

UC CalFresh Weekly Update

December 9, 2013



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Upcoming Events & Deadlines

DECEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

12/9: FFY 2013 Final Report Revisions due to the State Office

12/16: Register for the UC CalFresh-EFNEP Joint Statewide Training, Tour de California • Tools to Deliver Quality Nutrition Education

Dates: January 14-16, 2014

Location: UC Davis Conference Center

Link to Registration: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11651>



12/16: UC CalFresh Name Badge Survey

The UC CalFresh State Office will be coordinating the development of standardized name badges for the UC CalFresh Nutrition Education Program. Please use the survey link below to request your name badge.

Link to Survey: <https://ucanr.edu/survey/survey.cfm?surveynumber=11535>

12/17: UC CalFresh & EFNEP Town Hall Webinar, 12:30-2:00 PM

The next UC CalFresh Town Hall Meeting has been scheduled for Tuesday, 12/17 from 12:30-2:00 PM. The topic of the Town Hall will be the Healthier US School Challenge (HUSSC), presented by Elizabeth Moreno & Courtney Thornburg from the California Department of Education.

Webinar Information:

Webinar link: <https://fsnep.webex.com/fsnep/onstage/g.php?t=a&d=966088743>

Event number / Access code: 966 088 743

Event password: apple

Call-in toll-free number: 1-877-668-4490

12/24-12/25 & 12/31: Winter Holiday

4/28-4/29: 2014 CCLHDN Conference, San Jose, CA

The 2014 CCLHDN Conference will be held April 28-29, 2014 in San Jose, CA. For more information, please see the attached copy of the conference brochure and registration form.

Welcome New UC CalFresh Staff!

This new feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a short paragraph and photo to Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu.



Wendy West, Program Representative III, Program Manager, UCCE Central Sierra MCP (Amador, Calaveras, El Dorado, Tuolumne)

Wendy has been with UCCE for the past 7 years and has spearheaded training and collaborative efforts to promote school gardens, agricultural literacy and farm to fork efforts. Wendy holds a degree from Oregon State University in Food Science and Technology—and is very excited to put her education and experience to work as part of the nutrition team!





Articles & Research



Study Shows Strong Nutrition Education Can Lead to Healthier Food Choices by Supplemental Nutrition Assistance Programs (SNAP) Recipients

The Food and Nutrition Service (FNS) of the U.S. Department of Agriculture released a study providing clear evidence that well-designed nutrition education programs can lead to healthier food choices by participants in the Supplemental Nutrition Assistance Program (SNAP). The study, [SNAP Education and Evaluation Study \(Wave II\)](#), evaluated the impact of several nutrition education programs on fruit and vegetable consumption among low-income elementary school children and seniors. The study found that children participating in certain nutrition education programs increased their daily fruit and vegetable consumption at home by a quarter— to a third-cup, and were most likely to choose low-fat or fat-free milk. Participating seniors consumed about a half-cup more fruits and vegetables daily. “The results of this study reiterate the critical role of nutrition education and promotion in improving the healthfulness of SNAP purchases,” said Under Secretary Kevin Concannon. “USDA and our partners continue to explore a wide-ranging set of strategies that support families as they purchase, prepare and eat more healthy foods.” [Read full Press Release.](#)

California Center for Public Health Advocacy Announces 2013 Champions of Health Award Winners

The California Center for Public Health Advocacy announced the winners of its 6th annual *Champions of Health Awards*. They received many outstanding nominations and are pleased to recognize a set of leaders from throughout the state who work tirelessly to improve the health of Californians. We are very pleased to share **Patricia Crawford, DrPH, RD, Director, Atkins Center for Weight and Health, University of California, Berkeley is the recipient of the 2013 David Kessler Award for Extraordinary Contribution to the Public's Health**. This award recognizes a researcher whose visionary work has had an extraordinary impact on public health, particularly in relation to obesity and/or diabetes. Visit the [Award Page](#) to see the other winners in each of the six award categories.

Poll indicates Americans' eating habits are worse this year

Even before piling their plates high on Thanksgiving, Americans have been eating worse than in previous years, according to a newly released poll of more than 150,000 adults. Every day, Gallup and the health improvement company Healthways ask hundreds of Americans whether they ate healthy the day before. Healthy eating usually rises and falls month by month, with Americans eating a little worse in spring, better in late summer and much worse around November and December. But the survey found that in every month this year, Americans said they were eating worse than during the same months in 2012. For instance, only 63.4% of Americans surveyed this September said they were eating healthy, compared with 67.6% in September of last year. Gallup and Healthways also asked Americans about eating their fruits and vegetables: Fewer Americans said they were regularly eating at least five servings of fruits and vegetables compared with last year. The only exceptions were in March and October. [Read full article.](#)

Healthy Diet Fights Infection by Boosting Immune System

Cold and flu season may finally be in the rearview mirror, but that's no reason to let down your guard about protecting yourself against infections. And two recent studies suggest that you can improve your odds and boost your immune system by smart choices at mealtime. “These results are very encouraging and warrant further studies to provide evidence-based recommendations to increase consumption of fruits and vegetables,” says Simin Nikbin Meydani, DVM, PhD, director of Tufts' Human Nutrition Research Center on Aging and its Nutritional Immunology Laboratory. “It will be very interesting to determine if similar results can be obtained in younger subjects, who have a better functioning immune response than older adults.” In one new study, older adults who increased their fruit and vegetable consumption to at least five servings a day showed a significantly greater response to a pneumonia vaccine than those in a control group, according to a study published in the *American Journal of Clinical Nutrition*. Charlotte Neville, PhD, a co-author of the study, noted that this is the first [study] to show an immunity-enhancing effect from a “free-choice” mixture of fruits and vegetables. Previously, consumption of specific nutrients, such as vitamin E, carotenoids and vitamin C, has been associated with improved immune function. In a second study, older adults who improved their micronutrient status through their diet or by consuming a low-dose multivitamin reported fewer visits to the doctor or hospital over a six-month span; these findings were published in the *Journal of the American Geriatrics Society*. [Read full article.](#)

Few people read restaurant calorie information

More fast food and chain restaurants are posting calorie counts on their menus, but a new study in the [Journal of Public Health](#) suggests only one in three diners reads that information. The good news is, most consumers who do read calorie counts take them into consideration when deciding what to order. The new study was led by Holly Wethington from the National Center for Chronic Disease Prevention and Health Promotion, part of the Centers for Disease Control and Prevention in Atlanta, Georgia. She and her colleagues used the 2009 national HealthStyles survey, which assessed people's health-related attitudes, knowledge and behaviors. They analyzed responses from 4,363 participants about whether they had read calorie information at fast food and chain restaurants, and if they had, how they used that information. About 36% of people who saw calorie information at chain restaurants read it. Of them, 95% reported using the information at least sometimes. [Read full article.](#)



Education & Resources

For additional resources, please visit the UC CalFresh website: <http://www.uccalfresh.com/resources>

Fiscal Year 2015 USDA Farm to School Grant Request for Applications

USDA recently announced FY 2014 Farm to School Grant recipients via a press release by Agriculture Secretary Tom Vilsack. The press release is available [here](#) and a full list of FY 2014 awardees can be downloaded [here](#). USDA expects to release the next request for applications for FY 2015 Farm to School Grant funding in early 2014. In 2013, the application period for FY 2014 funds opened in early February and closed at the end of April. USDA anticipates a similar timeline in 2014. For more information, please visit the USDA's Farm to School Grants website: <http://www.fns.usda.gov/farmtoschool/fy-2014-farm-school-grant-awards>.



2014 California Conference of Local Health Department Nutritionists (CCLHDN) Conference, San Jose, CA, April 28-29, 2014

The 2014 Conference will be held in San Jose, CA and will feature the following and more! See attached brochure and registration form or visit <http://cclhdn.org> for more information.

- * Peer-to-peer roundtable discussions for CCLHDN members and staff to surface challenges in various public health arenas and support one another through brainstorming and dialogue
- * A new, dynamic format called "Ignite Talks" where members can present updates on their programs in 5 minutes and 20 slides
- * A review of current nutrition science
- * Attendance at a half-day, skill building session
- * Discussion of the California Wellness Plan in an interactive format
- * Take home huddles

Funding Opportunity: The 2013 Project Orange Thumb Online Grant, Deadline: December 15, 2013

Eleven (11) recipients will be chosen from this year's applicants—10 will receive \$5,000 in cash and tools to help support their goals of neighborhood beautification and horticulture education, and one (1) lucky applicant will receive a complete garden makeover! Apply now and help sow the seeds of community change! For more information, visit: <http://www2.fiskars.com/Community/Project-Orange-Thumb>.

Funding Opportunity: The Culinary Trust: Chefs move to school, Deadline: Ongoing

The Chefs Move to Schools Grant provides funds for culinary professionals to help our children eat right by teaching them about food, nutrition and cooking. Funds can be used from garden to table: culinary professionals may seek funding for any program that promotes health and wellness in schools. For example, the grant may be used to plant a garden, teach a class, promote or create a wellness program for students or parents or assist in creating a school curriculum that focuses on healthy eating. In order to qualify, the grant application must have the support of the school principal and, in some cases, additional school personnel. For more information, visit: <http://www.theculinarytrust.org/#!chefs-move-to-school>.

Funding Opportunity: Awesome Foundation's Food Chapter, Deadline: Open

The Awesome Foundation's Food Chapter is now taking applications for its \$1,000 microgrants to further food awesomeness in the universe. Apply at Awesome Foundation and submit under "Food" category. Every month, one microgrant will be given for an awesome idea about involving food, be it urban farming, food truck, receipt collects, pop-up cafes, or health. The more inventive the better. For more information, visit: <http://awesomefoundation.org/submissions/new>.

Funding Opportunity: OCIA Research & Education Micro Grants, Deadline: Open

OCIA International (Organic Crop Improvement Association) offers grants in the range of \$300 to \$1,500 for organic research, organic education, and other ideas supporting organic agriculture. Projects must benefit multiple producers, processors and/or consumers. There may be limitations on the number of grants given within any one region. For more information, visit: <http://www.ociaresearchandeducation.org/index.php/awards/micro-grants>.

Funding Opportunity: Simply Organic 1% Fund, Deadline: Open

The Simply Organic 1% fund supports and promotes the growth of organic and sustainable agriculture. They support research into organic production methods and crop improvement; educating farmers on organic growing techniques, certification standards and documentation; educating the public on the value of organic agriculture; developing projects that help organic farmers to be more efficient, produce better products, and add value to their products. Electronic applications may be submitted. For more information, visit: <http://www.simplyorganic.com/simplyorganic/ourvalues/applying.php>.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.com/weekly-updates>.

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