Greetings from the Healthy Youth Program Manager

By Simone Frei

This spring marks the fifth anniversary of the Healthy Youth Program! I am proud of how much we have accomplished in such a short time and that we have grown into a high-quality, comprehensive, and well-integrated youth and family program. This success would not have been possible without our dedicated team of seven staff members, five Oregon State University student workers, and many OSU student interns and volunteers, all of whom help us deliver our many programs.

Last winter we had to say farewell to Samantha Kraft, Yuritzy Gonzalez Pena, and Dan Lovejoy, who had worked with us for the past year. Samantha Kraft, a graduate student in OSU’s College of Public Health and Human Sciences, graduated this spring and accepted a clinical research position with the University of Colorado Cancer Center. Yuritzy Gonzalez Pena, also a graduate student in Public Health, has taken on a new position with OSU Extension Services in Marion County, and Dan Lovejoy, a horticulture student, has decided to pursue other job opportunities.

We welcomed five new student workers to our team, and I am pleased to introduce them to you. Cassidy Radloff, majoring in Public Health and Sustainability, with a minor in Nutrition, joined us last fall. She loves to cook and is committed to helping children and families adopt healthy eating habits. Cassidy has done an exceptional job helping us with our family and youth cooking classes, and we are excited to have her as part of our summer program staff.

Carmen Alzaga-Elizondo and Daniel Luvianos are both native Spanish speakers. Carmen is an undergraduate student in the College of Business, majoring in Business Administration. She is primarily involved with Healthy Sprouts on Thursday mornings, which is reserved for Spanish-speaking families. You will also see Carmen helping out with our garden events and cooking classes. Daniel is majoring in Sociology - Criminal Justice and has a minor in Spanish. He is helping us with Healthy Sprouts on Thursday mornings, the Spartan Garden, the Lincoln Garden, and with translations. We are very pleased to have both of them on our team – they are wonderful additions to our programs for Spanish-speaking families.

Sydney Henderson, an undergraduate student with a major in Natural Resources and a minor in Sustainability, just joined us at the beginning of March. She will help our garden team coordinate the
programming at the Linus Pauling Middle School, where we have been invited by the principal, Eric Beasley, to set up and coordinate their school garden and implement a school-wide garden program.

The newest addition to our program is Maddy Fisk who will fill in for Casey Bennett (our Program and Internship Coordinator) while Casey is out on maternity leave. Maddy has a Bachelor’s Degree in Comparative Sociology with minors in Politics & Government and Education and comes to us with a lot of experience working with youth. We are excited to have Maddy help us during our busy summer season.

Our school garden program has grown substantially over the years, and we now are coordinating three school gardens: the Spartan Garden at Corvallis High School, the Pauling Pride Garden at Linus Pauling Middle School, and the Lincoln Garden at Lincoln Elementary School. This allows us to work with many students from elementary through high school, and we hope to be able to make a lasting impact on their lifestyle and eating habits.

I hope you will have a chance to meet our talented student workers. We would love to see you visit us either in the Linus Pauling Science Center or in one of our beautiful gardens. In the meantime, please enjoy our newsletter, and – as always – feel free to contact me should you have any questions or suggestions!

Pauling Pride Garden:
A New Addition that Bridges the Gap
By Candace Russo

The Healthy Youth Program (HYP) is happy to announce the addition of the Pauling Pride Garden at Linus Pauling Middle School (LPMS) to our programs! This terrific garden plot and greenhouse has been well-maintained by Master Gardener volunteers for many years prior; the HYP garden team is thankful to have “inherited” such a loved space! We hope to continue working with interested volunteers and to maintain Plant a Row for the Hungry as a tradition in this garden space.

As the HYP continues to expand school programs at the Lincoln Garden (Lincoln Elementary School) and Spartan Garden (Corval-

Master Chefs:
Cooking Class and Competition
By Julie Jacobs

Have you ever wanted to participate in a cooking competition, similar to the ones you see on TV? Students in our newest class for middle school students—Master Chefs—will get to do just that! The first five weeks of class will be a hands-on learning experience as students cook and taste food from around the world. A different cuisine will be featured each week, introducing new ingredients and flavors. At the final class, students will have the opportunity to use their new knowledge and skills to create dishes of their own for a
cooking competition, complete with guest judges!

Youth in this class will not only learn about healthful cooking, but will also gain deeper knowledge about different cuisines from around the world. Our emphasis will be teaching the students how to cook within a cultural cuisine to create delicious, healthy dishes. Each week we will feature fresh produce, a variety of herbs and spices, and new cooking techniques. The class will also include guest speakers from different countries and even professional chefs. These presenters will share their recipes and bring added depth to our class.

*Master Chefs* is the newest addition to the HYP cooking and nutrition education program. We are thrilled to have the opportunity to work with local middle-school students!

**Family Sharing Program at the Lincoln Garden Takes Form**

By Amoreena Guerrero

This winter, 40 Oregon State University student volunteers helped with the “heavy lifting” to weed, build pathways, and construct garden beds through 120 hours of service! Thank you OSU students and professors for your dedication to this project! Through their efforts, the *Lincoln Garden* expansion project has transformed the space from a grassy field to a large garden space primed and ready to be planted and cared for by local families this growing season.

We kicked off on a blustery February day with the planting of snow peas and indoor plantings of more delicate crops like lettuce. Over spring break, a handful of families participated in the creation of a new herb spiral garden. Parents and children ages 3 to 14 shared in the experience, working together to lay bricks, fill soil, and gently plant new herbs. Especially memorable was how each parent shared the ways they use herbs at home with the rest of the group. Everyone learned something new and, in the process, created an amazing new garden feature that will be enjoyed by the entire community for years to come!

As we move more fully into the planting season, the garden will be open to families living in South Corvallis after school and on the weekends from April-October for exploration, story time, gardening, and community-centered dinners. In the first season of our Family Sharing Garden programming, our aim is to help families cooperatively grow over 500 pounds of fresh produce to be taken home free of charge and/or shared during our *Fresh Grown Cooking for Families* classes. This will be in addition to the hundreds of pounds of produce that will be used by our student and child-centered programs. Watch for a report this autumn on the program's progress!
Our Garden Manifesto

Soil to Seed to Plate

The garden is a place to...

Gather
Discover the connection between our bodies, our community, and the natural world
Satisfy our curiosity in nature
Learn how to think
Be mindful
Be joyful
Move your body.

Soil:
Return what is left to the earth
Cultivate Life
Experience the wonder of nature.

Seed:
Be led by discovery
Nurture growth
Be observant.

Plate:
Eat fresh from the garden
Share our meal together
Engage our senses.

Celebrate diversity in our soil, on our plate, and in our neighbors.

All Healthy Youth Program gardens will soon proudly display Our Garden Manifesto, a set of principles that guide our garden programs. With ideas inspired by other garden programs, our manifesto was written by Rebecca Fallihee, HYP Garden Educator. (Artwork by Candace Russo, HYP Garden Manager)
An Intern’s Experience at Healthy Sprouts
By Brandi Beko

I have had such an amazing experience interning with Healthy Sprouts, the Healthy Youth Program’s interactive learning class for pre-schoolers and their parents. I am a senior at Oregon State University, majoring in Human Development and Family Sciences. Interning with Healthy Sprouts the past six months has been a valuable part of my professional development and helped prepare me for my future career. My experience with Healthy Sprouts has provided me with the skills to interact with families and help them learn and implement healthy lifestyle habits. This program has also inspired and taught me how to integrate these healthy habits in my own life.

I have enjoyed seeing how eager the parents and children in the program are about cooking together. By participating in food preparation, the children are able to learn tangible skills that they can implement in their lives as they get older. Working with children in the kitchen has taught me patience and the importance of kitchen safety.

This internship has provided me with the unique experience working with families of different cultures. Although I do not speak Spanish, I have thoroughly enjoyed the time that I have spent with the Spanish-speaking families. It is very interesting to see how two groups of parents given the same ingredients can come up with such different meals. For example, I had no idea that there were so many different ideas about how to boil an egg!

I am so thankful that I got the chance to intern with Healthy Sprouts. I have enjoyed getting to know the families participating in the program, as well as the other interns and volunteers. I am excited to use the skills that I have learned as an intern and apply them to both my professional career and my personal life.

Healthy Youth Program intern, Brandi Beko, with participants at Healthy Sprouts. (Photo by HYP Staff)

Corvallis Half Marathon
By Rebecca Fallihee

While celebrating the cheer of the holiday season last December, the Healthy Youth Program staff began discussing our individual exercise goals and resolutions for the New Year. Each of us is committed to living a healthy, active lifestyle, and we each have our own version of active play. Gardening, walking the dog, hiking, family dance parties, Ki-Aikido, yoga, Zumba, soccer, exercise classes, horseback riding, and running are just a few of our staff’s favorite activities.

This year, we decided to challenge ourselves, as well as our coworkers at the Linus Pauling Institute, to take our activities a step further by running the Corvallis Half Marathon on April 13th. Except for pregnant and lactating staff, we each have spent many hours over the months in the early morning hours and late into the day doing track repeats, tempo runs, and logging those weekend long miles to get ourselves ready to achieve our race goals. We have scheduled and completed training runs around family time, kids’ school schedules, work, and all those other hobbies and activities we enjoy. We have even inspired family members to make their own running and race commitments.

On April 13th, after four months of preparation, we were finally ready for the course. We were also excited (and still are excited) to be able to model our Healthy Youth Program vision of embracing a healthy and active lifestyle for our community. Next year, we would love for you and your family to join us on race day. In the meantime, there are countless ways for your family to enjoy being active as part of a healthy lifestyle.

An impressive number of Linus Pauling Institute and Healthy Youth Program staff members demonstrated their healthy lifestyle choices by participating in this year’s Corvallis Half Marathon. (Photo by Jake Jacobs)

This year, [Healthy Youth Program staff] decided to challenge [themselves], as well as our coworkers at the Linus Pauling Institute, to take our activities a step further by running the Corvallis Half Marathon on April 13th.
Lincoln School Celebrates Food Day
By Amoreena Guerrero and Candace Russo

Food is an everyday part of life that often gets overlooked, but on October 24th at Lincoln Elementary School, food was a cause for celebration, because it was National Food Day! Food Day is a nationwide celebration and movement for healthy, affordable, and sustainable food (www.foodday.org). And how better to celebrate food on that chilly fall day than to cook up a hot pot of soup to share with family and friends? This is exactly what students, staff, and parents did at Lincoln Elementary School.

Designed by Amoreena Guerrero, HYP Garden Educator, the day’s event was based on the familiar children’s tale of Stone Soup. In the story, a traveler comes to a village and convinces the villagers to combine their food items to make a rich hearty soup for all to share. Only this time, it was Lincoln school students who turned locally harvested veggies into a delicious Fall Harvest Stone Soup and shared it with their families.

Amoreena’s vision came to life with the help of Rebecca Fallihee, HYP Garden Educator, and community partners including AnaLu Fonseca and Adejoke Babatunde from OSU Extension’s Nutrition Education Program, and Clara Baker, Food Corps member with the Corvallis Environmental Center. Thanks to everyone’s efforts, each class at Lincoln School was able to participate in the creation of the Stone Soup.

Students helped harvest, prepare, and add ingredients to the giant soup pots that simmered all day on hotplates. By the end of the day there was enough soup to offer all students and family members a taste. Veggies such as pumpkin, broccoli, kale, onions and garlic flavored the soup, and local barley was added for a hearty nutritional boost.

Produce for the soup was donated from local sources, including a harvest from the school’s very own Lincoln Garden, which is managed by the Healthy Youth Program. Other local produce was generously donated by the Corvallis Environmental Center’s Starker Arts Garden for Education, OSU Extension’s Nutrition Education Food Heroes Program, Camas Country Mill and The Barley Project of OSU.

This event helped to show that food can truly bring people together. It also demonstrated that when kids are involved in the harvesting and preparation of healthy food, they are more excited about not only eating it themselves, but also sharing it with others.

Lincoln Elementary School students help tear pieces of broccoli to add to their Stone Soup, in celebration of National Food Day. (Photo by HYP Staff)

HYP Newsletter - Spring 2014
Zesty Summer Rice Bowl

Basil and lemon make this dish a flavorful favorite. Olive oil and almonds are high in healthy unsaturated fats.

Ingredients

- 3 tablespoons olive oil
- 2 medium zucchini, chopped
- 1 ½ cups cooked brown rice, cooled
- 1 cup frozen shelled edamame, thawed
- ½ cup basil, finely chopped
- ½ cup slivered almonds
- juice and zest of 1 lemon
- ½ teaspoon salt
- fresh ground pepper, to taste
- ½ cup grated parmesan

Directions

1. Heat 1 tablespoon olive oil over medium heat.
2. Add zucchini and sauté 4 minutes, stirring frequently.
3. Mix remaining ingredients with zucchini in a large bowl.
4. Serve at room temperature or chill for later.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

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Vitamin A 8%       • Vitamin C 40%
Calcium 8%         • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.
Family-style dinners are prepared and shared at each class.

For dates, times, and registration information, please visit our website: lpi.oregonstate.edu/healthyyouth. We would love to see your children or your family at one of our programs this summer!

Brain Breaks 2 Update

By Casey Bennett

This school year, a group of six Oregon State University student interns have teamed up to create our next edition of Brain Breaks, an exercise DVD produced by the Healthy Youth Program. Students from a variety of different majors, including Public Health, Business Marketing, Sociology, and Exercise and Sport Science, were united by their belief in the importance of encouraging physical activity among children.

Throughout the fall and winter terms, students worked in small groups to create short activity breaks for elementary school students. Activities were pilot-tested in local classrooms before moving on to the filming phase in mid-March. As with our first edition, we are partnering with a team of New Media Communications students at OSU to film, edit, and produce Brain Breaks 2. We are so pleased that this project continues to operate almost entirely with student input and support—we act as facilitators, but it’s the students’ creativity that brings the project to life!

Brain Breaks 2 is currently wrapping up filming and will soon move on to the editing phase. Check our website for DVD sales starting this fall!
Thank You, Donors

Thanks to the generous help of our contributors, we have been able to grow and expand our programming to reach more youth and families. The Healthy Youth Program would like to thank the following donors for their support this fiscal year:

**SUSTAINING DONORS:**
USANA Health Sciences, Inc.
Joahn Facey
Maria and Charlie Tomlinson
Starker Forests, Inc.
Tim and Starleen Wood

Ham/Mock & Associates
Judith and Jim Youde
LPI Healthy Youth Program Fund
by Balz and Simone Frei
Ruth Ann and Lowell Young

**ENDOWMENTS:**
The Geoff Tomlinson LPI Healthy Youth Program Endowment

**GRANTS:**
Autzen Foundation
Corvallis Rotary After Five
Good Samaritan Regional Medical Center
Kiwanis Youth Services Committee
OSU Folk Club Thrift Shop
OSU Women’s Giving Circle
Spirit Mountain Community Fund

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 and providing support for our ongoing classes and school garden projects. Donations 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.

If you’d like to learn more about the Healthy Youth Program, we would be happy to provide a tour of our school gardens or meet to talk further.

Please contact Casey Bennett at casey.bennett@oregonstate.edu if you’re interested.
Thank you, community partners, for your collaborations!

- Corvallis Parks and Recreation
- OSU Extension
- YA-4H
- Willamette Neighborhood Housing Services
- Lincoln School
- Linus Pauling Middle School
- Corvallis High School
- Corvallis School District
- Benton County Health Department
- Ten Rivers Food Web
- Benton Soil & Water Conservation District
- Corvallis Sustainability Coalition
- First Alternative Co-op
- South Corvallis Food Bank
- Corvallis Environmental Center - Food Corps
- Southside Youth Outreach
- Community Outreach, Inc.
- Oregon Food Bank

Photo highlights from our programs...

Healthy Sprouts at the pumpkin patch, and apple tastings
Building the Lincoln Garden with families, students, and the community
Support the Healthy Youth Program While You Shop!

Attention Fred Meyer shoppers: support the Healthy Youth Program with your Rewards Card!

Fred Meyer recently announced that they will be donating $2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. So, if you’re a Fred Meyer shopper, please go online to link your card to the Healthy Youth Program! Here’s how:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to the Healthy Youth Program at www.fredmeyer.com/communityrewards. You can search for us by our non-profit number (82983).
- Then, every time you shop and use your Rewards Card, you’ll be helping the Healthy Youth Program earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.

Thank you for your support!

HYP Staff:
Simone Frei, Manager
Candace Russo, Garden Manager
Casey Bennett, Program and Intern Coordinator
Kara Olsen-Becerra, Nutrition Educator
Julie Jacobs, Nutrition Educator
Rebecca Fallihee, Garden Educator
Amoreena Guerrero, Garden Educator

Student Employees:
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Cassidy Radloff, Nutrition Education Assistant
Maddy Fisk, Program Assistant
Danny Luvianos, Bilingual Education Assistant
Carmen Alzaga, Bilingual Education Assistant
Godfrey Yeung, Web Design Assistant

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