

## UC CalFresh Weekly Update

### March 2, 2015



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- \* National Public Health Week, April 6th-12th
- \* Registration Open: 8th Biennial Childhood Obesity Conference

### Upcoming Events & Deadlines



MARCH 2015

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				

#### 2/13/15 Pre-Forum Webinar #1—Step 1: Partners & Planning, 10:00-11:30 AM

A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #1 are available on the [2015 LIA SNAP-Ed Forum website](#). Please [click here](#) to access the files.

#### 2/20/15 Pre-Forum Webinar #2—Step 2: The Work Plan, 10:00-11:30 AM

A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #2 are available on the [2015 LIA SNAP-Ed Forum website](#). Please [click here](#) to access the files.

#### 2/27/15 Pre-Forum Webinar #3—Step 3: Putting It All Together with PSE Strategies, 10:00-11:30 AM

A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #3 are available on the [2015 LIA SNAP-Ed Forum website](#). Please [click here](#) to access the files.

#### 3/4/15 SNAP-Ed Site Change Process Webinar, 1:00-2:30 PM

The Site Change Process Webinar #2 will inform participants on changes to the Site Change Process, provide updates to the SNAP-Ed Site Change Form and Targeting Update Summary Spreadsheet, and share new resources available. To register, please visit: <https://attendee.gototraining.com/r/5852262054148365314>.

#### 3/9/15 Last Day to Register Online for the 2015 SNAP-Ed Local Implementing Agency (LIA) Forum

Please save the date for the UC CalFresh Town Hall webinar, scheduled from 12:30-2:00 PM. Note this webinar has been rescheduled due to the SNAP-Ed LIA Forum. Additional details on this webinar will be forthcoming.

#### 3/17-3/18/15 2015 SNAP-Ed LIA Forum, Sacramento, CA

For additional information on the 2015 SNAP-Ed LIA Forum, please visit the [2015 LIA SNAP-Ed Forum website](#).

#### 3/31/15 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

Please save the date for the UC CalFresh Town Hall webinar, scheduled from 12:30-2:00 PM. Note this webinar has been rescheduled due to the SNAP-Ed LIA Forum. Additional details on this webinar will be forthcoming.

#### 5/1/15 Last Day to Submit All Site Change Requests for FFY 2015 to CDSS

Please visit the CDPH NEOPB FFY 15 SNAP-Ed Resources webpage for additional information and resources for the Site Change Process: <http://www.cdph.ca.gov/programs/cpns/Pages/FFY15SNAP-EdResources.aspx>.

# UC CalFresh Weekly Update: March 2, 2015

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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 2015 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>.

"I've taken steps to reduce saturated fat in not only my diet, but that of my family's diet as well. Thank you so much for teaching us about healthier eating! You also taught us about healthier living and healthier choices. Thank you for sharing your knowledge with us!"  
—Eating Smart, Being Active Participant, Fresno County

"This class was great. It helped me eat healthier. I can't wait 'til my daughter grows up to make her healthier."  
—Plan, Shop, Save, Cook Participant, Stanislaus 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 featured in California State PTA Health Tidbits

Check out the February edition of Health Tidbits for the latest health-related news and updates for you and your PTA, including the Smarter Lunchrooms Movement of California! We all agree that it's not nutrition until students eat or drink it! A smartly run lunchroom encourages students to make better choices on their own by changing the way the food choices are presented. Learn more about low- or no-cost ways to promote the consumption of healthy school-lunch options and reduce the amount of food wasted, using the evidence-based principles and practices of the Smarter Lunchrooms Movement in California! [Read full 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: [lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu).

### The Smarter Lunchrooms Movement of California Monthly Nudge

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please contact Michele Byrnes at [mbyrnes@ucdavis.edu](mailto:mbyrnes@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 [lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu).

## SNAP-Ed Site Change Process

### Updated SNAP-Ed Site Change Process Documents Now Available!

Updated SNAP-Ed Site Change Process documents are now posted and available on the CDPH NEOPB website. The documents are located on the [FFY15 SNAP-Ed Resources page](#) under the "Site Change Process Resources" sub-header.

The updated documents are listed as follows:

- 1) **FFY 2015 Integrated Work Plan Targeting Summary Update Spreadsheet**
- 2) **Targeting Instructions**
- 3) **SNAP-Ed Site Change Form**, including the following changes:

#### Page 1:

##### Section A:

- (Box 5): added N/A check box.
- (Box 6, 7, and 8): removed the No boxes (these steps are required).
- (Box 8): **NEW-For SIAs ONLY**

##### Section B:

- (Box 2): added Methodology #. Use the new link to the USDA/WRO Targeting Methodologies Summary document to determine this Methodology #. See your SIA for questions.
- (Box 4): removed the No box.

**Note:** May 1, 2015, is the deadline to submit all site change requests for FFY 2015 to CDSS (in red at the bottom of page 1).

#### Page 2:

- Revised instructions to reflect the new changes above.
- Under the "Emailing Instructions" heading, "Email Heading" sub-header in the gray box, the "SNAP-Ed Implementing Agencies List (January 2015)" link is now included and the "County Work Plan Coordinators" list link is now included.
- The "Form Submission Due Date" section is newly added.

### 4) USDA/WRO Targeting Methodologies Summary

Any questions can be referred to your SIA or the CDPH general e-mail box at: [NEOPBTrainingSection@cdph.ca.gov](mailto:NEOPBTrainingSection@cdph.ca.gov). Please visit: <http://www.cdph.ca.gov/programs/cpns/Pages/FFY15SNAP-EdResources.aspx> to view the updated information.

**\*Note:** May 1, 2015 is the deadline to submit all site change requests for FFY 2015 to CDSS.



# SNAP-Ed Local Implementing Agency Forum

Join the Movement!

March 17 & 18, 2015  
Sacramento, CA



## SNAP-Ed Local Implementing Agency Forum Background

The California Department of Social Services (CDSS), and its state partners, the California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB); the California Department of Aging (CDA); the University of California, CalFresh Nutrition Education Program (UC CalFresh); and Catholic Charities of California (CCC), request your attendance at the 2015 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Local Implementing Agency (LIA) Forum. The 2015 LIA SNAP-Ed Forum includes three required pre-forum webinars, as well as a two-day in-person meeting. Additional information, including the goals and objectives of the 2015 LIA SNAP-Ed Forum can be found on the Forum webpage: <http://www.cvent.com/events/2015-lia-snap-ed-forum/event-summary-d282e8ac2cd44eb380e1c12c56dc06d9.aspx>.

## Pre-Forum Webinars

The pre-forum webinars will address LIA feedback pertaining to last year's forum, the work plan planning and review processes, and the specific content essential to a successful working forum. **All webinars will be recorded and made available on the Forum website.** Please note that the webinars are an essential part of the overall forum content. The in-person content will build off information presented in the webinars. Participation by all LIAs is recommended and strongly encouraged. There are a limited number of registration slots for each webinar. We request that **each LIA only register once for each webinar**, and view together in your office. Please note that each webinar has a distinct and different registration link.

### \* Pre-Forum Webinar #1—Step 1: Partners & Planning, Friday, February 13, 2015, 10:00-11:30 AM

This webinar covered an overview of the forum, and provided content around partnerships and Collective Impact as a way to frame SNAP-Ed work within the larger context of county work around better health. A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #1 are available on the 2015 LIA SNAP-Ed Forum website. Please [click here](#) to access the files.

### \* Pre-Forum Webinar #2—Step 2: The Work Plan, Friday, February 20, 2015, 10:00-11:30 AM

This webinar detailed the integrated local work plan development process and provided guidance on expectations as a part of the FFY16 work plan build out. A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #2 are available on the 2015 LIA SNAP-Ed Forum website. Please [click here](#) to access the files.

### \* Pre-Forum Webinar #3—Step 3: Putting It All Together with PSE Strategies, 10:00-11:30 AM

This webinar detailed the integrated local work plan development process and provided guidance on expectations as a part of the FFY16 work plan build out. A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #2 are available on the 2015 LIA SNAP-Ed Forum website. Please [click here](#) to access the files.

## In-Person Forum, Deadline to Register Online is: Monday, March 9, 2015

The purpose of the in-person forum is to bring all five SNAP-Ed Implementing Agencies and subcontractors together to increase coordination, cohesion and collaboration statewide and at the local level to maximize resources, expertise and impact so that SNAP-Ed eligible Californians increase their ability to make healthy food choices within a limited budget and choose physically active lifestyles. The Forum will provide attendees an environment conducive to planning and developing an integrated SNAP-Ed work plan for local jurisdictions while providing training opportunities on evidence and practice based SNAP-Ed interventions. Both components provide the tools needed to successfully implement local SNAP-Ed activities in a coordinated and collaborative fashion. To register for the in-person forum, please visit: <https://www.cvent.com/events/2015-lia-snap-ed-forum/registration-d282e8ac2cd44eb380e1c12c56dc06d9.aspx>. **Please note the deadline for online registration is Monday, March 9, 2015.** Additional information can also be found on the [2015 LIA SNAP-Ed Forum webpage](#).

## In-Person Forum Location, Accommodations and Transportation

The 2015 LIA SNAP-Ed Forum is being held at the **DoubleTree Sacramento** (2001 Point West Way, Sacramento, CA 95815).

- \* **Overnight Accommodations:** The room blocks at the DoubleTree and Hilton have sold out. Additional group lodging accommodations have been secured at the following overflow properties, with varying group room rates:
  - \* The **Holiday Inn Express & Suites Cal Expo** is located at 2224 Auburn Blvd, about three and a half miles from the DoubleTree. To make a reservation for the nights of Monday, March 16, 2015 and/or Tuesday, March 17, 2015 at the \$95 group rate (which includes breakfast and free parking), please visit the [Holiday Inn Express Website](#) and enter "SNA" in the Group Code section. You may also call to secure your reservation at 916-923-1100; please indicate you're attending the SNAP-Ed Conference. The deadline to make a reservation is Monday, March 2, or until the room block fills up. After that date, reservations will be made on a space-available basis at the prevailing rate.
  - \* The **Hampton Inn & Suites Cal Expo** is located at 2230 Auburn Blvd, about three and a half miles from the DoubleTree. To make a reservation for the nights of Monday, March 16, 2015 and/or Tuesday, March 17, 2015 at the \$119 group rate (which includes breakfast and free parking), please visit the [Hampton Inn & Suites Website](#) and enter "SNA" in the Group Code section. You may also call to secure your reservation at 916-927-2222; please indicate you're attending the SNAP-Ed Conference. The deadline to make a reservation is Monday, March 2, or until the room block fills up. After that date, reservations will be made on a space-available basis at the prevailing rate.
  - \* **Please Note:** Some of the room blocks listed above exceed the reimbursable state rate of \$95/night. Please refer to [UC CalFresh Program Directive 2013-02](#) regarding lodging costs exceeding the state rate. UC CalFresh staff may contact the UC CalFresh State Office for additional guidance.
- \* **Parking at the DoubleTree:** Self-parking and overnight parking has been discounted for our group to \$4 per day (no valet parking). The parking lot offers daily in-and-out parking privileges.
- \* **Driving & Transportation Options:** For driving directions to the DoubleTree, please [click here](#). If you are flying, the Sacramento International Airport (SMF) is 15 miles away. There is no hotel shuttle but SuperShuttle costs about \$17 each way.

## Forum Agenda & FFY 2016 Work Plan Template

- \* **Forum Agenda:** A copy of the Forum agenda is available on the [In-Person Forum Agenda page](#). Breakout session descriptions are coming soon.
- \* **FFY 2016 Work Plan Template:** Copies of the FFY 2016 SNAP-Ed Work Plan Template; FFY 2016 SNAP-Ed Work Plan Instructions; FFY 2016 SNAP-Ed Targeting Summary; and FFY 2016 SNAP-Ed Targeting Instructions have been uploaded on the [Work Plan Session Resources page](#).

Stay tuned for additional information. The UC CalFresh State Office will share information as it becomes available.



## Articles & Research



### News guide: Eating right still at core of dietary guidelines

An advisory committee's recommendations for the nation's dietary patterns are due soon, and some advice may be changing. The committee is expected to down play the importance of lowering cholesterol intake and may put less emphasis on eating lean meats. The panel could also tweak its recommendations on exactly how much salt is too much and put limits on sugar consumption for the first time. Still, despite some revisions, the main advice never changes: eat more fruits and vegetables and whole grains, eat less saturated fats, salt and sugar. The Agriculture and Health and Human Services Departments will use the advisory committee's report to write the final version of the 2015 dietary guidelines, due by the end of this year. The dietary guidelines are issued every five years. The federal government uses them to set standards for school lunches and other federal feeding programs, and they serve as the basis for information on the nutrition facts panel on the backs of food packages. They're also used to create the government's "MyPlate" icon, which replaced the food pyramid and recommends a variety of fruits and vegetables, whole grains, lean proteins and low-fat dairy. Doctors and nutritionists use the guidelines when giving advice, and food companies use them to make claims about their food. The "MyPlate" isn't expected to change much—the guidelines issued at the end of the year will most currently recommend putting fruits, vegetables, whole grains and lean proteins on your plate, accompanied by low-fat dairy. The public is encouraged to view the independent advisory group's report and provide written comments at [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov) for a period of 45 days after publication in the Federal Register. [Read full article.](#)

### Rethinking Nutrition Education and Evaluation—Facing New Realities

Helping Americans eat smart and maintain a healthy weight is one of the strategic priorities of the U.S. Department of Agriculture's Food and Nutrition Service (FNS), which administers the safety net programs that provide nutritious foods to millions of low-income Americans: the Supplemental Nutrition Assistance Program (SNAP), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), school breakfast and lunch programs, and other child nutrition programs. These programs support enrollees in a number of ways, including providing additional financial resources for purchasing healthy foods, offering healthy food at sites where children gather (e.g., school meals, child care centers, summer feeding programs), and educating families about healthy eating through nutrition education programs and interventions. What if a benefit provided by FNS can help all low-income individuals; even those who have not applied for or are not receiving direct financial or food benefits? Nutrition education helps families make healthy food choices whether they are spending SNAP or WIC benefits, have children who are receiving free or low-cost school meals, or have children in day care settings that provide healthy snacks and meals. Well-constructed nutrition education programs can help low-income families spend their food budget—both their benefits and their own money—wisely, on healthy food choices. Nutrition education is a powerful tool in the fight against childhood obesity and can be constructed to address individual knowledge and motivations as well as systemic and environmental barriers to healthy eating. We need to rethink how we fund childhood obesity prevention, bringing together key stakeholders and assisting with the design of best practice efforts to address the problem. Nutrition education efforts can lead the way if providers of food assistance programs are given an FNS "wavier" allowing them to work with other federal food assistance programs, the CDC, foundations, and state health department programs to combine funding to tackle this issue. An integrated, well-planned campaign—co-funded by various stakeholders—that addresses both individual and environmental factors should be given a chance. The combined impact will likely be greater than individual program efforts. In addition, examining the combined effect of all efforts to reduce childhood obesity, instead of evaluating individual programs should be considered. [Read full article.](#)

### More frequent meals linked to healthier eating

Adults who had multiple small meals every day tended to eat better, and weighed less, than those who had fewer but larger meals, in a recent study. People eating fewer meals tended to eat the most at night, and to drink alcohol with meals, both of which might contribute to higher body mass index (BMI), a measure of weight relative to height, the researchers said. "The major hypothesis that can be taken away from this study is interesting but not so mind-blowing—eating more frequently throughout the day leads to a greater intake of healthier, lower calorically-dense foods, which in turn leads to a lower overall caloric intake and BMI," said Elena Tovar, a clinical dietitian at Montefiore Medical Center in New York who wasn't involved in the study. "This just makes sense—eating more often starves off hunger so that we don't end up eating whatever we can get our hands on later, thereby making it more likely that the foods we eat are healthier," Tovar told Reuters Health in an email. Researchers in the UK, at Imperial College London, and in the U.S., at the Feinberg School of Medicine at Northwestern University in Chicago, analyzed data from 2,385 adults from a study conducted between 1996 and 1999. They found that participants who reported eating less than four times during a 24-hour period had an average BMI of 29.0 and consumed an average of 2,472 calories. A BMI of 18.5 to 24.9 is considered normal weight and BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese. Participants who are six times or more over 24 hours had an average BMI of 27.3 and consumed an average of 2,129 calories. People who ate more often tended to consume foods that were lower in calories and higher in nutritional value, such as vegetables, the researchers found. Meanwhile, people who ate less than four meals tended to consume more calories in the evening, and to have alcohol in the evening. This pattern is consistent with meals eaten at restaurants, where food tends to be rich or fried and it's harder to get fresh, healthy foods, the authors note. [Read full article.](#)



## Education & Resources

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



### USDA Announces More Than \$160 Million Available in Funding for Food and Agriculture Research, Education, and Extension

The U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) announced the availability of more than \$160 million in funding for research, education, and extension projects that address key challenges affecting U.S. agriculture production. NIFA will fund the awards through the Agricultural and Food Research Initiative (AFRI). "The Agriculture and Food Research Initiative was created to find innovative solutions to the challenges we face as a society, such as hunger and food security, health, climate, food safety and bioenergy," said Sonny Ramaswamy, NIFA director. "We are now in AFRI's sixth year, and already the program has made strides in advancing agricultural science. I am extremely proud of the work NIFA has funded thus far, and excited to see what groundbreaking research, education, and extension projects will result from this year's funding. These projects provide funding for the critical research, training, and assistance that ultimately strengthens rural America and our economy." NIFA released six separate requests for applications (RFA) through the AFRI program. Five RFAs will support AFRI's challenge areas: food security, water, childhood obesity prevention, food safety and climate. The challenge areas fund integrated, applied science that seek to find solutions to societal challenges that impact our ability to feed, clothe, and shelter a rising global population. An additional RFA for the AFI Foundational program will address the six Farm Bill priority areas: 1) plant health and production and plant parts; 2) animal health and production and animal products; 3) food safety, nutrition and health; 4) bioenergy, natural resources and environment; 5) agriculture systems and technology; and 6) agriculture economics and rural communities. Application deadlines vary by program area. See the [request for application](#) for more details. [Read full press release.](#)

### Trainings Provided by CDPH/NEOPB Training Resource Centers (TRCs)

CDPH NEOPB TRCs are providing trainings in various parts of the state. For additional information on the trainings being offered, please visit the NEOPB Training Resources webpage: <http://www.cdph.ca.gov/programs/cpns/Pages/NEOPBTrainingandResourceCenters.aspx>.

## Education & Resources (continued)

### Grants to aid with implementation of professional standards final rule in the National School Lunch, School Breakfast Programs

Agriculture Under Secretary Kevin Concanon today announced the availability of up to \$4 million in funding for states to support implementation of new national professional standards for all school nutrition employees who manage and operate the National School Lunch (NSLP) and School Breakfast Programs (SBP). The new standards, also announced today, through the final [Professional Standards rule](#), are a key provision of the Healthy, Hunger-Free Kids Act of 2010 (HFFKA). USDA will competitively-award Fiscal Year 2015 funds to help state agencies develop and implement trainings that satisfy the requirements of the professional standards rule. A key component of the rule, establishing minimum education and training requirements ensures that school nutrition personnel have the knowledge and skills necessary to perform their duties and responsibilities effectively. In developing the final professional standards rule, USDA considered input from a variety of sources, including representatives from state agencies, school districts, and school nutrition professional associations. As a result, the final rule provides flexibility by creating minimum hiring standards for school food authority directors based on district size. There are also minimum hiring standards for both state directors of school nutrition programs and state directors of distributing agencies that oversee USDA Foods. The rule requires a minimum amount of annual training hours for all new and current state school nutrition directors, state distributing agency directors, school nutrition directors, managers, and staff. Required topic areas will vary according to position and job requirements. These changes are effective beginning July 1, 2015, with several built in flexibilities intended to facilitate the first year of implementation and address the challenges faced by smaller school districts. State agencies administering NSLP and SBP are eligible to apply for a professional standards grant. For more information, please visit: <http://professionalstandards.nal.usda.gov>. [Read full news release.](#)

### What's Cooking? USDA Mixing Bowl: A Collection of Recipes for Schools and Child Care Centers

USDA Food, Nutrition and Consumer Services is excited to have an interactive website that can help Child Nutrition professionals expand their portfolio of recipes. The newly released *What's Cooking? USDA Mixing Bowl* website is a searchable database of recipes that can be used by school nutrition and child care center professionals in their foodservice operations. The [What's Cooking? USDA Mixing Bowl](#) includes more than 1,000 mouth-watering recipes that are scaled for large quantity foodservice. Most recipes for school nutrition yield 50 or 100 portions per recipe, while most recipes for child care centers yield 25 to 50 portions per recipe. So that these popular dishes can be shared with parents and prepared at home, many of these recipes are available in the household search with fewer portions per recipe. More than 400 large quantity recipes have been standardized by USDA and include information on how the recipe contributes toward the updated meal pattern requirements for the National School Lunch Program and other USDA Child Nutrition Programs. Many of the remaining recipes are being analyzed for nutritional and crediting information, and will be available in the coming year. In addition, most recipes are available in both English and Spanish. Large quantity recipes found in the *What's Cooking? USDA Mixing Bowl* were compiled from a variety of resources, including the popular [Recipes for Healthy Kids Cookbook for Schools](#) and [Cookbook for Child Care Centers](#). Recipes from this series of cookbooks were taste-tested and student-approved as part of the 2010 Recipes for Healthy Kids Competition. Many of these recipes have become quite popular in the lunch line, so school nutrition and child care professionals should definitely give them a try! [Read full blog article.](#)

### The First Lady Has a Challenge for You: #GimmeFive

As part of the fifth anniversary of *Let's Move!*, the First Lady is encouraging Americans across the country to give out high-fives when they see someone making healthy choices. And she's challenging everyone to #GimmeFive things they are doing to eat better, be more active, and lead a healthier life. Share what you're doing to lead a healthier life on Twitter, Instagram, Vine, Facebook, or Tumblr using #GimmeFive and then pass on the challenge to your family, friends, and followers! Stay involved in the #GimmeFive challenge and the fifth anniversary activities by following the social media accounts for the Office of the First Lady:

- \* On Twitter: [@LetsMove](#) and [@FLOTUS](#), the Official Twitter account for the Office of the First Lady
- \* On Instagram: [@MichelleObama](#), the Official Instagram account for the Office of the First Lady
- \* On Facebook: [facebook.com/letsmove](https://www.facebook.com/letsmove)

### Get Ready for the Child and Adult Care Food Program (CACFP) Week 3/15-3/21 with free materials from Team Nutrition!

Visit the Team Nutrition website to print or order free materials in support of CACFP week! Resources include:

- \* [The Two-Bite Club Educational Story Book](#)
- \* [Grow It! Try It! Like It! Nutrition Education Kit Featuring MyPlate](#) (\*note: this curriculum is approved for use for UC CalFresh programs)
- \* [Make Today a Try-Day in CACFP: Poster/Sticker Set](#)
- \* [Discover MyPlate Emergent Reader Mini Books](#)

Child care centers and homes, sponsoring organizations, and schools that participate in USDA's Child and Adult Care Food Program may request free printed copies of materials by visiting: <http://tn.ntis.gov>.

### Teach Healthier Meals in a SNAP!

Many of the recipes found in [What's Cooking? USDA Mixing Bowl](#) were created for educating recipients of SNAP benefits. The goal of the education component of SNAP, commonly called SNAP-Ed, is to improve the likelihood that persons eligible for SNAP will make healthy choices, within a limited budget, consistent with the Dietary Guidelines for Americans and [MyPlate](#). The SNAP recipes were developed by SNAP-Ed educators to do just that! There are over 700 SNAP Recipes and 2,000 total recipes, for foods ranging from breakfast to dessert items and everything in between. There are more than 150 SNAP Recipes that cost less than \$0.25 per serving to make food budgets stretch further. Recipes in the tool can be filtered by a variety of aspects including an option to search for SNAP-related recipes only. SNAP nutrition educators and participants may also find the "Sort by" feature useful to refine recipe searches by "Serving Cost" and "Total Cost" as well as by recipe "Rating" to view feedback from people who have tried the recipes. Once you've found your recipes, the [What's Cooking? USDA Mixing Bowl](#) can serve as a hub to connect you to other useful SNAP information and materials. For example, under the "Resources" section, there is a link to the [SNAP-Ed Connection](#), which has a [Seasonal Produce Guide](#) that educators can explore to find lesson plans, handouts, and general information about fruits and vegetables such as cabbage, carrots or other ingredients in a recipe. [Read full blog article.](#)

### Webinar: Summer Meals: A Win-Win-Win for Children, Families and Seniors, March 5, 2015, 2:00-3:00 PM EST

Summer can be a challenging time for children at risk of going hungry without school meals, and for older adults trying to cope with the heat. USDA, other federal agencies, schools and community leaders work collectively to serve children and seniors by expanding summer meals programs. We continue to make promising connections between summer meals, senior nutrition programs, and program providers. Join us to learn about the meal programs and how you can make a difference this summer! Guest speakers will include: Audrey Rowe, Administrator, Food and Nutrition Service; Senator John Unger, West Virginia State; Dianna Young, CDM/CFPP Director; Meals on Wheels at Horizons, Cedar Rapids, Iowa. To register, please visit: <https://usdafnsocco.wufoo.com/forms/z1fz22yq15lwrhy/>.

### Webinar: Expanding Access to Healthy Food: New Data, New Ideas, New Directions, March 26, 2015, 12:00-1:00 PM PST

Roughly 30 million Americans—about 1 in 10—live in communities without adequate access to healthy food. Over the last decade, increased awareness of this reality has spurred national and local efforts to expand healthy food access, particularly in low-income communities. This webinar session will offer fresh perspectives on understanding and addressing food-access issues. Tune in to hear experts explore questions such as, *What do the data show on low- and moderate-income consumers' needs and behaviors regarding healthy food? What programs and approaches have proven to be most successful? And what factors are most important for addressing this issue over the next five years?* This webinar is being hosted by the Federal Reserve Bank of St. Louis and will explore national and local efforts to expand healthy food access, particularly in low-income communities. To register for this webinar, please visit: <https://www.webcaster4.com/Webcast/Page/584/7435>.

## Education & Resources (continued)

### Webinar Series: Growing Roots in Farm to School in 2015

USDA Farm to School staff and guest speakers have just what you need to start or expand your farm to school program in the new year. Starting in January, 2015, this 11-part webinar series will help you build your farm to school skills and develop new strategies for bringing local foods into the lunchroom. Join us for tips and insights on topics like building a team, menu planning, program sustainability, and more! New this year: earn SNA Continuing Education Units for each webinar attended. Below is the schedule of webinars:

\* **Food Safety, March 5, 2015, 2:00 PM EST**

We're turning our attention to local food safety best practices. We'll begin with the importance of developing an effective Hazard Analysis Critical Control Points (HACCP) plan, focusing on some of the key practices school districts should follow to reduce foodborne illnesses. Then we'll identify safety measures for school gardens. Then we'll wrap it up with how to extend food safety practices to school salad bars.

\* **Promoting Your Farm to School Program, March 19, 2015, 2:00 PM EST**

\* **School Gardening, April 2, 2015, 2:00 PM EST**

\* **Curriculum Integration, April 16, 2015, 2:00 PM EST**

\* **Program Sustainability, April 30, 2015, 2:00 PM EST**

\* **Evaluating Your Program, May 13, 2015, 2:00 PM EST**

\* **Tying it All Together and Digging In, May 28, 2015, 2:00 PM EST**

Unable to join the webinars live? Webinars will be recorded for future reference. The full listing of webinars can be found on the USDA Farm to School website: <http://www.fns.usda.gov/farmtoschool/videos-and-webinars>. To register for any of the webinars, please visit: <https://www.surveymonkey.com/s/YMTTVNK>.

### National School Breakfast Week is March 2nd-6th! Free resources available from USDA's Team Nutrition

Request free Team Nutrition materials for your School Breakfast Program activities. Shipping usually takes 2-4 weeks. Place your [order now](#) to ensure you have materials for National School Breakfast Week! Some of the items available include:

\* [Team Nutrition Elementary School Posters](#) (includes Launch Your Day with Breakfast poster)

\* [Launch Your Day with Breakfast](#) (yellow sticker)

\* [Team Nutrition Middle School Posters](#) (includes You Control You Breakfast poster)

For additional information, please visit: <http://www.fns.usda.gov/tn/team-nutrition>.

### Webinar: Overview of the 2015 USDA Farm to School Census Webinar, March 3, 2015, 1:00 PM EST

This webinar will provide an overview about the upcoming 2015 USDA Farm to School Census, including information about the Census questionnaire survey invitation process, and timeline for data collection and analysis. It is open to everyone and state agencies are especially encouraged to participate. No registration is required. To join on March 3, [click here](#). To listen to the webinar using your phone, call **1-888-324-7121** and enter passcode **3644145**. Questions can be directed to Matthew Benson at [matthew.benson@fns.usda.gov](mailto:matthew.benson@fns.usda.gov).

### Celebrate International School Meals Day, March 5, 2015

Join together with schools around the world to celebrate the 3rd International School Meals Day (ISMD) on March 5, 2015. Schools can recognize ISMD by promoting healthy eating and learning, using the theme of Celebrating Culture Through Food. Some of the events include:

\* [The Whole World of Whole Grains: Celebrating Cultures and Food](#)

\* [From East to West, Eat What's Best: A Pen Pal Program](#)

\* [Healthy Food Heritages: Investigating Nutrition Across Cultures](#)

For additional information, please visit: [www.internationalschoolmealsday.com](http://www.internationalschoolmealsday.com).

### Webinar: Childhood Obesity Indicators: Capturing the National Impact of Extension, March 5, 2015, 2:00 PM EST

In 2012, the USDA National Institute for Food and Agriculture (NIFA) established national evaluation indicators for the 5 priority areas of childhood obesity, climate change, food safety, global food security and hunger and sustainable energy. States have been encouraged to select and incorporate these indicators into their Plans of Work in an effort to provide a national perspective regarding the progress made in these areas. This webinar will provide accurate information about the national indicators related to childhood obesity from the federal perspective and will help educate state, regional and county level staff about how to incorporate programming that addresses these outcomes as well as the importance of having a national voice for Extension. To register for the webinar, please visit: <https://utia.zoom.us/webinar/register/726952866>. [Read full webinar description](#).

### CACFP Meal Pattern Webinar: What Californians Need to Know to Comment, March 5, 2015, 1:30 PM

On January 9, the U.S. Department of Agriculture released a proposed rule with new science-based nutrition standards for meals provided through the Child and Adult Care Food Program (CACFP). These proposed improvements impact all CACFP meals, including those served in child care centers, family child care homes, and the at-risk afterschool supper program. This proposal is the first major update of the CACFP meal patterns since the program's inception in 1968. California Food Policy Advocates (CFPA), with their partners at the California Department of Education, the Child Care Food Program Roundtable, and Nutrition Policy Institute University of California, will be hosting a California-focused webinar on March 5th at 1:30 PM. To register for the webinar, please visit: <https://attendee.gotowebinar.com/register/7315465739633076225>.

### Live chat: Strengthening the Commitment: Helping All Kids Grow Up at a Healthy Weight, March 6, 2015, 12:15 PM ET

How can your community become one where kids eat more healthy food and bump up their physical activity? Get answers Friday, March 6, as the Robert Wood Johnson Foundation (RWJF) hosts an online event featuring panelists who will offer insights on those issues, and strategies to eliminate the health disparities that contribute to higher obesity rates among children of color, and those living in poverty. For additional information, including how to register for the live chat, please visit: [http://www.rwjf.org/en/about-rwjf/newsroom/newsroom-content/2015/01/first-friday-google-hangouts.html?rid=zSR9HEO7l0shseKIDYGOL9iacoKwidubktYkqV5p7ck&et\\_cid=187569](http://www.rwjf.org/en/about-rwjf/newsroom/newsroom-content/2015/01/first-friday-google-hangouts.html?rid=zSR9HEO7l0shseKIDYGOL9iacoKwidubktYkqV5p7ck&et_cid=187569).

### Webinar: AmericaWalks: Lessons from the Experts: 10 First Steps to Walkability, March 9, 2015, 1:00-2:00 PM EST

Join celebrated speaker and walkability expert Mark Fenton for a rapid-fire review of best practices for those beginning to build more walkable communities. Many communities are overwhelmed by the apparent technical challenges and cost of making themselves more walkable. But there are compelling, cost efficient, often simple approaches that are ideal first steps. Based on a series of interviews with some of the most experienced and successful walkable community advocates and implementers in the United States, this webinar reveals starter-strategies that have been shown to work, any why! To register for the webinar, please visit: <https://attendee.gotowebinar.com/register/6463415695850153474>.

## Education & Resources (continued)

### USDA Announces \$9 Million to Support Community Food Projects Program, Deadline: March 17, 2015

The U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) announced the availability of \$9 million in funding to assist low-income individuals and communities in developing local and independent food systems. NIFA is funding the grants through the Community Food Projects program (CFP), authorized by the Agricultural Act of 2014 (Farm Bill). "Community Foods Projects provide the opportunity for low-income communities to become more self-reliant and take control of their own food systems," said Sonny Ramaswamy, NIFA director. "These projects create food systems that are economically equitable and socially and environmentally sustainable, providing real solutions for communities most in need." Community Food Projects involve the entire food system. Projects assess strengths and establish connections among existing food systems, resulting in improved food systems that support self-reliance. Grants are intended to help eligible, private, nonprofit entities in need of a one-time installment of federal assistance to establish and carry out multipurpose community food projects. Projects are funded from \$10,000 to \$300,000 and up to 36 months. All grants require a dollar-for-dollar match in resources. Please see the [request for applications](#) for specific program requirements. [Read full blog article.](#)

### Fire Up Your Feet Rewards Active Families and Schools!, Spring Activity Challenge: April 13 through May 15

Fire Up Your Feet is an awards-based program of the Safe Routes to School National Partnership, aimed at encouraging families, students and schools to create active lifestyles that inspire our children to be healthy and physically active. Fire Up Your Feet offers yearly fall and spring Activity Challenges. Fire Up Your Feet Challenge Awards are unrestricted funds that directly support Safe Routes to School programs, or a school-based health and wellness initiative of the school's choice. Awards are given to schools with the highest number of students, plus parents, guardians, and school staff tracking one or more physical activities during the Challenge using the online activity tracker, divided by total school enrollment. Anyone can register and track activity for a school using Fire Up Your Feet resources! Winning is as easy as 1-2-3!

- 1) **Click It!** Register today at [fireupyourfeet.org](http://fireupyourfeet.org).
- 2) **Track It!** Track your physical activity using our easy online Activity Tracker. Bicycling, walking, recess—all activity counts!
- 3) **Earn It!** The more participants, the better your school's chances of winning awards that can be used for physical activity, wellness and Safe Routes to School programs!

For additional information, please refer to the attached flyer or visit: <http://www.fireupyourfeet.org>.

### 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/>.

### National Public Health Week, April 6th-12th

Right now, the U.S. spends more on health care than other comparable countries. What do we have to show for that spending? Numerous studies show that we live shorter lives and struggle with more health issues such as obesity, infant mortality, diabetes, heart disease and more. And this is true for Americans of all ages and socio-economic groups. This is the defining challenge of our generation—that we, the public health community, are uniquely positioned to overcome. That's why, during National Public Health Week 2015, the public health community is rallying around a goal of making the U.S. the Healthiest Nation in One Generation—by 2030. In the 20 years we've been celebrating National Public Health Week we have seen the tremendous success we can achieve working together across all fields of public health. Moving forward, we need to collaborate with an even broader range of partners to address all of the issues that have a profound effect on our health. Visit [www.apha.org/2030](http://www.apha.org/2030) to sign their pledge to create the healthiest nation. Visit [www.nphw.org](http://www.nphw.org) to download materials and find out more about this year's daily themes and activities.

### Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline: May 29, 2015

Registration for the 8th Biennial Childhood Obesity Conference is now open. The deadline to register is May 29, 2015.

- \* **Registration:** \$375.00 (January 1, 2015 to on or before May 29, 2015)
- \* **Student Registration:** \$300.00 (January 1, 2015 to on or before May 29, 2015) ([Click here](#) for student verification requirements)
- \* **Late Registration:** \$400.00 (after May 29, 2015) (\*No student rate available during late registration period)

For additional information on the conference, including registration fees and lodging options, please visit: [www.childhoodobesity2015.com](http://www.childhoodobesity2015.com). Please carefully review the lodging information posted on the Childhood Obesity Conference website regarding the housing scam from Exhibition Housing Management/Services. If you have any questions regarding the scam, please contact Carragh Taylor-Hunt at [taylorc@csus.edu](mailto:taylorc@csus.edu). 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).



## We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at [lmhamasaki@ucdavis.edu](mailto:lmhamasaki@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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