



Spring 2019 Newsletter



January to May:

Healthy Lifestyle Coordinator visited 13 ASAP sites during Spring 2019. Her presentation focused on sodium and diversity, stereotype, and bullying. 1827 students were served from January 2019 to May 2019.



During the months of September to December, 12 sites completed 5 Taste and Learn activities. The recipes were: vegetable soup, peanut butter & banana toast, chocolate overnight oats, vegetarian quesadilla, and healthy green smoothie.

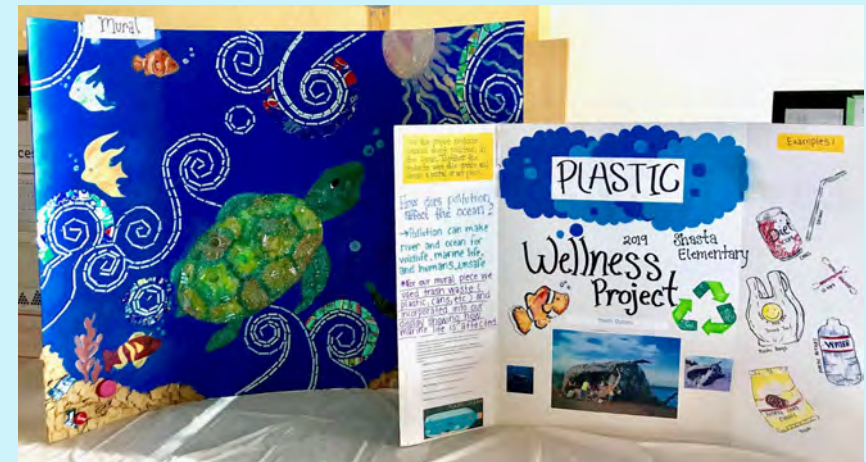
Lathrop Elementary had a Family Health Night in May and HLC attended Sequoia's Family Night. At both events, students made a smoothie using the Blender Bike.



3-8th grade students completed 6 days of Fitness Challenge during the month of April. The exercised were: squats, jumping jacks, and toe touches.

Wellness Competition was completed by 12 ASAP sites. The topics selected by sites were plastic in the ocean and importance of sleep. The winner for Spring 2019 was French Camp and their project focused on plastic in the ocean.

Shasta



Ripon



French Camp

