

# FAMILY CONNECTION

Keeping you informed and engaged

JUNE 2024

## Community Events/ Resources

- WEDNESDAY, JUNE 19<sup>TH</sup>  
via Zoom 6:00pm -8:00pm

### Home Buying program

If interested, check in with your Family Advocate or Home Visitor for more details.



## Education

Community Action Marin is dedicated to ensuring a smooth transition from our Early Head Start and Head Start programs to TK and Kindergarten, supporting children's successful move from preschool to their next educational step. Our goals are as follows:

1. Promote continuity of learning and development by sharing relevant information between Head Start and TK/Kindergarten programs.
2. Empower families to actively participate in the transition process and advocate for their children's needs.
3. Assist parents and families in navigating school systems, including enrollment and accessing services, to facilitate meaningful interactions and partnerships.

Parents can begin preparing their children for a new program within CAM or for TK/Kindergarten at home. Discussing the transition, including fun activities and expectations in the new classroom, helps children understand the importance of social and emotional skills such as sharing space, taking turns, and asking peers and teachers for help.

Additionally, pre-literacy skills, like recognizing letters in the child's first name and practicing counting from 1 to 20, can be reinforced through play at home.



## Calendar

- **FRIDAY, JUNE 14<sup>TH</sup>, 2024, 5pm-9pm**  
**Consumer Protection Workshop**  
Pickleweed/Albert J. Boro Community Center  
50 Canal St,  
San Rafael, CA 94901
- **THURSDAY, JUNE 20<sup>TH</sup>, 2024, 3:30pm-6pm**  
**Clean Slate program**  
Pickleweed/Albert J. Boro Community Center  
50 Canal St,  
San Rafael, CA 94901  
*Find us in the picnic area*
- **SATURDAY, JUNE 29<sup>TH</sup>, 2024, 11am-2pm**  
**Fruit & Veggie Fest**  
3240 Kerner Blvd.  
San Rafael, CA 94901

## Featured Job Opportunities

### Community Action Marin is hiring a Line Cook!

Join the team that creates the healthy and delicious meals served across all our childcare sites and to our senior community.



## IN YOUR CORNER®

### Follow Us

@communityactionmarin



## Health and Safety

### PROTECT YOUR CHILD FROM LEAD EXPOSURE

Lead exposure occurs when a child eats or breathes in lead or lead dust. No amount of lead is safe. Even low levels of lead in a child's blood can cause learning and behavior problems. Children exposed to lead may not look or act sick, so the only way to know if there is lead in a child's body is to get them tested. Most children receive a blood test at ages 1 and 2 years, and some will receive a test after 2 years. A blood test is required at ages 1 and 2 years if a child participates in Medi-Cal.

If your child has not been tested, please reach out to your health-care provider.



**Sources:** Childhood Lead Poisoning Prevention Branch (CLPPB) (ca.gov)  
*Testing for Lead Poisoning in Children | Childhood Lead Poisoning Prevention | CDC*

## Nutrition

### THE WHOLE GRAIN WAY

Children, just like adults, need whole grains every day. Whole grains contain the entire grain kernel, which include the bran, germ, and endosperm. They are full of important vitamins and minerals, supporting growth and development. Examples of whole grains are whole wheat flour, cracked wheat (bulgar), barley, oatmeal, and brown rice.



Refined grains, on the other hand, have been processed, which removes the bran, germ, and several of the important nutrients. Examples of refined grains are white flour, white rice, and white bread. To get the benefits of grains, look for whole grain versions of common foods. Choose whole grain breads, pastas, cereals, and tortillas. Serve brown rice instead of white rice. Look for "whole" before the grain's name, or "whole grain" in the ingredient list. The whole grain should be first on the ingredient list (or second, after water). Only foods that are listed as 100% whole grains are considered whole grain foods.

**Sources:** USDA MyPlate Grains Group – One of the Five Food Groups  
*Whole Grains - HealthyChildren.org*  
*Whole Grains Make a Difference (azureedge.us)*

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **avocados**



## Health and Learning Success Go Hand-in-Hand

California grown fruits and vegetables are at their peak during the summer months. Eating nutritious foods like fruits and vegetables can help your child do better in school. Buy fresh, canned, frozen, and dried fruits and vegetables. *Harvest of the Month* can help your family learn about fruits and vegetables, how to eat healthy, and how to be active every day.

## Produce Tips

- Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
- Place unripe avocados in a paper bag for two days at room temperature.
- Store ripe avocados in refrigerator for up to one week.
- Cut lengthwise around the seed, twist open, and remove the seed.
- Rub lemon or lime juice onto cut avocados to avoid browning.

## Healthy Serving Ideas

- Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, baked potatoes, or salads.
- Mash avocados and spread on sandwiches instead of mayonnaise.
- Top scrambled eggs with diced avocados instead of cheese.

For more ideas, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## AVOCADO TORTILLA SOUP

Makes 8 servings. 1 cup per serving.

Total time: 30 minutes

### Ingredients:

- 3 (14-ounce) cans low-sodium chicken broth
  - 2 (10¾-ounce) cans low-sodium condensed tomato soup
  - ½ bunch cilantro, leaves only
  - 3 cloves garlic, finely chopped
  - ½ teaspoon ground black pepper
  - 1 ripe avocado, peeled, pitted, and chopped
  - 8 corn tortilla chips, crumbled
1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic, and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
  2. Cool slightly, then purée small batches in a blender.
  3. Return to pot and add avocado. Heat thoroughly.
  4. Serve warm or chilled. Sprinkle with crumbled tortilla chips.

*Nutrition information per serving:*

Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

## Let's Get Physical!

- Make plans for you and your child to ride your bikes to work and school.
- If riding bikes to work or school is not possible, plan a bike ride in your neighborhood or other safe route.
- Let each family member pick one new game or activity each week that your family can try together.

For more ideas, visit:

[www.bikeleague.org](http://www.bikeleague.org)

## Nutrition Facts

Serving Size: ½ cup avocado, sliced (73g)

Calories 117      Calories from Fat 89

	% Daily Value
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 2%

## How Much Do I Need?

- A ½ cup of sliced avocado is about one cupped handful.
- A ½ cup of sliced avocado is a good source of fiber, vitamin C, vitamin B<sub>6</sub>, folate, potassium, and vitamin K.
- Avocados are also a good source of monounsaturated fat, which is a healthy fat your body needs.
- Monounsaturated fat is an oil that helps lower the “bad” cholesterol in your body and may help raise the “good” cholesterol.
- Healthy fats can be found in canola oil, nuts, olives, olive oil, and some cold water fish varieties (salmon, canned light tuna, rainbow trout, cod, halibut).

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Then, make a list of everyone's favorite fruits and vegetables. Add these to everyday meals and snacks to help your family get the recommended amount of fruits and vegetables every day.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

# Protect Your Child from Lead



**Lead can hurt your child.**

Lead poisoning can make it hard for children to learn, pay attention, and behave. Most children who have lead poisoning do not look or act sick.

**Take these steps to keep your family safe from lead.**

## Lead Inside and Outside Your Home

Keep lead dust and dirt from spreading in the house by wet washing surfaces like windowsills and floors often and removing shoes before entering your home.



Keep furniture away from paint that is chipped or peeling. Move cribs, playpens, beds, and high chairs away from damaged paint. This helps keep lead in paint chips and dust away from your child.

Never sand, dry scrape, power wash, or sandblast paint unless it has been tested and does not have lead in it. The use of lead-based paint was not banned until 1978.



Lead can get into your water from lead-lined or galvanized pipes. To reduce risk of lead in water, let water run until it feels cold before using it for cooking, drinking, or baby formula (if used). If water needs to be heated, use cold tap water and heat it on the stove or in a microwave.



Lead air emissions from sources like leaded aviation gas, factories, and the past use of lead in gasoline may be in the air or dirt around your home.

Consider using air purifiers with a HEPA filter. Cover bare dirt outside where your child plays with grass or other plants, bark, gravel, or concrete. This keeps lead in the dirt away from your child.



If you work with lead, change out of work clothes and shoes, and wash up or shower before getting in a car or going home.

Lead is in many workplaces:

- Painting and remodeling
- Radiator repair
- Battery recycling
- Shooting ranges



Ask your employer if you work with lead. Children can be poisoned from lead dust brought home on skin, hair, clothes and shoes, and in the car.

## Lead in Things You Buy and Use

Avoid using water crocks or dishes and pots that are worn or antique, from a discount or flea market, made of crystal, handmade, or made outside the USA unless they have been tested and don't have lead.



Keep jewelry away from children. Some jewelry has lead. Even items marked "Lead Free" can have lead in them.

Talk to your doctor before using imported products that can have lead in them such as:

- **Home remedies:** brightly colored powders for stomachache or other illnesses
- **Make-up and ceremonial powders:** Kohl, Khali, Surma, or Sindoor
- **Food or spices:** like chapulines or turmeric

These items have lead in them — keep them away from your child:

- Lead fishing sinkers
- Lead bullets
- Lead solder



## Taking Care of Your Child

Ask your child's doctor for a blood lead test at one and two years old if your child is in a program such as Medi-Cal, WIC, Head Start, or other similar programs. If your child is not in one of these programs, ask your child's doctor about their risk of lead exposure.



Do not let your child chew on painted surfaces or eat paint chips. Some old paint has lead in it. When paint gets old, it breaks down into dust. This dust spreads all around your home.

Wash your child's hands and toys often.

Always wash hands before eating and sleeping. Lead dust and dirt can stick to hands and toys that children put in their mouths.



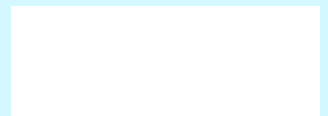
Feed your child healthy meals and snacks every day. Make sure to give your child fruit and vegetables with every meal, and foods that have:

- **Calcium:** Milk, yogurt, cheese, soy milk, spinach, corn tortillas
- **Iron:** Beef, chicken, eggs, turkey, dried beans, iron-fortified multi-grain cereals, tofu, collards, kale, mustard greens
- **Vitamin C:** Oranges, tomatoes, limes, bell peppers, berries, papaya, broccoli



Calcium, iron, and vitamin C help keep lead from hurting your child.

For more information, visit [www.cdph.ca.gov/programs/CLPPB](http://www.cdph.ca.gov/programs/CLPPB) or contact:



<sup>1</sup>WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children

