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California Department of Public Health

## Nationally Recognized Program



- American Association for Health Education
   Distinguished Service to Health Education
- NPHIC Awards fro Excellence in Public Health Communications
- Produce Marketing Excellence Awards
- Alliance for a Healthier Generation's Healthy School Program
- United Fresh Let's Move! Salad Bars to Schools
- Colorado Foundation for Public Health and the Environment – Nutrition Policy Success Story Video Contest
- Let's Move! Childcare



# Purpose



## Harvest of the Month aims to:

- •Increase access to fruits and vegetables
- Increase consumers' preference for fruits and vegetables.
- Increase consumption of locally grown food items by connecting growers to their communities.
- Increase participation in daily physical activity and an understanding of why it is important to our health.
- Expand familiarity with California grown fruits and vegetables, local farmers, the state's rich agricultural bounty, and how food travels from the farm to our plates





# What was your most memorable/meaningful learning experience as a child?

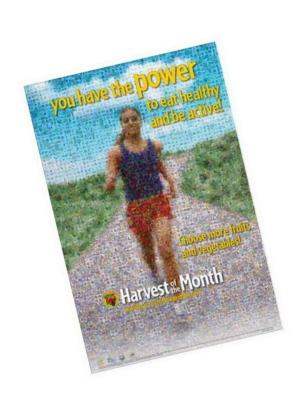


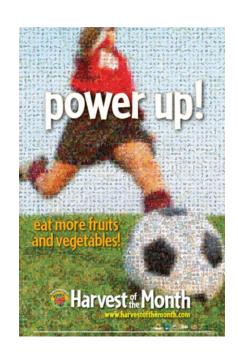
## **36 Months of Elements** for CHANGE MORE SERIOUS SPINACH FUN! Fruits and Vegetables from A to I. List a first or regetable for each latter of the alphabet. free space **Mutrition Facts** By helping children practice healthy eating habits, you can help improve the memory and energy levels in school. With Harvest of the Month, you can s a positive example and put you child the road to health and learning success Menu Slicks **Educator Newsletters** Let's Get Physical! • Kick up your heels and dance with your child to your fevorite tunes. • Play a game of tag or hide-and-go-seek after dinner. • Run, jog or bike on a family treasure hunt. Keep a calendar and have your child mark each day that your family practice healthy activities, like eating fruits and vegetables or being physically active. Produce Tips Salect firm, unblemished fruit. The size of the fruit does not affect taste. Press the outside of the faut with your thumb. If gives to slight pressure, the takin's ripe. If you apply pressure and the loss feels hard, it's not ready to eat. A losi will like prior several days at room temperature and up to four weeks in your refinement.

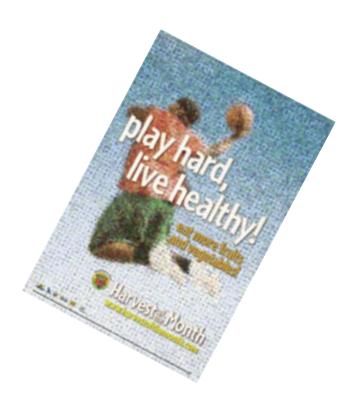
### **Family Newsletters**

## Harvest of the Month Posters









# Harvest of the Month **Participants**







- Early Childhood
- K-12 Educators
- Afterschool
- Health Professionals
- Nutrition Educators
- Heatlh Departments
- Child Nutrition Directors Retail
- Worksite

## **Links to Local School Wellness Policies**













# Farmer of the Month Video Project





http://www.youtube.com/user/scnac1





## www.harvestofthemonth.com



Diel You Short | Grains States

- Cathorise ranks second in hattinial production of great bases.
- . Minory this period of the green bean drup in Cathoria in insertation) as their and should be persent as promising
- ¿ Tubers, Comparated San Lais Objects murtiply are the factors present bearing-reducing areas in California.
- Other societies that sortificate acrosps to green beans include. Kinericki, Santa Olara, Colles Corta, Standinas, San Diego, San Males and San Remarks.
- . But type green beans are the predominant variety grown for parametrial production in California.

### Por store information, visits

removal of substitute auditorial role (add 272 to base)

### Development White Despetition of

Educates Sensitivities (PRFS) Family Rosembur (PMC, Septech) - Saments Maria Study 1757, Street etc.) - September 1





Seen. S. Harvest of the

Mineral Property

for CHANGE

## Purpose



- Interagency initiative working to help Californians have access to healthy foods.
- Connects consumers, school districts, and institutions directly with farmers
- Coordinating agency for Farm to Fork efforts in California





www.cafarmtofork.com

### Nutrition

### Ag Commissioners



Afterschool

**Tribal Organizations** 

Food Policy Councils

Public Health Departments Schools

Physical Activity

**Procurement** 

Healthcare



**Boards of Supervisors** 

Food Safety



Restaurants

Agriculture

**Partnerships** 

Health Advocacy Groups

Retail

Parks and Rec

Government

Planning Commissions

Culinary

Worksites

Farmers' Markets

Early Childhood



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