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# Paso Robles

MAGAZINE

## Merry Christmas Paso Robles!



### Wellness Kitchen practices "Eat a Rainbow"

By Millie Drum

If Sustainable Santa says so...it must be true! One of Santa's Food Rules is to "Eat the Rainbow!" - good news for parents and kids in the North County. The Wellness Kitchen instructor, Terri Knowlton, is teaching how to "Eat a Rainbow" on Friday, December 11 from 3:30 to 5:30 p.m. Class includes a demonstration, hands-on assembly of the recipe, tastes, nutritional information and take-home recipes.

With enjoying the fresh, colorful food, Terri will also teach the kids to be grateful for the farmers who till the land and for the sun and rain that nurtures the crops. A series of Children's After School Cooking Classes are planned for 2016.

Santa's other Food Rules are practiced by The Wellness Kitchen too! The class-



Kids prepare to "Eat a Rainbow" at Wellness Kitchen spread.

es encourage kids to follow Santa's guidance and learn to "Be Responsible for Cooking Dinner" and "Plant a Garden." Every meal should be a special time for the family, whether it's in the preparation or all sitting down at the table. The meals prepared at The Wellness Kitchen use fresh, wholesome produce

from local sources and Farmers Markets. A series of *Children's After School Cooking Classes* are planned for January, February and throughout the year. Watch [thewkrc.org](http://thewkrc.org) for times and dates.

As Sustainable Santa and Mrs. C. make their way to Paso Robles next year, we sure hope they stop at The Wellness Kitchen to see the educational programs designed to break cycle of eating fast, junk and processed food for kids and their families! Eating a rainbow, cooking for your family and growing your own garden can be fun!

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# Sustainable Santa® brings the recipe for life-long children's health to Paso

By Helen Nielsen

Last year, on his visit to Paso Robles, Sustainable Santa® applauded the creativity found here. Everything from the Kids Art Smart effort headed by Sasha Irving at the Studio on the Park; and heart healthy baked goods conjured up at Rosemary Hawthorne's "Bless Your Heart Bakery"; to the exemplary efforts at sustainable agriculture practiced at Stacked Stone Cellars and Calcareous Vineyards.

This year his message deals with how to get the children to "buy into" a lifetime of healthy eating.

His visit to Paso coincided with an almost two month long road trip matching up members of the "Real Santa's United to end Childhood Obesity" with Farmers Markets all over the State. Among the supporters of his efforts is a group of courageous and concerned Doctors at the UC San Francisco Med School, headed by Dr. Robert Lustig, who directs the Pediatric Endocrinology Program there. To see the interesting chronical of Santa's efforts, go to the Institute for Responsible Nutrition's (IRN) website: [www.responsiblefoods.org/](http://www.responsiblefoods.org/)

sustainable\_santa\_hits\_the\_road  
"It's a 5 step process," says S Santa. And the members of the Real Santa's United take the first two.

Beyond just providing the opportunity for taking that Holiday picture with Santa, the Farmers Market Santas give the kids and parents a card for the refrigerator containing the three "Santa's Food Rules" - designed to help them break the cycle of eating fast, junk and processed food. Then Santa sends the children into the Farmers Market looking for signs reading "Get a Santa's Garden Bite HERE." These are tastes of whole foods, fresh, raw or fermented made available by the Farmer-vendors. (See more program details on the website listed above)

**Step 3 "Eating the Rainbow."** Sustainable Santa® and the Real Santa's United to end Childhood Obesity, - a group he started three years ago - always tell the children to "eat the rainbow" of vegetables, but many parents don't actually know why or what that means.

The fact is that each color of a vegetable can provide a high level of different vitamins and minerals. Eat-

ing a combination of them can yield optimum health.

It's a fun experience with the kids to select fresh veggies at the Farmers Market. They love the bright colors and you can create a game where you try to select and eat as many red things one day - orange things the next and so on. Or, you could shop for veggies of your child's favorite color - all making farmers marketing and eating healthy more fun for them (see related Rainbow story on page 38).

**Step 4 is to make the child responsible for cooking the dinner** - at least one day per week. For Elementary ages the parent will have to help them. But by Middle School, they should be able to do it on their own.

That will get them started thinking about what they like and how to cook it. Soon they will be thinking about recipes - and that will help them think about what to shop for at the Farmers Market.

In the Days 17-19 Chronical on



the IRN web site there is a fascinating report of how all of this has been tied into the curricula at the Martin Luther King Jr. Middle School in Berkeley's "Edible School Yard" program which every child in every grade participates in. It is truly a model for all Middle Schools.

**Step 5 is to help the child plant a garden.** Even if it is just a few large pots on your balcony or front porch, it is important that they see the seed become a plant and that the plant produces food to eat. Again, picking the colors you want to grow can be part of the fun.

Sustainable Santa and Mrs. C can't wait to see what they find in Paso Robles the next time they are in town. Merry Christmas, everyone!



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