Greetings from the Healthy Youth Program Manager

By Simone Frei

Welcome to the Healthy Youth Program (HYP). It is my pleasure to introduce the first edition of the HYP Newsletter. As you may know, providing public education on the role of diet, lifestyle, and micronutrients in promoting optimum health and preventing or treating disease has always been a major commitment of the Linus Pauling Institute.

We developed the Healthy Youth Program in the spring of 2009 in response to the childhood obesity epidemic and the declining emphasis on nutrition and physical education in our schools. In the past three and one-half years, we have been able to reach many youth and their families through our educational and activity programs. We are very passionate about our work and are working hard to provide quality and evidence-based programs year-round.

The goals of the Healthy Youth Program are to teach youth and their families healthful diet and lifestyle habits to help them maintain a healthy body weight and attain optimum health. However, we cannot achieve optimum health if we are not providing the right nutrients in the right amounts to our bodies. In America, we consume a lot of calorie-dense and nutrient-poor foods high in macronutrients like fat, proteins, and carbohydrates but lacking many of the vitamins and nutritionally essential minerals (micronutrients) needed on a daily basis. We may satisfy our overt hunger by eating macronutrients, but we don’t satisfy our hidden hunger – our body’s need for vitamins and minerals to function at its best. Failing to provide our body with crucial vitamins and minerals may lead to micronutrient inadequacies or hidden hunger. The symptoms of hidden hunger are often not obvious, but they prevent our bodies from functioning at an optimum level. Micronutrient inadequacies may cause inefficient energy metabolism or poor immune function, resulting in fatigue and increased susceptibility to colds, influenza, and other infections.

Results of a Healthy Youth Program study of micronutrients in school children in Corvallis, Oregon, can be found in the article “Micronutrient Inadequacies in School Children” on page 4.

“We may satisfy our overt hunger by eating macronutrients, but we don’t satisfy our hidden hunger – our body’s need for vitamins and minerals to function at its best.”

In this Issue

- Why We Support LPI’s HYP
- HYP Garden Projects
- A Brief History of School Gardens
- Micronutrient Inadequacies in School Children
- A Day at Chefs in the Garden
- Fresh Grown Cooking for Families
- Note From a Nurse
- Pumpkin Bars and Mini Quiches
- Why I Volunteer for the HYP
- Cooking Classes at Community Outreach, Inc.
- Fresh Grown Cooking at the Food Bank
- RECIPE CORNER: Fruit Skewers with Yogurt Sauce
- Grocery Store Tours
- Brain Breaks: Classroom Fitness for Children
- An Internship Leads to a Position at HYP
- The HYP Family Sharing Garden
- Thank You, Donors
23 million U.S. Children are Overweight or Obese

Despite important progress in medical and scientific research, obesity remains one of the most significant public health challenges our country has ever faced. According to data from the 2007-2008 National Health and Nutrition Examination Survey (NHANES), 32 percent of 2- to 19-year-old children in America are overweight or obese (23 million children) and 17 percent are obese (12 million children).

Most experts agree that overconsumption of calories and physical inactivity are the main contributing factors to the obesity problem. On an average day, many American children eat few or no fruits and vegetables but instead consume an excess amount of processed foods, which are calorie dense and nutrient poor. While many families may believe that eating habits and weight control are personal choices, we also know that these choices are not made in a vacuum. There are many barriers to healthy living for America’s children, such as limited access to affordable food, low-quality cafeteria food in schools, limited opportunities for formal physical education in public schools, and an abundance of highly processed, unhealthful foods offered and advertised to children. There is a widespread need to promote better eating habits among America’s children. There is no quick fix to address this problem, but “if we don’t reverse the epidemic, the current generation of young people could be the first in U.S. history to live sicker and die younger than their parents’ generation” (F as in Fat: 2012 Report, Trust for America’s Health). Research shows that a strategy of primary prevention can help improve children’s health and reduce health-care costs, and is a realistic and achievable goal “if there is a sufficient investment in effective programs and policies” (F as in Fat: 2012 Report, Trust for America’s Health).

The Healthy Youth Program is committed to join the fight against childhood obesity and hidden hunger by providing quality and affordable education programs to youth and their families, regardless of socio-economic background. We provide full and partial scholarships to all youth and families in need. This newsletter describes many of our programs and how you and your child(ren) can get involved. Let’s make a difference together!

To join Tim and Starleen in making a healthier future for children and their families, please visit page 11 for more information on how to make a tax-deductible gift to the Healthy Youth Program.
**HYP Garden Projects**

**By Candace Russo and Mary Kohl**

Central to the Healthy Youth Program (HYP) are our garden projects. School and community gardens provide an exciting platform to engage youth in healthy living by linking a healthy environment and a healthy lifestyle. We currently have three garden projects: the Spartan Garden, the Lincoln School Garden, and the upcoming HYP Family Sharing Garden (see article on page 11). Each HYP garden project revolves around the theme of “Soil to Seed to Plate,” where healthy soil grows healthful food, which feeds healthy bodies. Food from our garden projects is used by youth and families involved in each project and in many HYP cooking and nutrition education programs.

**The Spartan Garden**

From the Corvallis High School (CHS) track, the silhouette of a giant wooden carrot proudly stands forth from the rectangular arbor. This wooden carrot, designed and painted by CHS senior, Dylan Tibbetts, marks the entrance to the Spartan Garden. Upon walking under the arbor and into the garden, you are greeted with an array of sunflowers, beans, tomatoes, melons, onions, spinach, peppers, squash, eggplant, corn, potatoes, and culinary herbs growing at the height of the Oregon summer. Salad greens and peas were the highlights of the Spartan Garden last spring; carrots, shallots, endive, beets, and garlic were planted in the fall; and this winter, kale, greens, and garlic nestle among leaf mulch.

The Spartan Garden project aims to provide students of all ability levels with opportunities to learn where their food comes from, to learn the value of eating fresh fruits and vegetables, to have access to freshly grown food, and to understand the important link between a healthy environment and a healthy lifestyle.

Our Garden Manager, Candace Russo, along with CHS horticulture teacher, Brian Wake, have used the garden as a place-based learning space where students learn about nutrient cycling, earthworms, seed starting, transplanting, and growing. Horticulture students have also set up cover crop experimental trials that they are monitoring through spring.

The Sustainability class, led by CHS teacher Julie Williams, has participated in several harvests and has run garden produce tastings in the school’s cafeteria. Candace is also advising several Sustainability students as they spearhead a school-wide compost project, completing the Soil to Seed to Plate (back to soil!) circle.

Food from the garden has also been incorporated into the Senior Foods class at CHS. Family and Consumer Sciences teacher Kristen Hackethorn brought her students to the Spartan Garden to harvest produce for a fresh heirloom tomato salad, and Candace conducted a cooking demonstration and tasting of four different types of winter squash.

**The Lincoln School Garden**

“Miss Mary! Miss Mary! Can we try some raspberries and cherry tomatoes?” Lincoln Elementary School students excitedly gravitate toward the garden during recess when Mary Kohl (a.k.a. “Miss Mary”) is around! Mary is a student in Horticulture at OSU and a HYP Garden Assistant working at the Lincoln School Garden. With goals similar to those at the Spartan Garden project, the HYP began work in Fall 2012 at the Lincoln School Garden.

A previously well-established and flourishing space, the Lincoln School garden boasts an inviting assortment of perennial fruits and annual vegetables that elementary students have been enjoying in their cafeteria’s salad bar, thanks to Ms. Kohl and Christie Walsh, the food specialist at Lincoln.

The Lincoln School garden not only grows nutritious food, it includes design elements to demonstrate the link between a healthy lifestyle and healthy environment. A border of perennial ornamental flowers attract pollinators, and a rain catchment system with a rain garden help reduce water overflow and illustrate the concept of water conservation. Compost bins and a worm bin show the students how their food scraps and garden trimmings can be reused and recycled back into the garden. Educating the elementary children about the holistic process of vegetable gardening reinforces the HYP theme of Soil to Seed to Plate.
A Brief History of School Gardens
By Simone Frei

We are not the first generation to plant school gardens. The earliest school garden program in the United States was developed in 1891 at the George Putnam School in Roxbury, Massachusetts. By 1906, the United States Department of Agriculture estimated that there were more than 75,000 school gardens. As school gardens became more popular, a body of literature about school gardening and agricultural education emerged. Louise Klein Miller, in her book titled Children’s Gardens for School and Home, a Manual of Cooperative Learning, argued that “school gardens were not a new phase of education, but rather, an old one that was gaining merit for its ability to accomplish a wide variety of needs. School gardens were a way to reconnect urbanized American youth with their agrarian, producer heritage” (Kitchen Garden International, A Brief History of School Gardens).

After the Federal Bureau of Education introduced the United States School Garden Army during World War I, America’s youth started to participate in war relief gardening. School gardening was common throughout World War II with the emergence of the Victory Garden program, but by 1950 school gardens had disappeared from the educational landscape.

In the last 15 years, we have experienced a renewed interest in school garden and farm-to-school programs. Probably the most influential advocate for youth gardening is Michelle Obama. In her book American Grown: The Story of the White House Kitchen Garden and Gardens Across America she writes, “Gardens can be used not just to nourish our children’s bodies but to nourish their minds and shape their habits and preferences as well. When we engage children in harvesting our gardens—when we teach them about where their food comes from, how to prepare it, and how to grow it themselves—they reap the benefits well into the future. These early lessons on nutrition can affect the choices they make about what they eat for the rest of their lives—and that can determine what they feed their own children decades from now. For many young people, school gardens and youth gardening programs across this country have been the starting point for this journey.” The Healthy Youth Program’s garden projects join this school garden revival as a platform to empower our youth and families through the journey of lifelong health.

Micronutrient Inadequacies in School Children
A Healthy Youth Program Study in Corvallis, Oregon
By Simone Frei

Good childhood nutrition and a healthful diet have long been recognized as critical for optimum health and well-being throughout life. Inadequate micronutrient intake has been reported in children of communities with low socioeconomic status. Studies indicate that excessive consumption of calories from carbohydrates and fats (macronutrients) combined with inadequate consumption of vitamins and minerals (micronutrients) are a major problem in U.S. children. Obesity and type II diabetes are more prevalent in children of families with low socioeconomic status and limited access to nutrient-dense foods. However, the incidence of obesity and type II diabetes also have steadily increased in children of communities with higher socioeconomic and educational status.

The objective of the present study was to evaluate the intake of macronutrients and micronutrients of children in four elementary schools in Corvallis, Oregon, where most parents have the necessary resources and access to healthful, nutrient-dense foods, in particular fruits and vegetables. 175 children, ages five to eleven years, participated in our study. They were asked to record their dietary intake during the previous week on a two-page food questionnaire that was specifically developed for elementary school-aged children. Nutrient intake estimates from the questionnaires were compared to current dietary intake recommendations to evaluate the children’s nutrient status. We also obtained a blood sample from 71 children to measure vitamin D body status. Since most of the vitamin D present in our body is synthesized in the skin upon sun exposure and only some is derived from the diet, blood vitamin D levels are the best indicator of a person’s vitamin D status.
We found that 60 percent of the younger children (5 to 8 years old) and 78 percent of the older children (9 to 11 years old) did not meet the recommended intake for fiber. Low-fiber intake, mainly from legumes and whole grains, has been associated with a greater risk of obesity, metabolic syndrome, and chronic diseases. Not surprisingly, most of the children had a diet high in saturated fat (81 percent) and sodium (89 percent). None of them met the intake recommendations for potassium, which—together with the high sodium intake—does not bode well for the children’s risk of developing high blood pressure later in life. In addition, none of the children met the intake recommendations for vitamin E, and 22 percent did not get enough vitamin K, which is required for normal blood clotting.

It is well known that U.S. children do not consume enough calcium-rich foods, with sugary sodas increasingly replacing milk consumption. Consistently, we found that the older children in our study consumed less dairy products and fat and more sugar-enriched foods and beverages than the younger children. Adequate intake of calcium throughout childhood and adolescence is critical for proper mineralization of growing bones, attainment of peak bone mass, and reduction of the risk for osteoporosis in adulthood. We found that 16 percent of the younger children and 45 percent of the older ones did not meet the dietary intake recommendations for calcium.

Vitamin D is essential for maintaining normal calcium metabolism and, thus, good bone health. Severe vitamin D deficiency in children results in the failure of bone to mineralize, leading to a condition known as rickets. Cases of nutritional rickets are still reported in the U.S. While parents and pediatricians may have assumed that children are getting enough vitamin D from sunshine exposure and vitamin D-fortified milk and orange juice, a study published in 2009 found that 7 out of 10 children have inadequate vitamin D levels and nearly 1 in 10 children (7.6 million) are deficient in vitamin D (Kumar, Juhi et al., Prevalence and Associations of 25-Hydroxyvitamin D Deficiency in US Children, 2012). Most people living above 40 degrees latitude, which includes Oregon, don’t make enough vitamin D in their skin and suffer from vitamin D-deficiency during the winter months. Our study found similar results: 61 percent of the children had insufficient vitamin D levels and 8 percent were considered deficient.

Taken together, the results of our study raise serious concerns about the nutrient intake of children even in affluent communities. The low dietary intake of calcium together with low vitamin D status may have detrimental consequences for bone health, both in the short and long term. There is a critical need for tools that help parents and health professionals assess children’s nutrient status and provide guidance to improve their nutrient intakes. The Linus Pauling Institute (LPI) recommends that children of all ages eat a healthful diet, are physically highly active, and take a daily children’s multivitamin/mineral containing at least 600 IU of vitamin D to cover possible micronutrient inadequacies. The Healthy Youth Program uses these results and LPI recommendations to develop nutrition education materials that are woven throughout our youth and family programs.

A Day at Chefs in the Garden
The Healthy Youth Program’s Summer Discovery Camp

By Casey Bennett

Monday morning, just a few minutes after 9 o’clock, 16 excited third through fifth graders circle around Candace Russo, the Healthy Youth Program’s Garden Manager. They are full of energy and ready for a day of fun at Chefs in the Garden, a summer discovery camp set at the Spartan Garden. Candace, in her straw hat to protect herself from the morning sun, smiles at the campers before she invites them to help her in the garden. There are many tasks to be done, and today those include being weed warriors to rid the garden beds of nasty weeds and being water heroes to help plants get a little extra water so they don’t dry out in the hot August sun.

Most of the campers enjoy working in the garden, while others would rather play games like
our camp relay race: two teams of campers playfully jump rope, hula hoop, run soccer drills, and solve nutrition puzzles in order to reach the finish line. It is a close, non-competitive race, and both teams reach the finish line at the same time, cheered on by our team of camp counselors—HYP student interns studying Public Health, Exercise and Sports Science, Natural Resources, and Horticulture at Oregon State University and the University of Oregon.

Around 10:30 am the children gather together to get lunch ready. Campers meet in the outdoor kitchen where the first order of business is to wash their hands. In small groups led by a camp counselor, campers venture into the garden to identify the fresh fruits, veggies, and herbs they will need to prepare lunch. On today’s menu are whole wheat pita pizzas and fruit skewers with yogurt sauce (see Recipe Corner, page 9). Groups clip fresh basil to make a batch of pesto, while others pick peppers and tomatoes for toppings, and watermelon and cantaloupe for the fruit skewers. Nova Elwood, the Healthy Youth Program’s Nutrition Educator, reviews kitchen safety basics before everybody starts cooking. A few campers set the table and everyone (campers, counselors, and staff) sits down for a family-style meal. Afterwards, everyone does their part to clean up, an important part of cooking! Clean-up activities include bussing dishes, putting food scraps in the compost pile, and wiping down the tables.

After lunch, it’s time for our environmental science and arts activities. First, the campers soak coffee filters in red cabbage juice to make pH paper. After allowing the coffee filters to dry and then cutting them into strips, everyone shouts with excitement when the paper turns pink when dipped in vinegar (an acid) and green when dipped in a baking soda and water mixture (a base). Campers receive a small packet full of red cabbage pH paper to take home for their own experiments. At the end of the day, tired but not yet ready to go home, the campers paint birdhouses to take home.

Chefs in the Garden discovery camp provides a safe, healthy, and active environment for children to learn about gardening, cooking, science, and environmental stewardship as part of a healthy lifestyle. Campers engage in the whole process of “soil to seed to plate” as they spend their days in the vegetable garden and learn how to cook simple, delicious, and nutritious meals with produce from the garden.

Fresh Grown Cooking for Families

By Simone Frei

On an average day, many American families eat few or no fruits and vegetables, but instead consume excess amounts of nutrient-poor, highly processed, and calorie-dense foods. Many barriers, such as poverty, limited access to affordable food, and lack of education prevents families from adopting a healthy lifestyle. “Where you live, learn, work, and play all have a major impact on choices you are able to make” (F as in Fat, Trust for America’s Health, 2011). Research indicates that poverty is associated with overweight and obesity.

We also know that low-income families are less likely to consume fruits and vegetables. In 2009, among individuals with a yearly income of $15,000 or less, 35 percent were obese compared to 25 percent of adults who earn $50,000 or more. Nationwide, 15 percent of U.S. households experience food insecurity.
insecurity, and it disproportionately affects populations at risk for obesity, such as low-income families and members of racial and ethnic minority groups (Oregon Department of Health Services 2009). This statement holds true in Oregon and in parts of Corvallis. In 2009, 35 percent of Corvallis residents (including students) were below the poverty level, compared to 19 percent in the state of Oregon (city.data.com).

We believe that by engaging parents and their children in vegetable gardening, we help families develop a positive relationship with food. This positive relationship grows from teaching families where their food comes from, the value of eating healthful foods, how to respect and take care of their environment, and the nurturing effects of preparing and sharing a meal together at the table with family and with friends. Based on this concept, we developed Fresh Grown Cooking for Families, a free four-week-long gardening and cooking class for low-income families. We offered our first class in August, 2012, and had an overwhelming response; we enrolled 45 participants and had to start a waiting list.

Every Tuesday and Thursday from 5:30 to 7:30 pm, families gathered in the Spartan Garden at Corvallis High School to learn basic gardening skills, to harvest fresh produce from the garden, to learn about healthy eating, and to prepare a healthful meal. Families learned how to prepare and to maintain garden beds and explored the concept of container gardening. They planted fall root vegetables and a “salad bowl” in containers to take home. Parents and children were encouraged to help with meal preparation, which we all enjoyed family-style in the beautiful Spartan Garden. Nova Elwood, our Nutrition Educator, skillfully engaged the parents in conversations about healthy eating and offered advice on budget-friendly meal planning.

Fresh-Grown Cooking for Families was so successful that we plan to offer it again next summer. We hope to add more sessions to be able to reach more families.

Note from A Nurse

I have found the Linus Pauling Institute’s Healthy Youth Program to be a marvelous resource for children and families.

Our kids have had a very positive and motivating experience. Since participating in Chefs in the Garden summer day camp at Spartan Garden, our young patients have become excited about growing their own foods and preparing meals using fresh grown produce. These young patients are anxiously awaiting Fresh Grown Cooking for Kids. We have seen entire families make a noticeable and positive change in cooking and eating habits.

~ Cindy M Ertle, RN
Benton County Health Services

Pumpkin Bars and Mini Quiches

By Simone Frei

It is four o’clock, and the children enrolled in Fresh Grown Cooking for Kids, a seven-week-long cooking class, are arriving at the Corvallis High School teaching kitchen. They all receive a green apron once they have checked in; after ten minutes the last participant has arrived and the 24 enrolled students are ready to go.

Before they start cooking, Nova Elwood, our Nutrition Educator, teaches the students about energy balance and calories. She explains that calories are energy and our bodies need energy to function, just as cars need gas to run. She goes on to say that there are many different kinds of foods and they all give us different amounts of calories or energy. To illustrate this concept, she shows the children a donut and asks them to guess how many jumping jacks they would need to do to burn off the calories that the donut contains. The children start guessing, but Nova doesn’t want them just to guess; she asks them to start doing jumping jacks! Soon the children get tired. They are surprised to learn that
they would need to do 30 minutes of jumping jacks to burn off the calories of one donut, but it would only take five minutes of jumping jacks to burn off the calories from a whole bowl of raspberries.

Armed with their new knowledge, the junior chefs are ready to start cooking. Today they will bake pumpkin bars and mini quiches. Cooking supplies and ingredients are assembled at each cooking station, while excited chatter fills up the room. Soon delicious smells fill the kitchen, and the chefs are eager to taste their cooking creations. The pumpkin bars are done first, and, after giving them a few minutes to cool, everyone is ready to taste them.

**Fresh Grown Cooking for Kids** is a cooking class aimed at teaching children to prepare simple but healthy dishes that their whole family can enjoy. In each seven-week-long session, the young chefs explore new recipes that incorporate seasonal fruits and vegetables, many of them harvested in the Spartan Garden at Corvallis High School. Children not only learn how to prepare tasty dishes, they also learn about the importance of good eating habits, such as the health benefits of eating fresh fruits and vegetables and substituting whole-grain foods for refined-grain foods. Classes are led by the Healthy Youth Program’s Nutrition Educator, who encourages the young chefs to participate in all aspects of cooking, from reading the recipe, measuring and preparing, to cleaning up and tasting their delicious creations! Healthy Youth Program volunteers help ensure the cooking experience is safe and enjoyable for all participants by providing high adult to child ratios and promoting positive attitudes.

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### Why I Volunteer for the Healthy Youth Program

**By Anu Asnani, HYP Volunteer**

The Healthy Youth Program has been a remarkable experience for me and has confirmed my career aspirations to become a health promotion specialist. As a senior majoring in Public Health at Oregon State University, I dedicate my time to activities and programs that are related to health promotion. Volunteering for the *Fresh Grown Cooking for Kids* class has allowed me to gain hands-on experience in promoting healthy habits among youth populations and has given me the opportunity to develop relationships with the staff and children. Moreover, the program has enhanced my skills and broadened my perspective about the public health field.

The greatest reward during each cooking session is witnessing the children’s eagerness to learn. I am so intrigued by their enthusiasm to learn more than just basic cooking skills. Their active participation in varied discussions about nutrition and kitchen safety demonstrates how proactive they are in health awareness at such a young age.

As a mentor, I am privileged to provide knowledge to impact these children’s lives outside of the classroom. In turn, the *Fresh Grown Cooking for Kids* class has inspired me to pursue higher education to study behavioral methods and techniques, as well as to learn how to implement more wellness programs within the community.

I intend to continue volunteering for the Healthy Youth Program because of the significant impact it has made on my career aspirations and goals thus far. Furthermore, the difference the program makes in the Corvallis community is a reward in itself because it aims to provide optimum health through awareness and promotion.

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**[My kids] loved this program.**

*They loved the content and the people there. They tried things (veggies) and liked them!!! Thank you so much!*  

—Anonymous parent (from parent survey)

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“Since taking *Fresh Grown Cooking for Kids*, my daughter has become a competent cook and is independently making healthy food choices! Thank you!”  

—Chris McDonald (Parent of a *Fresh Grown Cooking for Kids* participant)
Cooking Classes at Community Outreach, Inc.

By Nova Elwood

Healthy children come from healthy communities. With this principle in mind, we have been working with several community organizations to provide nutrition education and cooking instruction to their clients. One of these organizations is Community Outreach Inc. (COI). COI offers temporary housing, health services, food, and counseling to people struggling with homelessness. Twice a month, Healthy Youth Program staff meets with COI residents to educate them on healthy eating and meal planning on a small budget. We prepare a meal together primarily using ingredients available to them in the COI food pantry.

The COI residents are also invited to participate in our grocery store tours. The objective of these tours is to teach COI residents to spread their food dollars and food stamps further while still planning nutritionally sound meals for their families. Learn more about our grocery store tours on page 10.

Fresh Grown Cooking at the Food Bank

By Samantha Kraft

Who doesn’t like a bowl of delicious hot soup on a dreary, rainy Corvallis day? This is the reason why we chose *Anything Soup* for our first recipe to use at the South Corvallis Food Bank, as part of our “Fresh-Grown Cooking” program.

We arrived in the mid-morning with a slow-cooker full of hot, prepared *Anything Soup*, ready for the clients to sample. As they waited for their turn to fill their shopping carts with food, we did a quick demonstration. We showed them how to easily and safely chop an onion and discussed the ingredients in the recipe. The food bank already had all of the ingredients, so our demonstration encouraged attendees to shop for the matching ingredients. The list included healthful items like squash, beans, kale, onion, tomato sauce, and brown rice.

The soup seemed to be enjoyed by all ages. An older gentleman even said, “I enjoyed this vegetarian soup even though I am an avid meat eater.” Food-bank volunteers and Healthy Youth Program staff helped the clients pick up the ingredients for the soup, as well as other food items they needed for the month. We answered questions about the *Anything Soup* recipe like how to substitute different foods for an even healthier option, as well as any general nutrition and diet questions. Overall, it was a great start to what looks to be a fun and meaningful collaboration between the Healthy Youth Program and the South Corvallis Food Bank.

Fruit Skewers with Yogurt Sauce

Enjoy this simple, delicious, and healthy recipe straight from our *Chefs in the Garden* program! It is an excellent source of vitamin C for a healthy immune system and strong bones.

**Ingredients**

- 1 20-ounce can pineapple chunks, drained
  (¼ cup juice reserved)
- 1 pound strawberries, leaves trimmed
- 3 cups green or red grapes
- 1 cup frozen raspberries, thawed
- 1 cup vanilla yogurt
- 12 bamboo skewers

**Directions**

1. Slide pineapple, strawberries, and grapes onto skewers.
2. In a bowl, mash thawed raspberries and mix with vanilla yogurt and pineapple juice.
Grocery Store Tours

By Kim Holmes

Thank you to our partners at the Grocery Outlet for supporting the Healthy Youth Program Grocery Store Tours. In November, about 35 participants and their families joined our HYP Nutrition Educators at the Grocery Outlet and learned to stretch their food dollars further, read food labels, and plan healthy, balanced meals for their families. We graciously thank the Corvallis Grocery Outlet for their generosity in hosting this event and the Grocery Outlet corporate office for providing $25 gift certificates to each participating family.

Brain Breaks: Classroom Fitness for Children

By Simone Frei

We are excited about our first exercise DVD for children—Brain Breaks: Classroom Fitness for Children. The goal of Brain Breaks is to provide elementary school-aged children with more physical activity breaks during their regular school day. The short segments of physical activity breaks are demonstrated by OSU Exercise and Sport Science students, OSU student athletes, and local school children, and they can all be done in a classroom setting. The content for Brain Breaks was filmed by OSU New Media Communications students in the KBVR Studio, a student-run television station on the Oregon State University campus.

We invited teachers in 42 elementary schools in rural, semi-rural, and urban schools in Oregon to pilot test Brain Breaks in their K-5 classrooms and to complete an anonymous survey about the DVD. Results of the surveys indicate that the exercise segments fit well into teachers’ classroom schedules and that the majority of the students like the exercises and participate with enthusiasm. Many teachers reported that they plan to use Brain Breaks several times during the school week, if not on a daily basis.

We are very pleased about the results of our survey and are hoping to produce a second exercise DVD, Brain Breaks Two, during the 2013/14 school year.

An Internship Leads to a Position at HYP

By Mary Kohl

Working as an intern for the Chefs in the Garden summer day camp and in Fresh Grown Cooking for Families has allowed me to gain professional experience with program development and implementation. I was involved in creating curriculum and teaching children and families aspects of a healthy lifestyle with a focus on gardening and growing healthy food. This experience allowed me to transition to a student worker position at HYP as a garden assistant. I now work at Lincoln Elementary School coordinating and caring for the Lincoln Elementary School Garden under the supervision of the Garden Manager, Candace Russo.

Working for the Healthy Youth Program has given me the opportunity to meaningfully apply the knowledge I have gained studying horticulture at OSU. I have been able to put food from the school garden into the elementary school cafeteria, and I have observed kids who are eager to garden and to eat what they harvest. It is truly rewarding to see how excited the kids are about eating this fresh produce!
The HYP Family Sharing Garden
By Candace Russo

Modeled after other successful community sharing gardens, the Healthy Youth Program is developing a Family Sharing Garden (FSG) for low-income residents in South Corvallis. Groundbreaking for the FSG is planned for Spring 2013 at Lincoln Elementary School, on land donated for use by the Corvallis 509J School District. The FSG will be an extension of the current Lincoln School Garden, to be used by Lincoln School students during the school day, and for families after school and on weekends.

Goals of the FSG project are to provide South Corvallis youth and families with increased access to fresh produce and hands-on opportunities to learn how to sustainably grow fruits and vegetables year-round, the health benefits of eating fresh fruits and vegetables, and how to incorporate fresh produce into daily meals. Food grown at the FSG will go directly to youth and families involved in the garden, with excess delivered to the South Corvallis Food Bank. Stay tuned for more articles about this exciting project in our next newsletter!

The 2013 Diet and Optimum Health Conference will emphasize dietary and lifestyle approaches to improving human health and preventing or treating disease, including dietary supplements, micronutrients, and antioxidants.

Saturday, May 18 is free and open to the public!
Please join us for a look at the cutting edge of nutrition research and an in-depth look at a whole foods approach to disease prevention. Topics for the public session include:

- Healthy dietary patterns in the prevention of breast cancer and metabolic syndrome
- Effects of whole grains and nuts on cardiometabolic syndrome risk factors
- Polyphenols and health—More than just a berry good idea
- An integrative, family-based approach to childhood obesity

For more information:
lpi.oregonstate.edu/conf2013/index.html

Thank You, Donors
How do the Healthy Youth Program’s projects grow? With the help of so many! The Healthy Youth Program would like to thank the following donors:

USANA Health Sciences
Joahn Facey
Starker Forests
Tim and Starleen Wood
Body of Health
Chiropractic and Wellness Center
Anne and Roy Hart
Ball Photography
Corvallis Clinic
Corvallis Sport & Spine PT
Footwise
Ham/Mock & Associates
Lois and Jim Rawers

Support the Healthy Youth Program Today!
A gift to the Healthy Youth Program is an investment in the health of children and their families, for today and for tomorrow. Your tax-deductible gift will support a healthier lifestyle for youth and their families by sponsoring scholarships to our educational programs for children of low-income families, by supporting our Fresh Grown Cooking classes, and our school garden projects. Your tax-deductible donation will support the gift of good health.

Gifts to the Healthy Youth Program can be made in several ways. If you would like to discuss a gift or sponsorship, please contact Kim Holmes by phone at 541-737-8014, or by email at: Kimberley.Holmes@oregonstate.edu

Gifts can also be made online by visiting lpi.oregonstate.edu/giving

Please be sure to designate Healthy Youth Program for your gift.
If you prefer, your check can be mailed to:
Healthy Youth Program - Linus Pauling Institute
307 Linus Pauling Science Center
Corvallis, OR 97331

Please make checks out to The OSU Foundation, with Healthy Youth Program, LPI in the memo line.

Endowments:
Gift in memory of Geoff Tomlinson to establish the Geoff Tomlinson LPI Healthy Youth Program Endowment

Grants:
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The Home Depot
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Western Interlock

Endowments:

Gifts to the Healthy Youth Program can be made in several ways. If you would like to discuss a gift or sponsorship, please contact Kim Holmes by phone at 541-737-8014, or by email at: Kimberley.Holmes@oregonstate.edu

Gifts can also be made online by visiting lpi.oregonstate.edu/giving

Please be sure to designate Healthy Youth Program for your gift.
If you prefer, your check can be mailed to:
Healthy Youth Program - Linus Pauling Institute
307 Linus Pauling Science Center
Corvallis, OR 97331

Please make checks out to The OSU Foundation, with Healthy Youth Program, LPI in the memo line.
Let’s Cook! Kid-tested Recipes for the Whole Family

Support your favorite young chef by purchasing their very own copy of our first cookbook, Let’s Cook!

This colorful and kid-friendly cookbook compiles recipes prepared by children who participated in an afterschool program we offered in collaboration with KidSpirit, a youth program at OSU, during the 2011/12 school year. Filled with tasty recipes and healthy tips, your young chef is sure to enjoy this book and will want to amaze you with the dishes they make!

To order your copy of Let’s Cook!, please send $9.95 (price includes shipping and handling) to the address below. Please be sure to include your name and address. We will ship your cookbook within a week!

HYP Staff:
Simone Frei, Manager
Candace Russo, Garden Manager
Nova Elwood, Nutrition Educator
Casey Bennett, Program and Intern/Volunteer Coordinator
Kim Holmes, Community Relations Coordinator
Yuritzy Gonzales, Bilingual Assistant
Mary Kohl, Garden Assistant
Samantha Kraft, Education Assistant
Dan Lovejoy, Garden Assistant
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