

UC CalFresh Weekly Update September 8, 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



SEPTEMBER 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				

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.

9/1/14 Labor Day Holiday

9/16/14 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The September UC CalFresh Town Hall Webinar has been scheduled for Tuesday, September 16, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be **2014 Final Report Overview**, presented by the UC CalFresh State Office.

ReadyTalk Information:

Webinar Link: <https://cc.readytalk.com/r/4421dnd3ttrx&eom>

Security Passcode: apple1

Access Code: 7544137

Dial-In Number: 1-866-740-1260

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.

9/30/14 Last Day of FFY 2014

10/1/14 Q4 Reporting Tools Workbooks Due

FFY 2014 Q4 Reporting Tools Workbooks for UC CalFresh were returned on August 28th. The deadline for returning the Q4 Workbooks and documentation to the State Office is **Friday, October 17, 2014**. Please contact the UC CalFresh State Office if you have any questions related to your workbooks.



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>

"This class has really put a lot of food choices into perspective. I learned how to read labels and how to be on a budget to feed my family. I enjoyed this class and have gained a lot of tools that I will forever use. Thank you."

—Plan, Shop, Save, Cook Participant, Fresno County

"Ahora como mas vegetales y frutas, antes solo se los daba a mi familia. Tomo mas agua y me inscribe en un gym. Ya no consume tantas cosas fritas."

—Plan, Shop, Save, Cook Participant, Santa Clara County



Articles & Research



Presidential Proclamation—National Childhood Obesity Awareness Month, 2014

On August 29, President Barack Obama signed a proclamation designating September 2014 as National Childhood Obesity Awareness Month. Childhood obesity is one of the most urgent health issues we face in the United States. Nearly one in three American children are overweight or obese, putting them at risk for many immediate and long-term health problems—including high cholesterol, high blood pressure, heart disease, diabetes, and cancer. As a Nation, we have a responsibility to ensure our children have every chance to fulfill their potential, and that starts by providing them with the opportunities to make healthy choices. Recent data show progress is possible: obesity rates have fallen by 43 percent among children ages two to five years old. But we must remain committed to improving the health of kids of all ages. This month, we build on progress and raise awareness of the benefits of healthy eating and active living so our children can lead prosperous and productive lives. [Read full article here.](#)

Food Insecurity Among American Households—Surveying the Numbers

USDA's latest report on food insecurity in America shows the prevalence of food insecurity is down from a high of 14.9 percent of U.S. households in 2011 to 14.3 percent in 2013. This annual report takes a look at the number and types of households that had difficulty at some time during the year providing enough food for all their members due to a lack of financial or other resources. Back in 2007, about 11 percent of U.S. households were food insecure, but with the economic downturn in 2008, that rate had increased and remained relatively high. Given improvements in employment and other economic indicators, some have wondered why food security has been slow to improve. A recent study sheds light on this question. While unemployment declined in 2012 and 2013, inflation and the price of food relative to other goods and services continued to increase. These increases offset improvements in food security that might have resulted from the decline in unemployment. The USDA annual report also includes statistics on food insecurity in different types of households. In general, households with children have higher food insecurity rates than those without children. In 2013, one-in-five households with children were food insecure. Most parents try to protect their children from food insecurity, to the extent they can. So in about half of these food-insecure households, only adults were food insecure. [Read full article here.](#)

Creative Solutions to Ending School Food Waste

Americans waste enough food every day to fill a 90,000 seat football stadium. Approximately one-third of all food is wasted at the retail and consumer levels. While research has shown that food wasted by children is similar to the rest of the U.S. population, there are many ways schools can reduce food waste and teach students about the impact it has on the environment and in their community. At Chesterbrook Elementary School in McClean, VA, every student learns how to separate waste into categories like recyclables, food to be donated, upcycling bins, and general trash. The school's Eco Team, run by sixth graders, ensures their fellow students are putting waste into the correct bin. The team then collects, weighs, categorizes, and places the food to be donated into separate refrigerators, provided by the Food Bus, a non-profit organization that works with schools to donate food that would otherwise go to waste. At the end of the week, PTA members or community volunteers deliver the food to the local food pantry. In the 2013-2014 school year, the 12 schools that work with the Food Bus provided 13,502.6 pounds of food to their local food pantries. These donations included packaged peanut butter and jelly sandwiches, bananas and apples, yogurt, string cheese, containers of apple sauce and sliced peaches, granola bars, and cartons of milk. The milk is especially welcome by food pantries since they lack other reliable sources for the product. [Read full article here.](#)



Quality of U.S. Diet Improves, Slightly

The quality of Americans' diets has improved somewhat but remains poor overall, and dietary disparity between the rich and poor is growing, a new study shows. "The study provides the most direct evidence to date that the extensive efforts by many groups and individuals to improve U.S. dietary quality are having some payoff, but it also indicates that these efforts need to be expanded," study author Dong Wang, a doctoral student in the department of nutrition at the Harvard School of Public Health (HSPH), said in a Harvard news release. "The overall improvement in diet quality is encouraging, but the widening gap related to income and education presents a serious challenge to our society as a whole," study senior author Walter Willett, chair of the department of nutrition at HSPH, said in a news release. The new information came from data on more than 29,000 adults—aged 20 to 85—who took part in the 1999 to 2010 National Health and Nutrition Examination Surveys. The quality of their diets was rated from 0 to 110, with a higher score indicating a healthier diet. The participants' average dietary score rose from nearly 40 in 1999 to 2000 to almost 47 in 2009 to 2010. More than half of that improvement was due to people consuming fewer trans fats, according to the HSPH researchers. Other beneficial changes in Americans' eating habits included increased consumption of whole fruit, whole grains, nuts, legumes and polyunsaturated fats, and reduced intake of sugar-sweetened beverages. However, people are not eating more vegetables and haven't reduced their consumption of red and/or processed meat. Also, their salt intake has increased, a finding the researchers called "disconcerting." [Read full article here.](#)

The State of Obesity: Better Policies for a Healthier America

Trust for America's Health and the Robert Wood Johnson Foundation released their 11th annual report of annual rates and rankings of adult obesity, The State of Obesity: Better Policies for a Healthier America. This year's report includes a study of racial and ethnic disparities in obesity rates, including a series of in-depth interviews with public health experts in Black and Latino communities. In addition, the report features obesity rate trends by region, age, gender, education and income, and a feature on obesity in early childhood. It also reviews existing policies and issues high-priority recommendations for making affordable health foods and safe places for physical activity available to all Americans. For more information, please visit: <http://stateofobesity.org/>

Articles & Research (continued)

EFNEP FFY 2013 National Impact Report

The FY 2013 Expanded Food and Nutrition Education Program (EFNEP) Impact Report and National Data Report are finally complete and available on the USDA National Institute of Food and Agriculture website. To view the EFNEP Program Impacts, please visit: <http://www.nifa.usda.gov/nea/food/efnep/impacts.html>.



Education & Resources



Webinar: Using Teams Effectively: Strategies For Leveraging Committees To Do More, September 9, 2014, 1:00 PM PDT

In Collaboration with Ag Innovations Network, Roots Of Change is offering a webinar on September 9, 2014 on Using Teams Effectively: Strategies for leveraging committees to do more. Food policy councils, alliances, and coalitions who can effectively deploy action-oriented teams and committees can increase their impact in the community and more quickly achieve their goals. This Salon will explore how to create flexible, autonomous, and motivated committees that know how to leverage the wisdom of the full group and efficiently and effectively get work done. To register for the webinar, please visit: <https://cc.readytalk.com/cc/s/registrations/new?cid=i0y6ttb1qmn>.

“Processed Foods: Separating Fact from Myth” Webinar sponsored by Nutrition Education for the Public (NEP), September 30, 2014, 1:00-2:00 PM CDT

Do you have clients who avoid processed foods to eat healthier? Lose weight? Eat “greener”? In recent years few categories of foods have been criticized as extensively and frequently as processed foods. But what concerns about processed foods are legitimate and which are overstated or misrepresented? In this 60-minute webinar sponsored by the Nutrition Education for the Public Dietetic Practice Group of the Academy of Nutrition and Dietetics, you will be given the tools needed to separate the facts from the myths about processed foods and consider their place as part of recommended eating patterns. Talking points about processed foods targeted to consumer audiences as well as professional colleagues will be shared. **The costs associated with this webinar are as follows: \$15 for Academy members; \$10 for students; \$25 for non-Academy members; free of charge for NEP members.** Approved for 1 hour CEU. To register for the webinar, please visit: www.eatright.org/dpgevents.

Walk to School Day is October 8th!

International Walk to School Day is an annual event celebrated on October 8, 2014, with over 1,200 California schools planned to participate this year. Many schools choose to extend this event into week or month-long activities throughout October. With just 13% of children walking and biking to school, compared to 48% thirty years ago, along with California childhood obesity rates at 38%, Walk to School programs aim to increase the number of children safely walking and biking to school. To register a Walk to School event, in order to be counted and included in a nationwide database, visit www.walkbiketoschool.org. Visit California's Walk to School Headquarters' website at www.caactivecommunities.org/w2s. If you are looking to start a Walk to School program, the California Department of Public Health, Safe and Active Communities Branch will be hosting a free webinar, “Walk to School 101” on **Friday, September 12, 2014, from 10:00 AM to 11:30 AM**. Space is limited, so register soon at <https://www3.gotomeeting.com/register/373560686> to learn the basics, hear success stories and activities, and how to access free downloadable tools and resources to create a successful event. For more information, contact Jeannine Barbato at Jeannine.barbato@cdph.ca.gov or 916-552-9854.

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/>.

Twitter Chat in Observance of Childhood Obesity Awareness Month, September 9, 2014, 2:00 PM EST

You are invited to join the National Collaborative on Childhood Obesity Research (@NCCOR), the Eunice Kennedy Shriver National Institute of Child Health and Human Development (@NICHD, NIH) and the National Cancer Institute (@theNCI) for a #childobesitychat on Tuesday September 9th. They will discuss risk factors, research, and promising strategies and direct you to valuable resources. To register for the Twitter chat, please visit: <http://twitvite.com/childobesitychat>.

Food Safety 101 Webinar Series: Bringing Food Safety To Your Kitchen

Food poisoning is a serious public health threat. CDC estimates that approximately 1 in 6 Americans (or 48 million people) could suffer from food poisoning illness this year, resulting in roughly 128,000 hospitalizations and 3,000 deaths. This September, to celebrate Food Safety Education Month, the U.S. Department of Agriculture (USDA) Food Safety Inspection Service (FSIS) will help get the word out about important safety tips and tools to combat foodborne illness by hosting a free two-part webinar series: “Food Safety 101”. The series will be hosted by FSIS' Food Safety Education Staff, and will feature speakers from the USDA Meat and Poultry Hotline, FSIS' Office of Public Health Science, Kansas State University, and the International Food Information Council. The webinars will emphasize USDA's four steps to food safety: Clean, Separate, Cook and Chill and offer a unique opportunity to hear from FSIS's educators, researchers and partners.

- “Back to Basics”, September 10, 2014, 12:00-1:30 PM EST – The first webinar in this series will cover basic food safety tasks and the risks that can be avoided with proper food safety practices
- “Everyday Application”, September 17, 2014, 12:00-1:30 PM EST – This webinar will allow participants to identify common kitchen food safety blunders, and alternatives to keep your family foodborne illness free.

To register for the webinar series, please visit: <http://www.fsis.usda.gov/wps/portal/fsis/newsroom/meetings/meetings-archive/2014/food-safety-101-webinars>. The webinars will also be made available to watch at a later date. For more information visit: <http://blogs.usda.gov/2014/09/03/food-safety-101-webinar-series-bringing-food-safety-to-your-kitchen/>.

National Alliance for Nutrition and Activity Healthy Meeting Toolkit

Nearly half of our waking hours are spent at work, and many of those hours are spent in meetings and conferences. By adopting healthy meeting guidelines, your organization can help to create an environment that supports employees' and members' efforts to eat well and be physically active. The Healthy Meeting Toolkit was developed by members of the National Alliance for Nutrition and Activity (NANA). It includes guidance on key components of a healthy meeting and resources to help make hosting healthy meetings easier. To download a copy of the Healthy Meeting Toolkit and resources, please visit: <https://www.cspinet.org/nutritionpolicy/healthy-meeting.html>.

Journal of Nutrition Education and Behavior Schools and Nutrition Articles

The Journal of Nutrition Education and Behavior is pleased to share this online collection of articles related to school nutrition. Topics include facilitating healthful eating and physical activity, student and parent engagement, and creative nutrition education and promotion efforts. Given the updated school meal and snack standards in place in schools across the country, the goal of this timely resource is to help food service operators prepare and serve healthy foods, help kids make healthy choices at school, and help all of those working in and with schools—including nutrition educators—improve the overall school environment. Please visit: <http://www.ineb.org/content/ineb-collection-school-nutrition>.

Education & Resources (continued)

Webinar: Healthy Children Healthy Families: Parents Making a Difference, September 16, 2014, 4:00 PM EST

Learn about the new Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE) curriculum titled: Healthy Children, Healthy Families: Parents Making a Difference! (HCHF), from CHANCE program leader, Tisa Hill. The curriculum was developed and tested at Cornell Cooperative Extension sites across New York State with input from educators and parents. Implementation of HCHF in conjunction with supportive changes in the environments where children live, learn, and play has been shown to support and encourage healthy habits and contribute to reduce chronic disease. Join us to learn what HCHF is and how it works, how to support parents in making healthy choices easier for their families, and how parental skills can be used in the classroom and school environment to support children's healthy eating and active play. To attend follow this link: <https://connect.extension.iastate.edu/healthyschools>. For more information please visit <https://learn.extension.org/events/1718#.VAcwPldWBI>.



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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