

FAMILY CONNECTION

Keeping you informed and engaged

DECEMBER 2024

Community Events/Resources

Did you know the IRS estimates that over 20% of workers eligible for the Earned Income Tax Credit (EITC) don't claim it?

Community Action Marin is proud to host the Volunteer Income Tax Assistance (VITA) site again next year. This free service is available to individuals and families who earned less than \$64,000, helping you maximize your refund and claim all eligible credits.

More details will be posted on our website in January:

camarin.org/program/income-tax-assistance.

We're also looking for volunteers to join our team as tax preparers from February through April.

If you're interested or have questions, please reach out to Kristopher Budi:

KBudi@camarin.org.

Education

As we approach the winter holiday break, it's a great time to focus on building your child's social and emotional skills. These skills, like understanding feelings and making friends, are just as important as learning how to count or read. Over the break, you can support your child by talking about emotions and helping them express themselves in healthy ways. When children learn to name their feelings, they can better handle difficult situations.



Tip: A simple way to teach emotions is by doing a "feelings check-in." Each day, ask your child how they are feeling. You can ask, "Are you feeling happy, sad, or excited today?" If they struggle to find words, help them by sharing your own feelings, like, "I'm feeling happy because we're playing together." This teaches your child to understand and share their emotions, which builds empathy and strong relationships. We wish all families a wonderful holiday season and joyful time with your children!



Calendar

- **DECEMBER 10, 2024**
Parent Leadership Council Meeting
- **DECEMBER 23- JANUARY 1, 2025**
Holiday (No School)



(Cont.) Community Events/ Resources

Join the Fall Harvest at Community Action Marin's Old Gallinas Site!

Coffee, gardening, fun, & harvest.

December 7 & 14
Time: 9am - 12pm



IN YOUR CORNER®

Follow Us

@communityactionmarin



Health and Safety

Handwashing with soap and water is one of the most effective ways to prevent the spread of germs and to stay healthy. Proper handwashing reduces the risk of respiratory infections such as colds, and illnesses that cause diarrhea. For children, handwashing also reduces absences from school. Key times to wash include after using the restroom, when preparing food, before eating, and after sneezing, coughing, or blowing your nose.



The steps of proper handwashing:

1. Wet your hands with water.
2. Lather your hands with soap.
3. Scrub all surfaces of your hands for 20 seconds (the time it takes to sing the Happy Birthday Song two times).
4. Rinse your hands with water.
5. Dry your hands with a clean towel or air dryer.

Sources: *Global Handwashing Day | Clean Hands | CDC. Handwashing Facts | Clean Hands | CDC*

Nutrition

Many preschoolers do not get enough vegetables in their diet. Continue to encourage your child to eat a variety of vegetables, even if they refuse at first. It can take children 10 or more tries before they like a new food.



Other tips to encourage vegetables:

- **Eat together**
Let your child see you enjoying the vegetable.
- **Prepare together**
Have your child help prepare the vegetable for your meal.
- **Offer colors**
Choose different colors of vegetables to serve.
- **Have fun**
Make vegetables more interesting by reading a story about them or planting a seed and watching it grow.
- **Shop together**
Have your child help you select the vegetable, trying a new vegetable each week.

Sources: *Encouraging Vegetables*

Harvest of the Month



Network for a Healthy California

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



Health and Learning Success Go Hand-in-Hand

Students who get regular physical activity often perform better in the classroom. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a colorful variety of fruits and vegetables.

Produce Tips

- Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.

Helpful Hint: Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:

www.fruitsandveggiesmatter.gov/month/persimmons.html

Healthy Serving Ideas

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add to stir-fries.
- Add Hachiya persimmons to recipes like muffins, pies, and puddings.
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

PERSIMMON & SPINACH SALAD

Makes 6 servings. ½ cup per serving.
Prep time: 30 minutes

Ingredients:

- 1½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

Nutrition information per serving:

Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: www.lapublichealth.org/nutrition

Let's Get Physical!

- **In the morning:** Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
- **After school:** Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- **In the evening:** Unwind by doing stretches with your child.
- **On the weekend:** Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%

How Much Do I Need?

- Half of a medium persimmon is about a ½ cup of fruit.
- A ½ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
- Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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 to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

