

UC CalFresh Weekly Update August 4, 2014



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UC CalFresh Website Updates

Research Articles of Interest Added to UC CalFresh Website

Research articles of interest have been added to the UC CalFresh website. Topics include: Articles on Youth; Adult; Policy, Systems, Environment (PSE); and many more. To view the research articles, please visit: <http://www.uccalfresh.org/publications/research-articles-of-interest>.

Updated NARFs and Teacher Enrollment Forms for FFY15 Available Online

Updated Nutrition Education Reporting Forms (NARFs) and Teacher Enrollment Forms for FFY 2015 have been posted on the UC CalFresh website. To view and download the forms, please visit: <http://www.uccalfresh.org/administrative/reporting-tools-workbook-1>.



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						

8/3-8/9: National Farmers Market Week

8/8/14: Q3 Reporting Tools Workbooks Due

FFY 2014 Q3 Reporting Tools Workbooks for UC CalFresh were returned on July 2nd. Due to the late return of the workbooks, the deadline for returning the Q3 Reporting Tools Workbook and Q3 documentation to the State Office has been **extended until August 8, 2014**. Please contact the UC CalFresh State Office if you have any questions related to your workbooks or the submission date.

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.

Evaluation Survey for the UC CalFresh & EFNEP Skills-Based Training Institute

Thank you for your attendance and participation at the UC CalFresh & EFNEP Skills-Based Training Institute in Stockton. Your input is very valuable in planning future meetings. Please take time to share your comments and suggestions by completing the evaluation survey: <http://ucanr.edu/survey/survey.cfm?surveynumber=13285>.

CDPH-NEOPB Nutrition Education Materials and Resources

The UC CalFresh State Office ordered materials and resources through the CDPH NEOPB Online Ordering System for each UC CalFresh nutrition education program. E-mail notifications were sent on Thursday, 7/3/14, listing the items expected to arrive for each program. These items have begun to ship and will be (or already have been) delivered to your county offices. In addition, each program will be receiving a DVD copy of the Champions for Change campaign which can be used at various events and programs.

Confirmation of Receipt of Items—PSSC Grocery Shopping Lists (English & Spanish) and UC CalFresh & MyPlate Folders

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. Counties who requested PSSC Grocery Shopping Lists (English & Spanish) and UC CalFresh & MyPlate Folders should have received shipping notifications on 7/29/14. Once your items have been received, please contact Lindsay Hamasaki (Hamasaki@caes.ucdavis.edu) to confirm receipt. Please remember that confirmation of receipt of items is **required** for accounting and auditing purposes.

UC CalFresh Weekly Update: August 4, 2014

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UNIVERSITY of CALIFORNIA
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>

*"Helped me make better choices in eating habits and improving my label reading. This has helped me eat healthier and taking care of myself during my pregnancy and for my children."
—Eating Smart Being Active Participant, Merced County*

*"My family and I learned that we do not eat a balanced diet, very few fruits and veggies and too much protein, sugar and salt. I have high blood pressure and high cholesterol, so we made changes, not just me but my whole family."
—Plan, Shop, Save, Cook Participant, San Joaquin County*



UC CalFresh in Action!

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

UCCE helps low-income Californians increase food security

From 2007 to 2009, during the nation's economic downturn, food insecurity in California's low-income adult population increased from 35 percent to 40 percent. These adults were not able to procure sufficient food to maintain a healthy diet for themselves and other household members. Food insecurity effects academic achievement, increases the risk of obesity and chronic disease and impairs mental health. A 2012 UCLA Health Policy Brief reported that 38 million low-income adults in California were food insecure and that rates were highest in low-income Spanish-speaking households and those with children. Although participation in federal food assistance programs has increased since 2007, many recipients experience food resource management challenges, lacking skills to maximize their food dollars to buy, prepare and store healthy foods. Providing low-income families with food education along with resource management skills can help improve the overall health and food security of the household. In 2011, UCCE nutrition advisors responded to the need for food resource management education by developing a four-lesson series called Plan, Shop, Save, and Cook (PSSC). UCCE CalFresh Nutrition Program educators began teaching the PSSC series statewide in 2011. During each one-hour lesson, participants learned and practiced skills to help them eat healthier on their limited budgets. Skill building activities included planning healthy meals based on the 2010 Dietary Guidelines for Americans, writing a shopping list for their menus, using food labels to select healthy foods and beverages, identifying the lowest cost product option by using unit pricing, and tasting easy to prepare, low-cost healthy recipes. Participants also learned about cooking and storage techniques to save time and avoid waste. [Read full UC Delivers story.](#)



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

Get an 'A' in back-to-school nutrition

During summer break, healthy food and fitness often take a long vacation. For many, the vacation is ending and it's time to do some homework. Study these back-to-school tips for the start to a healthy school year. If you follow a balanced diet and stay physically active, there's no way you can't get an 'A' in back-to-school nutrition!

- * Don't skip breakfast! Studies show children who eat breakfast perform better in school.
- * If you pack a homemade lunch for your children, include a good balance of fruits, vegetables, whole grains, low-fat or fat free dairy products, and lean meats and proteins.
- * Provide new options! Pack exotic fruits like kiwi or allow your child to pick a fun new fruit or vegetable at the grocery store. They are more likely to eat their lunch if they helped prepare it.
- * Reinforce cleanliness and remind your children to wash their hands before they eat or pack a moist towelette or hand sanitizer in their lunchbox.
- * Physical activity and exercise are important and help improve a child's health. Children should be active for at least 60 minutes a day, and adults need to be active for at least 30 minutes a day. Make exercise a family affair and get the physical activity everyone needs! Go for a weekend hike, walk the dog together, or ride your bikes after dinner.

[Read full blog article](#) for a quick and easy recipe for your child's lunch!

University of California Global Food Initiative

The quest to establish global food security and address related challenges of nutrition and sustainability has never been so important. A billion people—most of them in the developing world—suffer from chronic hunger or serious nutritional deficiencies. More than half a billion—primarily in industrialized nations—are obese. Against this backdrop, climate change and population growth fuel additional uncertainty and urgency. Recognizing that UC is uniquely positioned to play a leading role in addressing the related challenges of nutrition and sustainability, President Janet Napolitano, together with UC's 10 chancellors, launched the UC Global Food Initiative. The initiative will align the university's research, outreach and operations in a sustained effort to develop, demonstrate, and export solutions—throughout California, the U.S. and the world—for food security, health and sustainability. President Napolitano and chancellors from all 10 campuses are united in this goal. The initiative draws on UC's leadership in agriculture, medicine, nutrition, climate science, public policy, social science, biological science, humanities, arts and law, among others. Its focus is both external, such as how UC translates research into policy and helps communities eat more sustainably, and internal, such as how UC leverages its collective buying power and dining practices to create desirable policies and outcomes. For additional information about the Global Food Initiative, please visit: <http://www.ucop.edu/initiatives/global-food-initiative.html>.

Global food safety agreement signed by China and UC Davis

Officials from China's Northwest Agricultural and Forestry University in Shaanxi province, and the University of California, Davis today signed a memorandum of agreement that lays the groundwork for establishing the Sino-U.S. Joint Research Center for Food Safety in China. The signing ceremony was held in the city of Yinchuan, China, during a meeting between high-level officials of the U.S. Department of Agriculture and China's Ministry of Science and Technology. The Joint Research Center for Food Safety will promote international collaborative research and extension for food safety in China and the U.S. It will conduct research on global food safety-related policies; establish an international, high-level research platform for food safety research; propose solutions for hazards in the food-industry value chain; and develop models for implementation of international food safety standards and risk management. UC Davis and Northwest Agricultural and Forestry University will engage other research faculty from the U.S. and China in the new center. [Read full article.](#)



Agriculture Secretary Tom Vilsack Proclaims August 3-9 National Farmers Market Week

Agriculture Secretary Tom Vilsack has declared August 3 through August 9, 2014, “National Farmers Market Week.” Throughout the week, USDA will celebrate our nation’s thousands of farmers markets, farmers who make them possible and the communities that host them. The declaration was made via an official proclamation signed by Secretary Vilsack. This year marks the 15th Annual National Farmers Market Week recognizing the important role that farmers markets play in the agricultural and food economy. The U.S. Department of Agriculture began declaring National Farmers Market Week in 2000. “National Farmers Market Week is a great opportunity for farmers markets across the country to host special events to showcase all the tremendous services they provide,” said Secretary Vilsack. “Farmers markets play a key role in developing local and regional food systems that support family farms, and help grow rural economies. They bring communities together, connecting cities with the farms that support them and provide Americans across the country with fresh, healthy food.” Thousands of farmers markets across the country offer consumers fresh, affordable, convenient, and healthful products sold directly from the farm. They also offer additional market opportunities for local producers, especially smaller or newer operations. Farmers markets increasingly offer electronic benefits transfer technology that can be used by recipients of USDA’s Supplemental Nutrition Assistance Program—as well as low-income women, infants and children and seniors participating in the WIC and Senior Farmers’ Market Nutrition Programs—to get fresh, seasonal ingredients. Farmers market development is a cornerstone of the [USDA’s Know Your Farmer, Know Your Food Initiative](#), which coordinates the Department’s policy, resources, and outreach efforts related to local and regional food systems. Secretary Vilsack has identified strengthening local food systems as one of the four pillars of USDA’s commitment to rural economic development, along with production agriculture (including expanding export markets and improving research), promoting conservation and outdoor recreation opportunities, and growing the biobased economy. [Read full Press Release.](#)

Expanding the Summer Meals Program

Agriculture Secretary Tom Vilsack wants to expand a program that helps feed low income children when school is out for summer. More summer meals for more low-income children is Agriculture Secretary Tom Vilsack’s objective in expanding the summer food service program. “We set a goal and the goal is to increase overall the number of meals we serve nationally by 10 million. Last year we served around a 166 million meals. We had increased last year by 7 million over the preceding year,” said Vilsack. The Summer Food Service Program helps ensure that low-income children continue getting nutritious meals when school is out. Click on the photo to view a short YouTube video. For additional information please visit: <http://www.fns.usda.gov/sfsp/summer-food-service-program-sfsp>.



SNAP-Education can improve nutrition of low-income Americans across life span

Nutrition education in the Supplemental Nutrition Assistance Program (SNAP-Education) is designed to promote healthy eating behaviors in a low-income target population. In particular, SNAP-Education programming encourages participants to increase consumption of fruit and vegetables and switch to lower fat dairy products. With funding from the U.S. Department of Agriculture’s Food and Nutrition Service (FNS), RTI International independently evaluated eight programs that were selected as possible model SNAP-Education programs. RTI International’s evaluations used robust research designs (experimental or quasi-experimental), similar primary outcome measures across the studies, and statistical analyses to account for clustering of participants within settings. These evaluations found a significant effect in outcomes for four programs: one in child care settings, two in elementary schools, and one in senior centers, suggesting that SNAP-Education has the potential to be effective for some individuals across all age groups. Additionally, the study findings suggest that the maturity of the program (that is, experience in implementing the program over time) may make nutrition education more effective. Future studies should assess the longer-term effects on nutrition behaviors and sustainability of SNAP-Education programs for preschool- and elementary-aged children, adults, and senior citizens. [Read full publication.](#)

Report Documents State of Physical Activity in U.S.

More than 54 percent of children and teens in the United States have access to parks, playground areas, recreation centers, sidewalks, or other means of physical activity in their neighborhoods, according to the Centers for Disease Control and Prevention (CDC) State Indicator Report on Physical Activity, 2014. The CDC report also found that 27 states have adopted Complete Streets and 34 states provide guidance to school districts on walking or biking to and from school. [Read full article.](#)

Kids’ packed lunches often fall short of dietary guidelines

Packed lunches that children bring home are often missing the vegetables, milk and other healthy items recommended by the dietary guidelines, says a new study. More than 40 percent of U.S. kids bring their own food to school, but there have been very few studies of what kids have in their lunchboxes, the authors note. For the new study, they examined the lunchbox contents of 626 third and fourth graders who attended 12 public elementary schools in Eastern Massachusetts. “Most of the foods we saw were pre-packaged salty snack foods and sugary desserts—we saw much less fruits, vegetables and low-fat dairy,” lead author Kristie Hubbard told Reuters Health in an email. She is a researcher and registered dietitian at the Friedman School of Nutrition Science and Policy at Tufts University in Boston. “The findings highlight the challenges associated with packing healthful items and the opportunities for nutrition experts to help parents and kids pack lunches and snacks that are healthy, convenient, cost-effective and taste good,” Hubbard said. About 48 percent of the students in the study brought lunches from home, and 97 percent of those lunches included a snack, the researchers report in the *Journal of the Academy of Nutrition and Dietetics*. The most common lunch items were sandwiches, which were found in 59 percent of lunches. About 34 percent of lunches contained fruit and 11 percent had vegetables. [Read full article.](#)



Education & Resources



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/>.

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](#).

Growing and Funding Equitable Food Hubs: A Strategy for Improving Access to Healthy Food, August 14, 2014, 11:00-12:00 PM PDT

Food hubs have gained momentum as an innovative retail strategy to expand healthy food access in low income communities by creating direct linkages between food growers and producers to consumers. This webinar will explore the experiences of three organizations involved in the work of creating equitable food hubs in California, North Carolina, and the Delaware Valley region. Speakers will discuss lessons learned, strategies for success, resources, and important considerations for establishing an equitable food hub in your community. Presenters will highlight how their food hub operations are creating a more equitable and inclusive food system that values not only healthy food access, but also quality jobs, local economic growth, small business development, and sustainable agriculture and farmers. For additional information, please [click here](#).

We Can! Resources from the National Institutes of Health

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national movement designed to give parents, caregivers and entire communities a way to help children 8 to 13 years old stay at a healthy weight. Research shows that parents and caregivers are the primary influence on this age group. The We Can! national education program provides parents and caregivers with tools, fun activities, and more to help them encourage healthy eating, increased physical activity, and reduced time sitting in front of the screen (TV or computer) in their entire family. Visit: <http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/index.htm> to view the tools and resources that are available to parents, caregivers, community members and partners.



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.

Grow It, Try It, Like It! Now available in print!

Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate is a garden-themed nutrition education kit for child care center staff that introduces children to fruits and vegetables. The Kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm! It also has a CD-ROM with Supplemental Information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties. Each set of lessons contains: hands-on activities, planting activities, recipes, and nutrition education activities that introduce MyPlate. Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

For additional information on Grow It, Try It, Like It! including where to order print copies of the material, please visit: <http://tn.ntis.gov/>



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.

