

# FAMILY CONNECTION

Keeping you informed and engaged

NOVEMBER 2024

## Community Events/Resources

**Join us at our Good Food for All event at our Old Gallinas Production Farm and Learning Garden on November 23 at 10am!**

Come see Community Action Marin's Production Farm and Learning Gardens. Hear from leaders and community members working hard to create a blueprint cross-generational access to nutritious, sustainable food. We are building a model of hope, resilience, and what it means to take care of one another. Be part of the change along with us!

> [camarin.org/event/good-food-for-all/](https://camarin.org/event/good-food-for-all/)

**Saturday, November 23**

**TIME:** 10am - 12pm

**LOCATION:** Production Farm at San Rafael (address provided upon RSVP)

**COST:** FREE & all are welcome!

## Education

We work hard to build strong language and reading skills, which are essential for your child's future success. You can help at home by reading together every day. Reading is not just about understanding stories; it also helps your child learn new words and ideas. When you read aloud and ask your child questions, you're helping them think critically about the story.



**Tip:** You don't need special books—anything you have works! Ask your child, "What do you think happens next?" or "Can you find the letter 'A' on this page?" Use different voices for the characters to make the story fun and engaging. If your child can't sit still, let them move around while you read. These simple actions make reading fun and help build their language skills!



## Calendar

- **NOVEMBER 28-29, 2024**  
**Holiday** (No School)
- **NOVEMBER 30, 2024**  
**No community harvest hours**

## (Cont.) Community Resources

**Community Action Marin's Food & Climate Justice Efforts.** At Community Action Marin, we believe everyone deserves access to healthy, culturally appropriate food grown in sustainable, ecologically sound ways. Despite Marin County's wealth, food insecurity is a daily challenge for many low-income families.

Over the past year, 1 in 5 families and 1 in 3 seniors have struggled to access nutritious meals. To address this, we've expanded our efforts through our Production Farm and Central Kitchen, providing healthy meals to children, seniors, and families in need.

To learn more, visit:

> [camarin.org/program/central-kitchen/](https://camarin.org/program/central-kitchen/)



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## Health and Safety

We have entered the start of influenza (flu) season, so now is the time to protect your family. The flu is a respiratory virus that affects the nose, throat and lungs. Symptoms can range from mild to severe, and at times can lead to hospitalization or even death.



The Centers for Disease Control and Prevention (CDC) recommends an annual flu shot for most people ages 6 months and older. Receiving the flu vaccine has been shown to reduce the risk of getting the flu and its potential complications. Reach out to your local pharmacy or your primary care provider to schedule a flu shot.

## Nutrition

Children often eat and drink too much added sugar in their diets. It is estimated that, on average, sugar makes up 17% of what a child eats each day! These sugars are added to foods and drinks during processing and preparation.



Too much added sugar in the early years is linked to obesity, high blood pressure, dental cavities, and type 2 diabetes. For children under the age of two years, avoid serving food and beverages with added sugar. For children aged two years and up, it is recommended to limit the amount of added sugars to less than 25 grams per day. You can find "Added Sugars" on the Nutrition Facts label on the food packaging.

**Sources:** 1) *Developing Healthy Habits With Less Sugar.* 2) *How to Reduce Added Sugar in Your Child's Diet: AAP Tips - HealthyChildren.org* 3) *Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents | Pediatrics | American Academy of Pediatrics*