

## UC CalFresh Weekly Update December 8, 2014



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### Upcoming Events & Deadlines

DECEMBER 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			

#### 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.

#### ReadyTalk Information:

Webinar Link: <https://cc.readytalk.com/r/6ci4lqomhzo2&eom>  
Security Passcode: apple1  
Access Code: 7544137  
Dial-In Number: 1-866-740-1260

#### 12/24-12/25/14 Christmas Holiday

#### 12/31/14-1/1/15 New Year's Holiday

#### 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](mailto:NEOPBStakeholders@cdph.ca.gov).



### UC CalFresh Website Updates

#### UC CalFresh Program Directive 2015-02: Civil Rights Training and Compliance

This Program Directive is a follow-up to the e-mail sent out by the California Department of Social Services (CDSS) on November 20, 2014 regarding the required SNAP-Ed Civil Rights Training. For additional information and to view the Program Directive, please visit the UC CalFresh website: <http://www.uccalfresh.org/administrative/program-directives>.

#### EFNEP-UC CalFresh Regional Trainings Update

The regional Youth Education trainings **have been 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](mailto:rlbrock@ucanr.edu)) if you have any questions or concerns.

# UC CalFresh Weekly Update: December 8, 2014

One Shields Avenue, 1103 Meyer Hall • Davis, CA 95616 • (530) 754-7794

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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>.

*"I didn't know a lot of the food I eat has all kinds of salt, sodium, fat, and other stuff. I know now that I need to watch what [me] and my family eat. Eating healthy is the key. I've learned a lot on how to eat and prepare healthy foods for me and my family."*

—Eating Smart, Being Active Participant, Fresno County

*"I found this class to be helpful for myself and my family. It taught me to start using a shopping list and to look at the different prices. I learned some new recipes that I can try with my family, and also about food safety. I plan to try and make MyPlate a daily thing in my household."*

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



## UC CalFresh in Action!

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

### Gardens contribute vegetables, ease hunger among San Jose residents, UCCE Santa Clara County

People who grow their own vegetables in a garden typically consume enough fresh produce to meet the USDA Dietary Guidelines for a healthy diet, according to a recent UC Cooperative Extension survey of San Jose residents. A diet containing lots of vegetables is lower in calories and higher in fiber and good for our health. Yet, not everyone has easy access to fresh vegetables in the United States. "Growing vegetables and having a garden is an effective intervention to promote increased vegetable consumption among all Americans," said Susan Algert, UC Cooperative Extension advisor in Santa Clara County, who conducted the survey. "This evidence for bringing back popular home gardens or 'Victory gardens' of the past rather than investing exclusively in SNAP benefits for purchased foods." SNAP, the federal Supplemental Nutrition Assistance Program (formerly called food stamps), now allows participants to buy seeds with their benefits, which helps low-income people who want to grow their own veggies, she said. Vegetable consumption falls well below the U.S. Dietary Guidelines in much of the U.S., particularly among African American, Latino, low educational attainment, and low-income populations. Algert and fellow UC Cooperative Extension researchers looked at background characteristics, vegetable intake and program benefits of people who cultivated a home garden versus those who participated in a community garden. "The home gardeners were significantly younger, had lower incomes, were less likely to have completed college and were more ethnically diverse than the community gardeners," said Algert, who specializes in nutrition. "In other words, the background characteristics of the two groups varied significantly. In spite of these significant demographic differences, both groups increased their vegetable consumption from the garden to the same extent, by about two servings." In fact, by supplementing with food from their gardens, both groups met the U.S. Dietary Guidelines for recommended daily servings of vegetables to promote optimal health. A lack of experience as gardeners didn't affect the results much. Fifty eight percent of the home gardeners reported having less than two years of experience whereas only one-third of community gardeners were novices. "This study demonstrates that growing fresh vegetables either in a home or community garden setting can contribute significantly to a person's nutritional intake and food security at all income levels by making it a more affordable to maintain a healthful diet," said Algert. Urban gardeners also experience a number of other benefits including exercise, stress release, and learning about gardening from their peers and mentors. [Read full blog article.](#)

### The Smarter Lunchrooms Movement of California

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



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

### 'Dine in' to save money and eat better

On December 3, the American Association of Family and Consumer Sciences (AAFCS) is asking families across the U.S. to prepare and eat a healthy meal together. The goal of the 2014 "Dining In" for Healthy Families campaign is engaging at least 200,000 families to participate. More information and an online sign up form can be found on the AAFCS website. Dining in is one of the cost-saving ideas UC Expanded Food and Nutrition Education Program educators share with low-income families. Patti Wooten-Swanson, a UC Cooperative Extension advisor who specializes in family and consumer sciences, shares many potential benefits to dining in:

- \* Reduced expense for meals
- \* Better health and decreased risk for developing chronic diseases
- \* Lower medical costs

When people are asked to identify their discretionary expenses, food eaten at restaurants often tops the list. Eating out, along with entertainment expenses, is frequently identified as an item to reduce or cut from family budgets to free up money to save/invest or cope with a reduction in income. This is not surprising because about a third of the money spent on food in the United States is spent at foodservice establishments, according to the [U.S. Department of Agriculture](#). Over time, the amount of money saved by meals eaten and/or prepared at home (e.g., a "brown bag" lunch) is noteworthy. According to the [Eating Away at Your Future](#) poster on the Rutgers Cooperative Extension Small Steps to Health and Wealth website, someone could accumulate almost \$50,000 in 20 years by eating out one less evening per week and investing the money saved at a 5 percent yield. Online calculator tools like the [Brown Bag Savings Calculator](#) are useful to make personalized calculations of the amount of savings that can be realized with home-prepared food. [Read full blog article.](#)



## Articles & Research



### USDA Announces New Support to Help Schools Purchase More Food from Local Farmers

Agriculture Secretary Tom Vilsack announced more than \$5 million in grants for 82 projects spanning 42 states and the U.S. Virgin Islands that support the U.S. Department of Agriculture's (USDA) efforts to connect school cafeterias with local farmers and ranchers through its Farm to School Program. The program helps schools purchase more food from local farmers and ranchers in their communities, expanding access to healthy local food for school children and supporting economies. According to USDA's first-ever Farm to School Census released earlier this year, school districts participating in farm to school programs purchased and served over \$385 million in local food in school year 2011-2012, with more than half of participating schools planning to increase their purchases of local food in the future. "USDA is proud to support communities across the country as they plan and implement innovative farm to school projects," said Vilsack. "These inspiring collaborations provide students with healthy, fresh food, while supporting healthy local economies. Through farm to school projects, community partners are coming together to ensure a bright future for students, and for local farmers and ranchers." For a complete list of FY15 Farm to School grant recipients, please visit: [http://www.fns.usda.gov/sites/default/files/f2s/FY\\_2015\\_Grant\\_Award\\_Summaries.pdf](http://www.fns.usda.gov/sites/default/files/f2s/FY_2015_Grant_Award_Summaries.pdf). [Read full blog article.](#)

### Want Kids to Eat Better? Get Them Cooking

Getting kids involved in the kitchen, through cooking classes or at home, may make them more likely to choose healthy foods, according to a recent review. Cooking programs and classes for children seem to positively influence children's food preferences and behaviors, according to the new research. And, although the review didn't look at long-term effects of such programs, the findings suggest that such programs might help children develop long-lasting healthy habits. "It is important to expose children to healthy foods in a positive way," said Derek Hersch, the lead author of the study who also works with a cooking education program called Food Explorers at the Minnesota Heart Institute Foundation. "Creating habits and behaviors at this age is the most important part of it." This research comes at a time when childhood obesity rates have been rising rapidly. More than one-third of adolescents in the United States were obese in 2012, according to the U.S. Centers for Disease Control and Prevention (CDC). This trend has been caused, at least in part, by a significant decrease in the amount of meals that people consume at home since the 1980s, according to background information in the study. People are more likely to eat at restaurants, where meals are more calorie-dense and less nutritious, the study noted. Cooking education programs, such as Food Explores, teach children about new healthy foods and how to prepare them. They also stress the importance of eating five fruits and vegetables every day. A volunteer parent explains a new food to the group, and the kids make something based on the lesson, such as fruit skewers or spinach salad. Depending on the program, kids may be sent home with information about healthy foods to bring to their parents, the review explained. [Read full article.](#)

### Setting family rules promotes healthier behavior in children

An Indiana University study has found that setting specific family rules about healthy eating and sedentary behavior actually leads to healthier practices in children. Data analyzed for the study was originally part of a data set used to evaluate the Wellborn Baptist Foundation's HEROES program, a K-12 school-based obesity prevention initiative set in the Illinois, Indiana and Kentucky tri-state area. However, lead author Alyssa M. Lederer, doctoral candidate and associate instructor in the Department of Applied Health Science at the School of Public Health-Bloomington, was able to use the data to look further into the connection between family rules and sedentary behavior and eating behavior, as well as family rules and weight status. "Childhood obesity has really become a health crisis, so as researchers we're trying to see what we can do to lessen the toll," Lederer said. Data for the study was collected from a sample of nearly 3,000 participants from fourth through eighth grade. The family rules that were specifically analyzed related to time spent watching television, playing video games and on the computer, and what children were or were not allowed to eat. Primarily, the study showed that students coming from households with health behavioral guidelines tended to make healthier choices for themselves. For example, the children with set family rules for what they could or could not eat were less likely to consume fast food and were more likely to eat fruits and vegetables than students without guidelines. The same went for time spent with television, video games and computer use. Moreover, the study revealed a profile of the demographics of children most likely to have family rules, citing that students coming from families that had eating and sedentary rules were more likely to be younger, female, white and of lower socioeconomic status. [Read full article.](#)

### Prescribing Vegetables, Not Pills

Alaijah Borden was 10 years old and significantly overweight when Dr. Sundari Periasmy, a pediatrician at Harlem Hospital Center in New York, enrolled the middle-schooler in an innovative program to increase her consumption of fruits and vegetables—and, hopefully, to reduce her weight. After two years in the program, Alaijah is an unqualified success story: She lost five pounds the first year by snacking on fruits and vegetables, then eight pounds the second year, when she cut down on greasy foods. "It's really an awesome program that's made it affordable for me to get fruits and vegetables," Alaijah's mother Sheryl Brown said. The Browns are among 50 low-income families with overweight or obese children enrolled in the Fruit and Vegetable Prescription Program, or FVRx, at Harlem Hospital Center. Three other hospitals in New York also have been testing the program. The program was created by Wholesome Wave, a nonprofit organization that advocates for access to better food in low-income neighborhoods, in partnership with the Laurie M. Tisch Illumination Fund and the city's Health and Hospital Corporation. It is a startlingly simple idea to deal with a complex problem. Instead of drugs or admonishments to lose weight, which typically fall on deaf ears, doctors provide families in the FVRx program with a "prescription" to eat fruits and vegetables. The families also are given nutritional education, recipes, and most important of all, so-called Health Bucks that are redeemable for produce at a local farmers' market—at twice the amount that the families could purchase with food stamps alone. [Read full article.](#)



## Education & Resources

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



### 10 Tips Nutrition Education in Hmong, Chinese, & Vietnamese

The classic Choose MyPlate Tip Sheets were translated by the Public Health Institute in cooperation with Network for a Healthy California. The following translated tip sheets are now available on the SNAP-Ed Connection's Resource Finder:

- \* Choose MyPlate [Hmong]
- \* Make Half Your Grains Whole [Hmong, Vietnamese]
- \* Build A Healthy Meal [Hmong, Chinese]
- \* Be A Healthy Role Model [Hmong, Chinese]
- \* Cut Back On Sweet Treats [Hmong, Vietnamese, Chinese]
- \* Salt and Sodium [Hmong, Chinese]
- \* Make Better Beverage Choices [Hmong, Chinese]
- \* Be An Active Family [Hmong, Chinese]

For additional information or to download the translated tip sheets, please visit: [http://snap.nal.usda.gov/foodstamp/resource\\_finder\\_details.php?id=690](http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=690).

## Education & Resources (continued)

### The Other Holiday Shopping: Grocery Shopping

During the holiday season, it seems that all we do is shop, shop, shop. While not paying attention when you purchase holiday gifts places your wallet at risk, not paying attention when your purchase groceries can place your health at risk. If you don't take certain safety steps while grocery shopping, you can risk food poisoning. Grocery shopping is where safe food handling should start, by following these recommendations you can make sure the food you bring home is safe.

1. **Keep raw meat, poultry, and seafood separate from other foods in your grocery cart.** This will keep the meat juices that may contain bacteria away from other items in your shopping cart. By wrapping these raw items in an additional plastic bag, usually provided near where meat is displayed, you can further prevent drippings from contaminating other items.
2. **Buy cold foods last.** If cold grocery items are allowed to stay at room temperature for longer than 2 hours, they can start growing bacteria that cause food poisoning. Often when we're holiday grocery shopping we're purchasing unusual foods or items in bulk. The extra time it takes to find these items means we move through the store slower. More people in the store shopping also means checkout may take longer than usual. These delays can quickly add up and your perishable items may be out of refrigeration too long. By purchasing your cold food items last, you don't have to worry about the time it took you to track down the nutmeg.
3. **Ask the cashier to place your raw meat, poultry, and seafood items in a separate bag.** This way you won't have to worry about raw meat juices leaking on ready-to-eat items, like bread or pies.
4. **Purchase a meat thermometer.** If you do not already own a meat thermometer, make sure to pick up this cooking essential during your next trip to the grocery store. A thermometer will help you ensure all your holiday dishes are fully cooked. The color and texture of food does not accurately indicate that it reached a high enough temperature to incapacitate bacteria.

Just as you have a procedure for storing your holiday gifts when you get home, you should have a system for storing your food. It is important to immediately place your cold items in the refrigerator or freezer to avoid them getting warm enough for bacteria to grow. When you place your items in the fridge, you should be able to place your raw meat, poultry, and seafood on the bottom shelf of the refrigerator where it will not drip on ready-to-eat items. To further avoid cross-contamination from raw juices, place your raw meat on a plate or similar container that will prevent dripping. [Read full blog article.](#)

### How to NOT Give Your Office Food Poisoning at the Holiday Party

Most offices host some sort of get-together this time of year and you may be asked to bring a dish. If you're not bringing food to the office, you may be bringing something to another get-together with family or friends. Follow these tips to be sure your diners remember your nice contribution, instead of a naughty case of food poisoning.

- \* **Tip 1: Keep Hot Food Hot.** Hot items are best served immediately after cooking or reheating. If you plan on serving a hot item at the office party, take it straight from the oven and either place it in an insulated bag or hot food carrier. If you can't serve it as soon as you arrive, return it to the oven. Alternatively, you can completely chill the item and transport it according to Tip 2. Once you arrive at the office reheat it using a microwave, stove, or oven to 165°F.
- \* **Tip 2: Keep Cold Food Cold.** Cold items should remain in the refrigerator for as long as possible. When transporting cold dishes, place items in a cooler with plenty of ice or frozen gel packs. A refrigerator thermometer in the cooler is a useful way to make sure items remain at proper chill temperature of 40°F or below.
- \* **Tip 3: Use Several Small Platters.** For both hot and cold items, arrange and serve food on several small platters rather than on a large platter. This way you can hold food at safe temperatures (cold foods below 40°F and hot foods above 140°F) until partygoers are ready to eat it.
- \* **Tip 4: Keep Track of Time.** Keep track of how long items have been sitting on the buffet table and discard anything out longer than two hours. You never want to leave perishable foods, such as meat, poultry, eggs and casseroles in the "Danger Zone" over two hours. The danger zone is between 40 and 140°F, where bacteria multiply rapidly. After two hours, enough bacteria may have grown in your food to make partygoers sick. Exceptions to the danger zone include ready-to-eat items like cookies, crackers, bread and whole fruit.

If you follow these tips, those enjoying your dish will not suffer a bout of food poisoning. [Read full blog article.](#)

### New Resource: SugarScience.org

SugarScience.org is designed as an authoritative source for the scientific evidence about sugar and its impact on health. Developed by a team of health scientists from the [University of California, San Francisco \(UCSF\)](#), the site reflects an exhaustive review of more than 8,000 scientific papers that have been published to date, with a focus on the areas where the science is strongest—specifically, on diabetes, heart disease and liver disease. The goal of SugarScience is to take this information out of medical journals and make it available to the public, to help individuals and communities make healthy choices. SugarScience enables you to:

- \* Explore the latest, evidence-based [research](#) on the health effects of sugar overconsumption;
- \* [Ask the SugarScientists](#) questions to clear up confusion or learn more about sugar's impact on our health;
- \* Download flyers, posters or graphics from the [SugarScience Resource Kit](#) to post on your refrigerator, share with friends or family, or use in presentations to your community and schools;
- \* Stay connected through our newsletter, [SugarScience Alerts](#), featuring new science and expert perspectives, and follow us on social media.

For additional resources and information, please visit: <http://www.sugarscience.org/>.

### Rudd Center Releases Sugary Drink FACTS 2014

Beverage companies spent \$866 million to advertise unhealthy drinks in 2013, and children and teens remained key target audiences for that advertising, according to a new report released by the Rudd Center for Food Policy & Obesity. The report, [Sugary Drink FACTS 2014](#), highlights some progress in beverage marketing to young people, but also shows that companies still have a long way to go to improve their marketing practices and the nutritional quality of their products. While the Children's Food and Beverage Advertising Initiative (CFBAI) regulates advertising placed in TV and other media where 35% or more of the audience is made up of children aged 11 and under, this report measures total exposure to TV advertising for sugary drinks by preschoolers (2-5), children (6-11) and teenagers (12-17), as well as other forms of marketing they encounter. [Read full report.](#)

### Call for Proposals: Healthy Eating Research

Healthy Eating Research supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among groups at highest risk for obesity: Black, Latino, American Indian, Asian/Pacific Islander children, and children who live in lower-income communities. Findings are expected to advance RWJF's efforts to reverse the childhood obesity epidemic and help all children achieve a healthy weight. The Healthy Eating Research Special Solicitation Call for Proposals (CFP) is now open. This CFP focuses on childhood obesity prevention efforts in two settings:

- \* Healthy Food Retail
- \* Early Care and Education

Approximately \$425,000 will be awarded under this CFP. Awards of up to 12 months and up to \$75,000 each will be funded through this special solicitation. Approximately two-thirds of the funds available will be allocated to studies focused on healthy food retail and one-third will be allocated to studies focused on early care and education. For additional information regarding this CFP, please visit: [http://healthyeatingresearch.org/wp-content/uploads/2014/12/HER\\_CFP\\_12\\_3\\_14.pdf](http://healthyeatingresearch.org/wp-content/uploads/2014/12/HER_CFP_12_3_14.pdf).

## Education & Resources (continued)

### 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 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](http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event_KEY=72507).

### Washington State University (WSU) SNAP-Ed Extension Grant Coordinator Position, Deadline: December 14, 2014

The SNAP-Ed Extension Grant Coordinator provides coordination and communication about the SNAP-Ed grant regarding compliance of SNAP-Ed projects with the USDA-Food and Nutrition Service (FNS) Guidance for the following areas: resource management, audience eligibility, program activities, implementation of public health approaches; and allowable expenditures. The position is also responsible for grant preparation, compliance, and submission; and internal management reviews of county projects as federally required SNAP-Ed quality assurance. The position coordinates and collaborates with the SNAP-Ed Professional Development Coordinator in the training of the statewide SNAP-Ed team on grant requirements and grant preparation and submission. For additional information on this position, please visit: <https://www.wsujobs.com/postings/15443>.

### 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://attendee.gotowebinar.com/register/2165056405016312578>.

### Webinar: California Smart Snacks in Schools, December 16, 2014, 10:00-11:30 AM EST

On behalf of the California Department of Public Health Nutrition Education Obesity Prevention Branch (NEOPB) and in partnership with the California Department of Education (CDE), the Public Health Institute and its program California Project LEAN invite you to participate in the upcoming California Smart Snacks in School webinar scheduled for Tuesday, December 16th from 10 AM to 11:30 AM. Per the Healthy, Hunger-Free Kids Act of 2010, USDA has developed school nutrition standards for all foods and beverages sold outside of the school meal program (i.e., student stores, fundraisers, vending machines, etc.) referred to as *Smart Snacks in Schools*. This webinar will provide:

- \* An overview of the Healthy, Hunger-Free Kids Act of 2010
- \* A description of the Smart Snacks in Schools initiative
- \* How California rules integrate with federal Smart Snacks rules

The target audience is NEOPB staff, Local Health Departments, and partner SNAP-Ed Local Implementing Agencies. Participants will learn why this important topic must be addressed at the local level, and how this may impact efforts at the local level. For additional information, and to register for the webinar, please visit: <https://attendee.gototraining.com/r/1701440730632793858>.

### 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](http://www.childhoodobesity2015.com). To register online, please visit: [https://www.cce.csus.edu/conferences/webreg/Register\\_CO15a.cfm?CID=1741](https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741).

### 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](mailto: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>.

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