

UC CalFresh Weekly Update

August 18, 2014



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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.



Upcoming Events & Deadlines



AUGUST 2014

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						

UC CalFresh August Town Hall Webinar

The UC CalFresh State Office will not be hosting a Town Hall Webinar for the month of August. Please visit the UC CalFresh website: <http://www.uccalfresh.org/trainings/town-halls> for a schedule of upcoming Town Hall dates and topics.

- * September 16th Town Hall: FFY 2014 Final Report Overview
- * October 14th Town Hall: Implementation FFY 2015

Webinar information for future UC CalFresh Town Hall webinars will be forthcoming.

Confirmation of Receipt of Items

The UC CalFresh State Office is working diligently on placing orders for various nutrition education reinforcement items based on the survey we distributed in May 2014. E-mail notifications have been sent to each county providing the quantity of each item to be expected. Once your items have been delivered, please e-mail **Rolando Pinedo** at rgpinedo@ucdavis.edu to confirm receipt. Please remember that confirmation of receipt of items is **required** for accounting and auditing purposes.

9/19/14 Third Annual Northern California Farm to School Conference, Modesto, CA

The Third Annual Northern California Farm to School Conference will be held in Harvest Hall at the Stanislaus County Agricultural Center in Modesto, CA. There will be more opportunities for hands on learning. To register for the Conference, please visit: <http://ucanr.edu/survey/survey.cfm?surveynumber=13538>. Questions regarding the Third Annual Northern California Farm to School Conference can be directed to Terri Spezzano at tmspezzano@ucanr.edu.

9/23/14 SNAP-Ed Stakeholder Meeting, 9:30 AM–12:30 PM

The upcoming SNAP-Ed Stakeholder meeting was formally announced on the CDPH NEOPB website. A new NEOPB partner and stakeholder webpage has been created to house meeting information and resources. This meeting is applicable to all SNAP-Ed stakeholders, including but not limited to community organizations, food banks, nonprofit organizations, program contractors, and counties. Stakeholders may participate either by attending the in-person meeting or via webinar/teleconference. Please visit: <http://www.cdph.ca.gov/programs/cpns/Pages/EngagementandResource.aspx> for additional information including registration.

UC CalFresh Weekly Update: August 18, 2014

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cal fresh Nutrition Education

<http://www.uccalfresh.org>



UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2014 can be shared through the online data entry portal: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

"I personally learned that I can eat healthier without spending a lot of money, e.g., lentil soups, beans, vegetables and I feel lighter. Now I walk and exercise more. Nutrition is about giving life to your body."
—Plan, Shop, Save, Cook Participant, Santa Clara County

"I learn a lot. I learned about healthy snacks and foods. I learned new foods that I would have never thought would go together and they were actually good."
—Plan, Shop, Save, Cook Participant, Merced County



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

UC CalFresh Fresno County in Action!

UC CalFresh in Fresno County works with schools and community centers to provide a comprehensive approach to nutrition education. They aim to grow healthy families through direct education paired with environmental supports. View the photos below or [visit their blog](#) to get an idea of some of the activities they have participated in the last few weeks!



(Left) Nutrition educators, Tacu Vang and Evelyn Morales, provided information on MyPlate and engaged kids in a fun MyPlate matching game during the National Night Out event at Frank H. Ball in Fresno County.

(Right) Nutrition educators, Kaili Acosta and Nancy Zumkeller shared tip and tools to make healthy meals during a food distribution event in Orange Cove. UC CalFresh partners with the Community Food Bank to offer nutrition education at food distribution events.



UC CalFresh Nutrition Corners

The UC CalFresh State Office would like to see the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu.



UC CalFresh, UC ANR and UC Davis in the News!

Sen. Nielsen recognizes 100 years of UC extension, UCCE Tehama County

Working together for the community's benefit was the main topic of conversation Friday afternoon when State Sen. Jim Nielsen congratulated the University of California Cooperative Extension team in Tehama County. The passage of the Federal Smith-Lever act in 1914 established the foundation for Cooperative Extension throughout the United States. Nielsen presented a California Senate resolution recognizing the 100th anniversary of the University of California Cooperative Extension, and then sat down for several hours with staff to discuss challenges and changes in California agriculture as water supply and legislation making its way through the Legislature. Orchard Adviser and County Director Richard Buchner shared information about Cooperative Extension activities past and present as well as orchard production in Tehama and surrounding counties. [UC] CalFresh nutrition educator Darla Bandsma described youth nutrition programs that help elementary students make healthy food choices. [Read full article.](#)

Fresno State ag dean praises UC Cooperative Extension, UCCE Fresno County

Charles Boyer, the dean of Fresno State's Jordan College of Agricultural Science and Technology, wrote an op-ed for the Fresno Bee that applauds the contributions of UC Cooperative Extension as the organization celebrates its centennial anniversary this year. The story outlines the history of Cooperative Extension, from its origins in Congress' Smith-Lever Act of 1914, and its collaborative nature, involving federal, state and county governments. In particular, Boyer said the Fresno County UCCE "does a remarkable job engaging in the community to effect positive change." All aspects of Cooperative Extension enjoyed equal time: The nutrition education program, which is the largest in the state; the 4-H program; and the far advising efforts aimed at both small-scale and major farming operations. "I am proud of our university's long history of working with the University of California through the UCCE to serve our industry partners through research and education," Boyer wrote. [Read full blog article.](#)



Food Assistance Program Connects Low-Income Seniors with Fresh Farm Product

The 2014 Farm Act reauthorizes the Senior Farmers' Market Nutrition Program (SFMNP) with mandatory annual funding of \$20.6 million through fiscal 2018. The SFMNP provides low-income seniors—people age 60 and older whose household incomes are at or below 185 percent of the Federal poverty level—with coupons to buy fresh fruits, vegetables, and other local foods at farmers' markets, roadside stands, and community supported agriculture (CSA) programs. The SFMNP is a relatively young food and nutrition assistance program that began with a pilot program in 2001. The program operates through grants to States, U.S. territories, and federal recognized Indian Tribal Organizations (ITOs). State agencies, such as State Departments of Agriculture or Departments of Aging, and ITOs, issue coupons to eligible seniors. In fiscal 2013, 51 State agencies and ITOs received grants that provided 835m795 low-income seniors with SFMNP coupons. The benefit amount per participant is typically between \$20 and \$50 each year, although State agencies may also supplement the benefit level using State, local or private funds. SFMNP coupons allow the purchase of unprocessed fruits, vegetables, honey, and fresh-cut herbs, but exclude certain other products such as dried fruits, potted fruit or vegetable plants, cider, maple syrup, and molasses. State agencies also make nutrition and food preparation education, designed to encourage consumption of fresh produce, available to SFMNP participants. [Read full article.](#)

Foods prepared at home are less sodium dense than those from restaurants, but still above guidelines

Reducing sodium intake is a key recommendation in the 2010 Dietary Guidelines for Americans. Intake data from the 2007-10 National Health and Nutrition Examination Survey (NHANES) reveal that Americans age 2 and older consumed an average of 1,649 milligrams of sodium for each 1,000 calories eaten, compared to the recommended maximum of 1,100 mg per 1,000 calories. Foods prepared by restaurants, fast-food places, schools, and other away-from-home sources contain more sodium than foods prepared at home—1,879 mg per 1,000 calories versus 1,552 mg per 1,000 calories. Foods consumed at school cafeterias were found to be less sodium dense than foods eaten at restaurants and fast-food places, but higher than at-home foods. [Read full article.](#)

Farm-to-Fork University offers full courses in Sacramento

Sacramento is hosting its very first Farm-to-Fork University—a learning exchange for growers, producers and restaurant owners to promote products that are locally grown. Early Monday morning, General Produce, one of the sponsors of the event, began unloading watermelons at the Merchants Building on C Street. Watermelons are one of the many products that will be featured on the menu for Monday's classes. The focus will be on integrating locally grown products into restaurant meals. "Sacramento has always been a big valley for local growers," said Dave John, of General Produce, a wholesale producer that operates from Sacramento to the Oregon border. The Farm-to-Fork University event is geared toward restaurant industry professionals, but everyone is welcome to attend the free classes. [Read full article.](#)

Inside California's Food Revolution with Joyce Goldstein

In the world of cooking, Joyce Goldstein has seen it all. In addition to working as the chef of the groundbreaking Berkeley Institution Chez Panisse before going on to open the well-regarded SQUARE ONE restaurant in San Francisco, she also founded the California Street Cooking School, was the recipient of the James Beard Award for Best Chef in 1993, and received a Lifetime Achievement Award in 2005 from the Women Chefs and Restaurateurs group. And that's just the beginning of her accomplishments. Her new book, "Inside the California Food Revolution," looks at how California has changed the restaurant world over the past thirty years. Concepts like fusion cooking, farm-to-table, foraged menus, open kitchens, and putting women in positions of kitchen leadership all began in our great state. [Read full article.](#)

The New Face of Hunger

In the United States more than half of hungry households are white, and two-thirds of those with children have at least one working adult—typically in a full-time job. With this new image comes a new lexicon: In 2006 the U.S. government replaced "hunger" with the term "food insecure" to describe any household where, sometime during the previous year, people didn't have enough food to eat. By whatever name, the number of people going hungry has grown dramatically in the U.S., increasing to 48 million by 2012—a fivefold jump since the late 1960s, including an increase of 57 percent since the late 1990s. Privately run programs like food pantries and soup kitchens have mushroomed too. In 1980 there were a few hundred emergency food programs across the country; today there are 50,000. Finding food has become a central worry for millions of Americans. One in six reports running out of food at least once a year. In many European countries, by contrast, the number is closer to one in 20. [Read full article.](#)

Many kids don't have a realistic take on their weight

Nearly one-third of U.S. children and adolescents are obese or overweight, but many don't realize that they fall into that category. According to new government statistics, approximately 30% of children and adolescents ages 8-15 years (32% of boys and 28% of girls)—an estimated 9.1 million young people—don't have an accurate read on their own weight. About 33% of kids (ages 8-11) and 27% of teens (ages 12-15) misperceive their weight status, says the report from the National Center for Health Statistics. Based on data collected between 2005 and 2012 from more than 6,100 kids and teens for the National Health and Nutrition Examination Survey (NHANES), the report also finds: 42% of those classified as obese (48% of boys; 36% of girls) considered themselves to be about the right weight; 76% of those classified as overweight (81% of boys; 71% of girls) believed they were about the right weight; 13% of those classified as being at a healthy weight considered themselves too thin (9%) or too fat (4%). [Read full article.](#)

40 Percent of Americans Will Develop Diabetes, CDC Projects

Approximately two out of every five Americans will develop type 2 diabetes at some point during their adult lives, according to new U.S. government estimates. The ongoing diabetes and obesity epidemics have combined with ever-increasing human lifespans to increase lifetime risk of type 2 diabetes to about 40 percent for both men and women, said lead study author Edward Gregg, chief of the epidemiology and statistics branch in the division of diabetes translation at the U.S. Centers for Disease Control and Prevention (CDC). "We weren't necessarily surprised that it increased, but we didn't expect it to increase this much," Gregg said. "Forty percent is a humbling number." The odds are even worse for certain minority groups. Half of black women and Hispanic men and women are predicted to develop type 2 diabetes during their lifetime, the researchers reported. Results of the study were published online August 13th in *The Lancet Diabetes & Endocrinology*. [Read full article.](#)

Nearly 1 in 5 Americans Drinks at Least 1 Soda a Day: CDC

A new survey of American adults across 18 states finds 17 percent drinking at least one sugary soda per day, with rates varying widely across states. The report, from researchers at the U.S. Centers for Disease Control and Prevention, also found high levels of sweetened fruit drink consumption, with close to 12 percent of adults downing at least one serving daily. All of this is adding to increase caloric intake and widening waistlines, experts say. "I think most people still don't realize just how much sugar is found in these sugar-sweetened beverages," said Dana Angelo White, a registered dietitian who is a clinical assistant professor of athletic training and sports medicine at Quinnipiac University in Hamden, Conn. Better education about the poor nutritional content of sodas and fruit drinks might help turn this situation around, the CDC team said. [Read full article.](#)

Tulare County tops in U.S. agriculture

For years, Tulare County consistently held the No. 2 spot among the top agricultural counties in the United States based on sales farm goods and livestock. Then it was announced last year that Kern County had outdone Tulare County in sales in 2012, so Tulare County was bumped to third behind Fresno and Kern Counties, respectively. On Tuesday, it was Tulare County's turn to do the bumping after Kern County issued its 2013 crop report, revealing more than \$6.7 billion in agricultural sales that year. That put Kern ahead of Fresno County's \$6.4 billion in sales that year but well behind the more than \$7.8 billion in Tulare County sales. The last time Tulare County held the No. 1 slot was in 2001, when agricultural sales totaled more than \$3.4 billion. "Fresno, Tulare, Kern are the big boys," in terms of agricultural sales, usually in the \$5 billion to \$6 billion range, said Jay Van Rein, a spokesman for the California Department of Food and Agriculture. Fourth through seventh places usually are taken by Monterey, Merced, Stanislaus and San Joaquin counties, not necessarily in that order. As for Tulare County's No. 1 standing, "That's fantastic! That's good for Tulare County," county Supervisor Pete Vander Poel said Tuesday morning after hearing the news. He attributed the higher numbers in 2013—a record sales year for Tulare County—to the high diversity of farm goods produced. "We do very well across the board, and that helps us year end and year out," Vander Poel said. [Read full article.](#)



Education & Resources



USDA Food and Nutrition Assistance Research Database

Research dissemination is a key component of ERS's food and nutrition assistance research program. ERS maintains three electronic databases to ensure that its broad spectrum of research is available to the public in an accessible format for both technical and nontechnical audiences.

- **Research Reports & Articles Database**—Nearly 1,000 peer-reviewed reports and articles are available on food and nutrition assistance-related research conducted by ERS researchers or funded through ERS. Search the database by:
 - * Title, lead author, topic, year of publication, data set analyzed, and
 - * Exact word(s) or phrases contained in the publication's citation
- **Extramural Project Database**—All research projects supporting USDA's domestic food and nutrition assistance programs funded through ERS's extramural research programs are available. Search the database by topic, initial year of project, data set analyzed, and word(s) or phrases contained in the project's title.
- **RIDGE Project Summaries**—All completed projects that were awarded grants through ERS's RIDGE Program are available. Search the database by title, keyword, research center, initial year of project, and investigator.

The People's Garden Initiative

Secretary Vilsack began the People's Garden Initiative—named in honor of President Lincoln's description of USDA as the "People's Department"—in 2009 as an effort to challenge employees to create gardens at USDA facilities. It has since grown into a collaborative effort of over 700 local and national organizations all working together to establish community and school gardens across the country. The simple act of planting a garden can help unite neighborhoods in a common effort and inspire locally-led solutions to challenges facing our country—from hunger to the environment. People's Gardens vary in size and type, but all are required to have three components in common. They must benefit the community, in some cases by creating recreational spaces and in others by providing a harvest for a local food bank or shelter. They must be collaborative—that is, the garden must be created and maintained by a partnership of local individuals, groups, or organizations. And third, they should incorporate sustainable practices. The gardens might use compost or mulch made by participants. They might contain native plants or encourage beneficial insects. They also might exemplify water conservation, for instance, capturing rain in a barrel to water the garden. People's Gardens have expanded to all 50 states, three U.S. territories and eight foreign countries. They are located at faith-based centers, on federal leased or owned property, at schools and other places within the community. Search the People's Gardens Interactive Map to find out where the gardens are located. For additional information and resources, please visit: http://www.usda.gov/wps/portal/usda/usdahome?navid=PEOPLES_GARDEN.



Funding Opportunities from the American Heart Association and Robert Wood Johnson Foundation *Voices for Healthy Kids Program*

The American Heart Association and Robert Wood Johnson Foundation *Voices for Healthy Kids Program* has several different types of grant opportunities addressing six priority areas: smart school foods; healthy drinks; marketing matters; food access; active places; and active kids out of school. There is no deadline noted for these grant opportunities. For additional information, please [click here](#).

Webinar: Exploring the Movement to Healthy School Meals Through Farm to School, August 21, 2014, 2:00 PM EST

In addition to describing the movement to include local and regional foods in school meal programs, cultivate school gardens, and provide students with agricultural and food related experiential learning opportunities, this webinar, presented by Matthew Benson, PHD, will make the case as to why farm to school programs are an emerging best practice for healthy school meal programs. Join the webinar for an engaging discussion! To attend, visit: <https://connect.extension.iastate.edu/healthyschools>. Enter as a guest and you will be connected to the webinar. You can listen to the presentation through your computer speakers. For additional information, please visit: <https://learn.extension.org/events/1692#.U-jvrPldXuQ>.

8th Biennial Childhood Obesity Conference, Call for Proposals Deadline Extended to August 28, 2014

The Call for Proposals opened July 1, 2014 and the quality of submissions so far has been fantastic. There has been some requests for extension from potential speakers, and we want to make sure that everyone has a chance to have their proposal considered! Conference Planning staff has decided to extend the deadline until Thursday, August 28th, 2014 to allow 4 additional weeks to prepare and submit a proposal. Your contribution of knowledge, experience and resources will ensure conference attendees continue to receive high quality information they expect to see at the Biennial Childhood Obesity Conference. To view the submittal instructions, please visit: <http://childhoodobesity2015.com/index.cfm?pid=932>. Notification of accepted proposals is still scheduled for January 2015.

Save the Date! 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, San Diego, CA

Now in its 8th year, the Biennial Childhood Obesity Conference is the nation's largest, most influential collaboration of professionals dedicated to combating pediatric obesity. Nearly 2,000 attendees from across the country are expected to attend in 2015. Join us as we continue to share and discuss emerging research, best practices, community-based efforts and effective policy strategies that promote and sustain healthy eating and physical activity practices for children, adolescents and their families! For additional information, including submissions for a session proposal, and how to sign up to receive monthly e-newsletters and e-news alerts, please visit: <http://www.childhoodobesity2015.com/>.



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>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

