

UC CalFresh Weekly Update November 24, 2014



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UC CalFresh Website Updates

SNAP-Ed site Change Process Webinar Recording & Resources Now Available!

The recording, PowerPoint presentation and resources from the SNAP-Ed Site Change Process Webinar on 11/6/14 is now available on the UC CalFresh website: <http://uccalfresh.com/trainings/trainings/trainings>.

EFNEP-UC CalFresh Regional Trainings Update

The regional Youth Education trainings will be postponed. In order to make sure we provided the high quality training our staff deserve, these trainings will be re-scheduled for a later time. Alternate dates will be communicated to all staff soon. Please cancel any hotel reservations, or any other reservations, such as shuttles. For any staff with airline reservations, please contact your state office to discuss how to proceed. We apologize for the late notice and any inconvenience caused by the schedule change. Please contact Lyn Brock (rlbrock@ucanr.edu) if you have any questions or concerns.

Upcoming Events & Deadlines



NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
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11/27-11/28/14 Thanksgiving Holiday

12/10/14 Final FFY 2014 County Annual Reports & County Profiles Due to the UC CalFresh State Office

Final versions of the FFY 2014 Annual Report and County Profiles are due to the State Office on 12/10/14. Please refer to the UC CalFresh website for additional details and information: <http://www.uccalfresh.org/administrative/ffy-2014-call-for-annual-report>.

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

The December UC CalFresh Town Hall Webinar has been scheduled for Tuesday, December 16, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be "Stress and How it Relates to Healthy Eating," presented by Kevin Laugero. Details regarding this webinar will be forthcoming. For additional UC CalFresh Town Hall dates, please visit: <http://www.uccalfresh.org/trainings/town-halls>.

1/5/15 CDPH NEOPB SNAP-Ed Stakeholders' Meeting, 9:30 AM-12:30 PM, Sierra Health Foundation, Sacramento, CA

The California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) is announcing preliminary details regarding the upcoming SNAP-Ed Stakeholders' Meeting. Advance registration is required. Stakeholders may participate by either registering for the **in-person meeting** option or registering for the **webinar** option. For additional information, please visit the dedicated **stakeholders' webpage**. Questions, comments, special accommodations, and/or language support requests can be sent to NEOPBStakeholders@cdph.ca.gov.

SNAP-Ed: Civil Rights Training

The Training Development and Support Section at the Nutrition Education and Obesity Prevention Branch (NEOPB) of the California Department of Public Health (CDPH) has developed a new mandatory annual Civil Rights training for all of the SNAP-Ed funded employees, including all State Implementing Agencies (SIAs), Local Implementing Agencies (LIAs), and sub-contractors. This training is to be completed by new and current staff on annual basis and within each Federal Fiscal Year cycle period.

The process for completing the 20-30 minute training:

1. Go to the **NEOPB Training Resources** webpage under the Training section of the **NEOPB website**.
2. Click on the link for the **Annual Civil Rights Training PowerPoint**.
3. Follow training instructions on Slide 3.
4. Follow instructions on the last slide to print and retain a Certificate of Completion for record keeping.

For any questions, please contact the UC CalFresh State Office and NEOPBTrainingSection@cdph.ca.gov.

UC CalFresh Weekly Update: November 24, 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 2015 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>.

"This class has been a total inspiration for me. I am so grateful for all the tools I have learned to keep me and my family healthy and strong, such as MyPlate, why I should plan my meals, making a list, tips to a great plate, the financial advice for money coming in and money coming out, and the importance of nutrition facts. I appreciate the information that has been given to me over the weeks. Now I use it through my daily life. Thank you for teaching me how to eat right and still enjoy my food."

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

"This class has been very informational! It is a great program to have here because everyone has children and we must make sure they are eating healthy foods."

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



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>

The Smarter Lunchrooms Movement of California Evening Reception, November 13, 2014

"It's Not Nutrition Until It's Eaten!" was certainly in celebration at the Smarter Lunchrooms Movement of California (SLM of CA) reception on Thursday November 13, 2014. Over 100 attendees gathered at the Sheridan Grand Hotel in Sacramento to celebrate their year-long successes at improving student consumption of healthy foods. California school districts have used Smarter Lunchroom principles to strategically design their school lunch lines so that students are eating more fruits and vegetables, drinking more low-fat milk and enjoying their school meals. [Read full write-up.](#)

Smarter Lunchroom Movement

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement has been implemented in your county! Please share your success stories and photos with Lindsay Hamasaki via e-mail: Hamasaki@caes.ucdavis.edu.

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!

New booklet advises Santa Cruz County residents 'Fresh Starts Here', UCCE Santa Cruz County

Produce tasting, nutritional tips and raffles were part of a celebration around the release on Monday of a new guide to local fruit and vegetables in Santa Cruz County, reported Donna Jones in the Santa Cruz Sentinel. The 40-page booklet—titled "Fresh *Starts* Here"—was developed by UC Cooperative Extension, the Palo Alto Medical Foundation and the Santa Cruz County Farm Bureau. It includes nutrition information, tips for choosing and storing produce, recipes, and profiles of local farmers and health care professionals. "It's about healthy eating and a healthy community," said Laura Tourte, UCCE county director and farm management advisor in Santa Cruz County. Tourte said the guide promotes consumption of food grown by local farmers. The recipes were chosen with an eye toward simple preparation and appeal to families. [Read full blog article.](#)



Articles & Research

The Many Reasons USDA is Celebrating 50 Years of SNAP

Half a century ago, President Lyndon B. Johnson signed the Food Stamp Act of 1964, making the Food Stamp Program (FSP), which at the time was a series of pilot projects, permanent. Despite the post-World War II economic boom felt by many Americans, some rural and urban areas of the country experienced extreme poverty as well as limited access to nutritious, affordable food. The Food Stamp Act of 1964 was an important component in President Johnson's effort to eliminate poverty. This year, we not only mark 50 years of SNAP as a nationwide program, but we also recognize the lasting changes it has produced in both the economy and the nutrition habits of Americans. In those early days, the FSP reached families living in deprived areas and served a dual purpose. It strengthened the agricultural economy, while also providing improved levels of nutrition among low-income households. Even though the FSP was renamed Supplemental Nutrition Assistance Program (SNAP) in 2008, its mission is the same. SNAP continues to serve as the first line of defense against hunger in the United States while supporting the economy. In fact, every \$1 in new SNAP benefits generates up to \$1.80 in economic activity. According to the Census Bureau, if benefits were included in the official measures of income and poverty, SNAP would have lifted 5 million Americans, including 2.2 million children, out of poverty in 2012. Moreover, in the last 20 years, there has been a shift in income from welfare to work among SNAP participants. Specifically, 40 percent of all SNAP households received cash welfare with only 20 percent having earnings in 1992. Fast forward 20 years and in 2012, only seven percent received cash welfare and 31 percent had earnings. Today, the program also continues to focus on employment and training (E&T) programs for recipients, helping them move to self sufficiency and meaningful work. SNAP strengthens families and the communities they live in. [Read full blog article.](#)



Articles & Research (continued)

USDA Explores Cost Effective Ways to Improve Summer Food Access for Kids

Complementary programs that extend the reach of the U.S. Department of Agriculture's (USDA) summer meal programs could help reduce childhood food insecurity during the summer, according to three studies released by USDA's Food and Nutrition Service (FNS). The studies found that making enhancements to the traditional program, or utilizing alternate methods of reaching eligible children, could reach additional children and reduce childhood food insecurity during the summer to levels normally seen in the fall. As part of USDA's mission to address increased child hunger during the summer, USDA has conducted a series of projects examining ways to better serve children from low-income families, particularly those living in remote areas or areas otherwise underserved by USDA's [summer meal programs](#). The interventions tested included delivery of meals in rural areas, providing backpacks with food for weekends and holidays when summer meals sites were not available, and providing summertime nutrition assistance benefits through electronic benefit transfer (EBT). The studies found that some of these innovative strategies were effective in reaching additional children, and some substantially reduced childhood hunger in low-income families. "These results are an important step forward," Agriculture Under Secretary Kevin Concannon said. "Children from low-income households depend on USDA's nutrition assistance programs when schools are closed, which makes finding ways to improve these programs vitally important." [Read full Press Release.](#)

First Community Health All-Star: Suzy Sayre Makes Smarter Lunchrooms a Reality

Dairy Council of California has named its inaugural Community Health All-Star (an individual or organization that elevates nutrition education to a level that inspires others). Suzy Sayre, Director of Food Services for the El Monte Union High School District was named Community Health All-Star for making significant strides throughout her district in making healthy options easy, available and appealing, which are the core ideas behind the Smarter Lunchroom Movement. Sayre's main priority was finding ways to increase participation [in the school lunch program] so students don't go hungry and have the energy to learn in class. With 89 percent of students being eligible for free and reduced meals, meal service may be the only opportunity these students have to eat throughout the day; at least a nutrient-rich meal. In 2003, before the Smarter Lunchroom Movement resources, Sayre worked from the ground up, putting in place several strategies:

- * Aimed to move away from prepackaged meals, French fries and sodas by offering healthier options.
- * Increasing the amount and variety of fruit and vegetables available and present them in a more appealing way so students would not only take them but eat them.
- * Redesigned the flow of service and appearance of each café to produce a new, trendy, modern look to match each school's mascot and create a place where students actually want to come for meals.

To make these changes, it was integral to have Administration on board and the department couldn't have done this without their support. Sayre worked closely with staff and district and community partners over the years to implement each strategic area. Thanks to a few grant opportunities, we were able to start with low participation school sites to begin implementing the improvements. All of the changes combined have resulted in a 49% increase in nutrient-rich lunches served throughout the district. [Read full article.](#)

Report: School kitchens need equipment

The vast majority of school kitchens in California need equipment—from a \$5 student meal tray to a \$297,000 steam kettle capable of cooking and chilling 5,000 meals a day—to be more successful at serving lunches that meet federal nutrition standards, according to a report released Thursday. And two of three school districts reported needing additional training for school nutrition staff to fully implement the nutrition requirements, according to the report by The Pew Charitable Trusts, the Robert Wood Johnson Foundation and The California Endowment. In a survey of 238 randomly selected school district food service departments in the state, 93 percent said they needed at least one piece of kitchen equipment to help them store fresh, canned and frozen foods, prepare entrees and serve meals, the report said. Statewide, 95 percent of school districts are meeting the nutrition standards introduced in 2012, which call for more fruits and vegetables, low-fat foods and whole grains, the report said. But food service employees often manually chop pounds of fruits and vegetables, keep food off-site and drive it back every day because of lack of storage space, and prepare lunch in shifts because of lack of counter space, the report said. Many equipment needs pre-date the requirement that schools serve healthier meals, said Jessica Donze Black, director of the Kids' Safe and Healthful Foods Project, a collaboration of The Pew Charitable Trusts and the Robert Wood Johnson Foundation. The increase in servings of fruits and vegetables, and the renewed emphasis on fresh rather than processed foods, has prompted the call for more preparation space, slicers, knives and refrigeration and other equipment, Black said. [Read full article.](#)

Fast food marketing for children disproportionately affects certain communities

A newly published research study examining only marketing directed at children on the interior and exterior of fast food restaurants has found that the majority of black, middle-income and rural communities are disproportionately exposed to such marketing tactics. Authored by Arizona State University researcher Punam Ohri-Vachaspati and her colleagues, the study is the first to examine the use of child-directed marketing on the interior and exterior of fast food restaurants and its relationship to demographics. It adds to a substantial body of literature on the effects of various marketing efforts on fast food consumption and their relationship to health outcomes in children. In the United States, fast food is the second largest source of total energy in the diets of children and adolescents. It provides 13 percent of total calories consumed by 2- to 18-year-olds. Every day, almost a third of children aged 2 to 11 years and more than 40 percent of 12- to 19-year-olds consume food and drinks from fast food restaurants. "Fast food companies in the U.S. spend nearly a quarter of their marketing budgets targeting youth aged 2 to 17 years," said Ohri-Vachaspati, an associate professor of nutrition in the School of Nutrition and Health Promotion. "In 2009, fast food restaurants spent more than \$700 million to market their products to children and adolescents; nearly half of the amount went toward premiums such as kids' meal toys." The study considered a total of 6,716 fast food restaurants—chain and independently owned—between 2010 and 2012. The businesses were selected from a national sample of 434 communities where public middle and high school students reside. Community-specific data were obtained at the block group level and included information regarding median household income, ethnicity, and degree of urbanization. The researchers found that while most fast food restaurants were located in non-Hispanic and majority white neighborhoods, those situated in middle-income neighborhoods, rural communities and majority black neighborhoods had higher odds of using child-directed marketing tactics. Overall, one-fifth of restaurants sampled used one or more strategies targeting children. The indoor display of kids' meal toys was most popular, followed by exterior ads with cartoon characters, as well as ads with kids' meal toys. [Read full article.](#)

Home Cooking Helps Keep the Calories Down

New research on healthy eating has found that home cooking is better than restaurant fare, and that kids who are offered more nutritious food in school cafeterias rarely eat it. These findings come in two new studies that were to be presented Monday at the annual meeting of the American Public Health Association, in New Orleans. In the study on meals, researchers found that people who eat the most home-cooked ones end up eating healthier and consuming about 130 fewer calories daily, on average, compared to other people. "When people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less, or not at all—even if they are not trying to lose weight," study author Julia Wolfson, a fellow at the Johns Hopkins Center for a Livable Future at Johns Hopkins Bloomberg School of Public Health in Baltimore. Researchers found that those who cooked dinner six to seven times a week ate an average of 2,164 calories daily, while those who ate out the most, cooking dinner no more than once a week, consumed an average of 2,301 calories per day. The study, based on an analysis of national survey data from 2007-2010, will be published online in the journal *Public Health Nutrition*. [Read full article.](#)

Articles & Research (continued)

Few schools adhered to USDA nutrition standards before 2013

Before the U.S. Department of Agriculture set strict standards for nutrition for federally reimbursable lunch programs, less than two percent of middle or high schools would have measured up. The absence of certain standards was associated with youth obesity, according to a new study. Full implementation of the program, which should be happening now, may have a notable impact on adolescent health, though this study did not address implementation of the program, the authors write. Beginning in the fall of 2012, the USDA required that schools participating in the federally reimbursable National School Lunch Program adhere to certain nutritional standards designed to limit levels of fat, sodium, sugar and calories. Starting this year, the same standards also apply to any other food source on campus, like snack bars and vending machines. For the new study, researchers analyzed data from three nationally representative surveys between 2007 and 2012 including more than 50,000 public school students in the 8th, 10th and 12th grades. The vast majority of the schools do participate in the National School Lunch Program, lead author Yvonne M. Terry-McElrath said. Students reported their height and weight and school administrators reported whether students had access to certain foods and beverages at school lunches or from nearby food sources. Researchers chose four easy-to-observe USDA standards from the new requirements: no sugar-sweetened beverages, no whole or two percent milk, no candy or full-fat snacks, and no French fries. The USDA also suggests, but does not require, that fruits or vegetables be available whenever food is sold. Almost a third of high schools had none of the USDA components. Fewer than two percent of middle schoolers and one percent of high schoolers attended schools with all five components. [Read full article.](#)



Education & Resources

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



Turkey Tips Step 1: Shopping for Your Feast

Unsafe handling and undercooking of turkeys can lead to serious foodborne illness, but the USDA is here to offer a few tips so you have a delicious, safe holiday feast. Over the next two weeks, USDA will share (via their blog) several food safety tips that you should follow. The first step to hosting a safe holiday feast is choosing your bird. Picking out the perfect turkey doesn't mean just choosing the plumpiest one in your grocery store. To find the perfect turkey for you and your guests, read the labels. These are the most common ones, which are regulated by the USDA:

Temperature Labels

- * **Fresh:** This means the turkey has never been chilled below 26°F. You should check the "sell by" or "use by" date to make sure your "fresh" turkey truly is fresh. If you buy this bird, be sure you purchase it only one or two days before cooking it.
- * **Frozen:** Any turkey that has ever been cooled to 0°F or lower is labeled "frozen." Most turkeys sold in the United States are frozen; you should freeze this turkey at home if purchased more than a week in advance.

Raising and Processing Labels

- * **Natural:** The turkey has been minimally processed and contains no artificial ingredients or added coloring.
- * **Kosher:** This denotes that the turkey was raised only on grain and was not given antibiotics. Such turkeys are soaked in salt brine and processed and inspected under the supervision of a rabbi.
- * **Free Range:** This label means the birds have continuous, free access to the out-of-doors for more than 51% of their lives. For more information, visit fsis.usda.gov.
- * **Organic:** An organic seal means producers met animal health and welfare standards, did not use antibiotics or growth hormones, used 100% organic feed, and provided animals with access to the outdoors. These requirements are set by USDA's Agricultural Marketing Service.

And as always, keep your raw bird separate from any other items in your shopping card to prevent cross-contamination. [Read full blog article.](#)

Turkey Tips Step 2: Preparing Your Feast

Proper food safety practices are sometimes treated like pumpkin pie on Thanksgiving: always required but too often ignored and overshadowed. Ensuring that your turkey is safe for consumption on Thanksgiving starts long before you actually begin cooking the bird. Proper handling and storage of your turkey at a safe temperature are just as important as cooking it correctly. Forget to do so and you may end up serving harmful pathogens like *Salmonella* and *Campylobacter* to your guests. Those bacteria can be present on and inside turkeys, and they cannot be cleaned off or killed by washing the bird. Washing a turkey only spreads these bacteria around your sink and counter, where they can cause harm. Another important step in the preparation process is thawing your turkey. There are three safe ways to thaw your turkey:

- * **Refrigerator:** Place your bird as originally wrapped on a shelf with a pan underneath it to catch any leaking juices. Allow approximately 24 hours for each four to five pounds of bird to thaw. After thawing, it's safe to store the turkey for up to two more days. This is the USDA's recommended method of thawing.
- * **Cold Water Method:** Submerge the bird in its original packaging in cold tap water and change the water every 30 minutes. Allow about 30 minutes per pound of turkey to defrost. Cook immediately after thawing.
- * **Microwave Thawing:** Follow the microwave oven manufacturer's instructions when defrosting a turkey. Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving.

If you have more questions, visit Let's Talk Turkey to learn how to safely plan, select, thaw and prepare a turkey or check out these turkey resources at FoodSafety.gov. [Read full blog article.](#)

2014 Food & Health Survey: Behavior Change Consumer Profiles

Have you ever wondered how your health and nutrition stack up against your friends, family, and neighbors—or how certain traits make them more likely to take more healthful actions? If your eating and health behaviors were part of a TV reality show, what kind of contestant would you be: an American Health Idol, a Health Apprentice, or a Health Survivor? And if you wanted to step up your health game, what actions would you take? According to the *International Food Information Council (IFIC) Foundation's 2014 Food and Health Survey*, consumers can be categorized into three main groups—each with distinct demographic, behavioral, and attitudinal profiles—according to their progress toward behavior change.

- * **Health Survivors:** Those who did not report making any dietary changes but may be thinking about it.
- * **Health Apprentices:** Those starting to make at least one dietary change in their lives within the past year.
- * **American Health Idols:** Those who have maintained dietary changes for more than a year.

The *Survey* asked consumers about their progress toward adopting ten recommended behaviors from the Dietary Guidelines for Americans. Considering the majority of consumers reported changing at least one behavior, this may be an indicator that health professionals are making strides to empower Americans towards more healthful diets. The full profile results and additional media resources can be found online at: www.foodinsight.org/BehaviorChangeProfiles. [Click here to check out the quiz](#) and behavior change resources. [Read full Press Release.](#)

Education & Resources (continued)

Funding Opportunity: Active Kids Out of School, Voices for Healthy Kids

Are you helping schools and youth-serving programs increase children's physical activity levels during out-of-school and out-of-class time? Voices for Healthy Kids can support you. Voices for Healthy Kids will advance coordinated issue advocacy campaigns by providing funding to coalitions focused on ending childhood obesity. "Active Kids Out of School" is one focus area. Campaigns with a goal of implementing strong physical activity standards in out-of-school time may be eligible for funding. For additional information, please visit: <http://www.voicesforhealthykids.org>. Applicants must be a nonprofit organization with the ability to lobby, and applications should focus on individual campaigns seeking public policy change at the state, local or tribal level.

Funding Opportunity: Gardens for School Grants—Annie's Homegrown, Deadline: December 2, 2014, 11:59 PM PST

Annie's offers Grants for Gardens donations to schools and other educational programs that help build school gardens. Since 2008, Annie's has helped fund more than 270 gardens, because **they believe that gardens help connect kids to real food**. The Fall program is now open to K-12 schools. Submit your application now through December 2, 2014 at 11:59 PM PST. Don't forget, Annie's also offers a [fundraising option](#). Whether you're just getting started or looking to expand your school garden, Annie's Gardens of Goodness programs can help! For additional information, please visit: <http://www.annies.com/giving-back/school-gardens/grants-for-gardens>.

Funding Opportunity: 2015 Youth Garden Grant, Deadline: December 5, 2014

Since 1982, National Gardening Association has provided the Youth Garden Grant to over 5,000 schools, nonprofits and youth programs across the United States. Youth Garden Grant has contributed over 2.8 million dollars in funding to youth gardening initiatives and serves as National Gardening Association's longest standing grant program. This year, Youth Garden Grant is sponsored by the Grandchildren of Helene and Mark Eisner and by KidsGardening.org's generous donor base with contributions from Bonnie Plants, Ames and New England Arbors. Twenty (20) awards will be offered this year to support programs in the United States. To be eligible for the 2015 Youth Garden Grant, your school or organization must plan to garden in 2014 with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and education related to the environment, health and nutrition issues, character education, and entrepreneurship in the United States. For additional information, please visit: <http://grants.kidsgardening.org/2015-youth-garden-grant-0>.

Webinar: Safe Routes to School as a Tool to Address Chronic Absenteeism, December 15, 2014, 2:30-4:00 PM EST

What is the relationship between student transportation and attendance? The National Partnership is teaming up with Attendance Works to explore how we can help students get to school every day. This webinar will discuss how transportation can be a barrier to school attendance and highlight Safe Routes to School as a resource to help communities address chronic absenteeism. Panelists will share community based solutions, best practices, and opportunities to partner with organizations and groups that can be allies in ensuring students have access to safe and reliable transportation to school. To register for the webinar, please visit: <https://attendeegotowebinar.com/register/2165056405016312578>.

Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline for Early Bird Rates: December 31, 2014

Registration for the 8th Biennial Childhood Obesity Conference is now open. Early Bird Registration Rates are available through December 31, 2014:

- * **Early Bird Registration:** \$325.00 (on or before December 31, 2014)
- * **Student Early Bird Registration:** \$260.00 (on or before December 31, 2014) [[Click here](#) for student verification requirements]

For additional information on the conference, including registration fees and lodging options, please visit: www.childhoodobesity2015.com. To register online, please visit: https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741.

Webinar: Increasing Teen School Breakfast Participation Through Principal Engagement, December 11, 2014, 3:00-4:00 PM EST

Research shows that offering Breakfast in the Classroom programs like Grab and Go is one of the most proven effective strategies to increasing school breakfast participation among teens. Common barriers to school breakfast participation like late arrivals, long security lines, and the stigma associated with the program being for "poor kids" are even more prevalent at the middle and high school levels where participation in school breakfast tends to be much lower than at the elementary school level. Recognizing the need to make breakfast more accessible, secondary school principals across the country are alleviating these barriers to participation through the implementation of alternative breakfast models like Grab and Go and Second Chance Breakfast where the morning meal is made available after first period for teens that are typically not hungry at the start of the school day. These schools have experienced dramatic increases in breakfast consumption and have reported declines in disciplinary problems, tardiness and visits to school nurses and increases in student attentiveness, attendance, and overall academic performance. Join Food Research & Action Center (FRAC) to hear from secondary school principals who are seeing these positive results first hand and learn how principals in middle and high schools around the country are enhancing the learning environment through the implementation of alternative breakfast models. To register for the webinar, please visit: http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event_KEY=72507.

Application Process for Posters, Exhibits, Roundtables for the 8th Biennial Childhood Obesity Conference, Deadline: April 1, 2015

Poster sessions and exhibits are fantastic opportunities for your organization to showcase your programs or products with conference participants outside of the traditional workshop session. With high foot traffic and ample time for meaningful one-on-one interactions with conference goers, you'll find that presenting a poster or exhibiting at the Conference is a great way to highlight your obesity prevention efforts in an impactful way.

- * [Click here](#) to learn more about submitting a Poster.
- * [Click here](#) to learn more about becoming an Exhibitor.

Back by popular demand, two back-to-back 30-minute roundtable sessions will be offered to allow for in-depth discussion among small groups on a wide array of topics. Participant-led roundtables provide a setting to share lessons learned, solicit feedback for current or future initiatives, and exchange ideas, knowledge and resources with colleagues of similar needs/interests.

- * [Click here](#) to learn more about hosting a roundtable.

For additional information regarding the 8th Biennial Childhood Obesity Conference, 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

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.

