarch
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
2/3 cup brown sugar, packed
1/4 cup chopped walnuts
1/2 cup chopped peeled apple
1 cup chopped pitted apricots
1/2 cup dried peaches or pears
1/4 cup raisins or dried cranberries
1 large egg plus 1 egg white
2 tablespoons apple or orange juice
1 tablespoon canola or light olive oil

Preheat oven to 350 degrees. Line a 9-inch square pan with wax paper and lightly coat the paper with cooking spray. In large bowl, combine flours, cornstarch, baking powder, salt, cinnamon, ginger, brown sugar and nuts; blend. Add fruits to dry ingredients and toss well. In a cup, lightly beat the egg, egg white, juice and oil, and then stir into the flour mixture until thoroughly moistened. Turn batter into pan and spread out. Bake 25 minutes, or until golden. Cool 10 minutes in pan on a wire rack. Cool completely and cut into squares. Store in an airtight container for up to one week.

Nutrition info. per 1 bar: 125 calories, 2 g fat

Parents' Corner

Recipes

Frozen Banana Pop (requires cooler)

Yield: 16 banana pops

8 large bananas
1/3 cup chocolate fudge topping
1 cup chopped nuts
16 popsicle sticks

Cut banana lengths in half and stick popsicle stick in bottom ends. Wrap with foil and freeze until hard. Drizzle each banana half with 1 teaspoon chocolate fudge and roll in nuts. Wrap up and freeze until ready to eat.

Nutrition info. Per banana: 130 calories, 6 g fat, 19 g carbohydrate, 2.5 g fiber, 3 g protein



Parents' Corner

Recipes

Cranberry Orange Chex Mix

Yield: 20 servings

3 cups Corn Chex
3 cups Rice Chex
3 cups Wheat Chex
1 cup sliced almonds
2 tablespoons margarine
¼ cup brown sugar
¼ cup orange juice concentrate
½ cup dried cranberries

Heat oven to 300 degrees. In a large bowl, mix cereals and almonds. In a microwave safe bowl, mix brown sugar, margarine and orange juice concentrate and microwave for 30 seconds. Pour mixture over cereal until evenly coated. Pour into a large roasting pan. Bake uncovered for 30 minutes (stir after 15 minutes). Stir in cranberries. Cool completely and distribute ½ cup portions into baggies.

Nutrition info. Per ½ cup: 123 calories, 4 g fat, 19 g carb., 2 g fiber, 2.5 g protein

Fruit and Cheese Kebabs (requires cooler)

Yield: 14 kebabs

4 medium sized apples
4 cups grapes
1 8-ounce bag cheese cubes (Sargento Mild Cheddar)
14 skewers

Cut apples into bite sized chunks. Alternately, thread cheese and fruit onto skewers. Wrap in plastic wrap and chill until ready to serve.

Nutrition info. per kebab: 109 calories, 6 g fat, 11 g carb., 1.5 g fiber, 4 g protein

Parents' Corner

Recipes

Taco Popcorn

Yield: 6 servings

7 1/2 cups air-popped popcorn
Butter-flavored cooking spray
1 1/2 teaspoons cumin
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 1/2 teaspoons Worcestershire sauce
Cayenne pepper (optional)

Preheat oven to 300 degrees. Put popcorn in a large mixing bowl and lightly coat with cooking spray. Toss and coat again. In a small bowl combine cumin, garlic powder, onion powder and cayenne pepper (optional). Sprinkle spices over popcorn and toss to coat evenly. Drizzle Worcestershire sauce over popcorn and toss again. Spread popcorn evenly in large baking pan. Bake for 10 minutes, tossing once.

Nutrition info. per 1 1/2 cup: 45 calories, 1 g fat, 9 g carb., 2 g fiber, 1 g protein

Cold Pizza Rollup (requires cooler)

Yield: 16 rollups

16 whole wheat tortillas
2 cups marinara sauce
4 cups fat free or low fat cottage cheese
4 ounces turkey pepperoni (about 64 slices)

Lay tortillas flat and spread 2 tablespoons marinara sauce over each. Spread 1/4 cup cottage cheese onto each tortilla. Place 4 pepperoni slices down the center. Roll tortilla up and cut in half. Place into baggies and take to the game.

Nutrition info. per rollup: 163 calories, 3.5 g fat, 22 carb., 3 g fiber, 12 g protein

Parents' Corner

Recipes

Strawberry Cinnamon Muffins

Yield: 12 muffins

1 cup all-purpose flour
1 cup oats
1/2 cup sugar
2 1/2 teaspoons baking powder
1 teaspoon ground cinnamon
1/4 teaspoon salt
2/3 cup vanilla fat-free yogurt
1/4 cup unsweetened applesauce
3 tablespoons 1% low-fat milk
1 large egg, lightly beaten
Cooking spray
1/4 cup strawberry jam
1 tablespoon sugar
1/2 teaspoon ground cinnamon

Preheat oven to 375 degrees. Lightly spoon flour into dry measuring cup and level with a knife. Combine flour and the next 5 ingredients (flour through salt) in a large bowl, stirring well with a whisk. Make a well in the center of the flour mixture. In a separate bowl, combine yogurt, applesauce, milk and egg, stirring well with a whisk. Add yogurt mixture to flour mixture, stirring just until moist.

Place 12 foil cup liners in muffin cups; coat liners with cooking spray. Spoon 1 tablespoon batter into each liner. Top each with 1 teaspoon jam. Top evenly with the remaining batter. Combine 1 tablespoon sugar and 1/2 teaspoon cinnamon; sprinkle over batter. Bake at 375° for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack for 15 minutes. Remove from pan; place on a wire rack.

Nutrition info. per muffin: 150 calories, 1.5 g fat, 30 g carb., .5 g fiber, 4 g protein

Parents' Corner

Recipes

Peanut Butter Plus Sandwiches

Yield: 16 servings

1/2 cup peanut butter
4 tbsp honey
2 cups mashed bananas (about 2 large bananas)
1/2 cup raisins
2 tablespoons roasted sunflower seeds
16 slices whole wheat bread

Combine peanut butter and honey in a small microwave safe bowl. Microwave on high for 20 seconds. Stir in banana, raisins, and sunflower seeds. Spread 1/4 cup mixture on each of 8 slices of bread. Top with remaining slices of bread and cut in half. Place in baggies and take to the game.

Nutrition info. per half sandwich: 154 calories, 5 g fat, 26 g carb., 3 g fiber, 5 g protein

Quick Ideas on the Run

Ants on a Log—Spread peanut butter on celery sticks and top with raisins.

Dippin' Banana Treats—Dip bananas into low-fat yogurt cups.

Easy Granola Balls—Mix 1/2 cup granola, 1/4 cup peanut butter, 2 tsp shredded coconut. Form into balls.

Happy Trails Mix—Choose from a variety of items such as: whole-grain toasted oat cereal (Cheerios or Oatios), nuts, dried cranberries or raisins, pretzel sticks, and sunflower or pumpkin seeds.

Peanut Butter Carob Balls—Combine 1 cup peanut butter, 3/4 cup honey, 3/4 cup carob powder, 1 cup toasted wheat germ, 1/2 cup sunflower seeds. Roll into small balls and roll into sesame seeds.

Peanut Butter Raisin Balls—Combine 1 cup peanut butter, 1/2 cup nonfat dry milk powder, 1/2 cup raisins, 1/4 cup honey in a large bowl. Shape the mixture into 1-inch balls. Roll in graham cracker crumbs and refrigerate. Makes 24.

Resources

Four Simple Steps to Food Safety

1. Clean:

- Always wash your hands before handling food.
- Sanitize the food thermometer after use.
- Use clean serving plates, utensils, etc.

2. Separate:

- Separate raw meat & poultry from cooked & ready-to-eat foods to avoid contamination.

3. Cook:

- Raw meat & poultry must be cooked to the proper internal temperature (see inside panel).

4. Chill:

- Avoid the Danger Zone (40°F-140°F)
- Store all leftovers in the cooler within 2 hours after cooking. If the outside temperature is above 90°F, store within 1 hour.
- Bring plenty of ice & cold packs to keep your food cold.
- When in Doubt, Throw it Out! Discard leftovers kept in the danger zone for more than 2 hours.



Don't forget to play Defense!

Practice safe food handling
at all of your
upcoming sporting events!



County of San Diego
Department of Environmental Health
Food & Housing Division



Playing it Safe!



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DEH/FH-201 (07/06)



Resources

The Game Plan

Keep your teams healthy and strong by planning a safe and nutritious meal. When preparing for game day, be sure to remember:



Lead your team to a victory with a strong food safety game plan!

Clean Hands:

Be sure the sporting grounds are equipped with adequate hand-washing facilities. And don't forget your soap, paper towels and hand sanitizer!

Clean Utensils:

Bring lots of clean utensils, not only for eating but also for preparing and serving.

Food Thermometer:

No pre-game barbecue is complete without an approved food thermometer. So when you pack the grill, pack the thermometer to be sure meats and poultry are cooked thoroughly and reach temperatures high enough to destroy harmful bacteria.

Potable Water:

Does your playing field have drinkable water? Find out ahead of time if clean, drinkable water will be available. If not, bring extra water for drinking, handwashing and cleaning.



Hot Foods

Keep hot food hot. If you stop off at the store and purchase hot food on the way to the game, eat it within 2 hours of purchase. Or plan ahead and chill the food in your refrigerator before packing up for the game. Use an insulated container for foods like soup and chili. To preheat the container, fill it with boiling water and let it stand for a few minutes. Empty it, and then put in the piping hot food. Keep insulated containers closed to keep the food hot (135°F or above) for several hours.



Cold Perishable Food

Carry cold, perishable food, like raw hamburger patties, hot dogs, sausages, lunch meat and chicken, in an insulated cooler packed with several inches of ice, frozen gel packs, or containers of frozen water. When packing the cooler, make sure raw meat and poultry are wrapped securely and stored below ready-to-eat foods to prevent their juices from cross-contaminating other items.

Know Your Source

Offer foods from approved sources only and do not bring foods that were cooked or prepared at home. An approved source is one that has been inspected and approved by the Health Department.



The Play-by-Play

At the field, it's important to keep hot food hot and cold food cold. Bacteria multiply rapidly between 40°F to 140°F, a temperature range known as the *Danger Zone*. Never leave food in the Danger Zone for more than 2 hours. Also, cook meat and poultry completely; partial cooking of food ahead of time allows bacteria to multiply to the point that later cooking cannot destroy. Use a food thermometer to make sure meat and poultry are cooked thoroughly. Cook hamburgers, sausage, and other ground meats to an internal temperature of 160°F and ground poultry to 165°F.



The Wrap-Up

Store food in a cooler except for brief times when serving. Cook only the amount of food that will be eaten; this will minimize food waste and avoid the challenge of keeping leftovers at safe temperatures. Discard any leftovers that are not ice cold after the game. Food should not be left out of the cooler or off the grill more than 2 hours. Holding food at temperatures within the Danger Zone is a prime cause of foodborne illness.



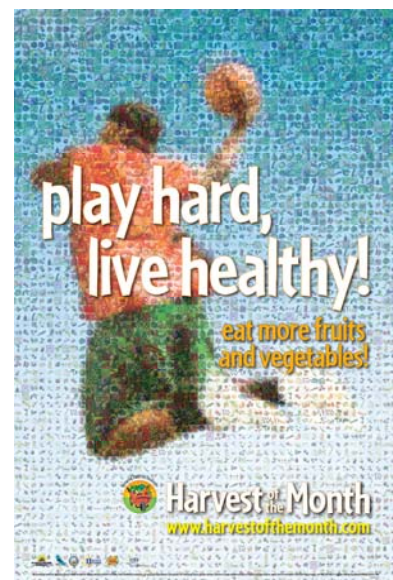
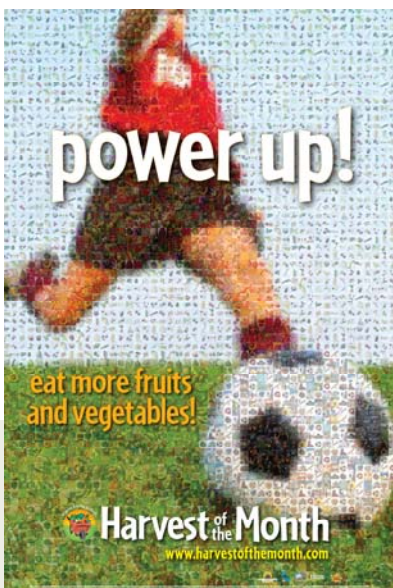
Play Safe & Have Fun!

Resources

The Network for a Healthy California—Children’s Power Play!

This is a program led by the California Department of Public Health and administered by the Public Health Institute. It can be used to increase the nutrition messaging to youth. The program is currently funded by the USDA Food Stamp Program to target children from food stamp eligible families. The program is FREE to those sports teams/leagues in qualifying areas. If your sports team is in a non-qualifying area, all of the information is available online. For more information on the program and resources available to you, log on to: www.sdnonline.org/5aday_powerplay.htm

Another benefit of the Children’s Power Play! Program is posters for your site. Here are some examples:



Resources

Case Reports

These cases involve the schools, however, we recognize that many of the same changes and challenges the schools face are similar to the issues facing youth athletic leagues.

Study: Kids Will Eat Healthy School Food

See the link to the USA Today report:

http://www.usatoday.com/news/health/2007-11-25-school-lunch_N.htm

A University of Minnesota study that appeared in the *Review of Agricultural Economics* shows school lunch sales don't decline when healthier meals are served and that more nutritious foods don't necessarily cost schools more to produce. The study contradicts the findings of previous studies, which showed students preferred fatty foods and that healthier meals cost more to make, the authors said. The researchers analyzed five years of data for 330 Minnesota public school districts and found the schools that served the healthiest lunches did not see a drop in demand. The study looked at compliance with federal standards for calories, nutrients, and fats.

The full article from the *Review of Agricultural Economics* can be found at: <http://www.kidseatgreat.com/school-wellness.htm>.

Making it Happen! School Nutrition Success Stories

Link on the Centers for Disease Control and Prevention website:

www.cdc.gov/nccdphp/dash

Shares stories from 32 schools and school districts that have made innovative changes to improve the nutritional quality of all foods and beverages offered and sold on school campuses. The most consistent theme emerging from these case studies is that students will buy and consume healthful foods and beverages, and schools can make money from healthful options.

Resources

References

BOOKS

Play Hard, Eat Right: A Parent's Guide to Sports Nutrition for Children.

American Dietetic Association. 1995. Practical information on selecting nutritious foods and providing the right balance of foods and fluids for the child athlete.

Nancy Clark's Sports Nutrition Guidebook. Nancy Clark. 1997.

A guidebook on fueling the athlete from a sports nutritionist.

The Official Snack Guide for Beleaguered Sports Parents. Dawn Weatherwax. 2001.

Recipes and sports nutrition tips from a sports nutrition group called Sports Nutrition to Go. See their website at www.sn2g.com.

WEBSITES

California Project LEAN

www.CaliforniaProjectLEAN.org

A wealth of resources, evaluations, articles and materials for promoting healthy eating and physical activity.

Center for Science of Public Interest

www.cspinet.org

"Pestering Parents: How Food Companies Market Obesity to Children" outlines the importance of good nutrition to children's health and discusses food marketing. *"Guidelines for Responsible Food Marketing to Children"* provides information on marketing food to children.

Kids Nutrition (Baylor College of Medicine)

www.kidsnutrition.org

Research-based information about healthy nutrition for children. There are nutrition calculators, like the *Healthy Eating Calculator* and the *Kids' Energy Calculator*.

Moms Team

www.momsteam.com

Information and ideas for youth sport parents.

Network for a Healthy California

www.championsforchange.net

Learn about ways to become a champion in your house, community, and life. This site has information on how to eat more fruits and vegetables, be more active, and speak up for healthy changes.

San Diego County Childhood Obesity Initiative and the Coalition on Children and Weight San Diego

www.OurCommunityOurKids.org

Learn about community projects focusing on environmental changes to lower rates of childhood obesity.

See our calendar for meetings that interested parents or coaches may attend and sign up for the free email newsletter.

Share the Care

www.sharethecaredental.org

The Dental Health Initiative - Share the Care provides information about access to emergency dental care for children who qualify for the program and offer information and education to professionals, parents, and children to foster ongoing preventive dental care.