

UC CalFresh Weekly Update

August 24, 2015



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Upcoming Events & Deadlines

AUGUST 2015

SUN	MON	TUE	WED	THU	FRI	SAT
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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					

Curriculum & NERI Items from the UC CalFresh State Office
The UC CalFresh State Office has begun ordering items requested through the survey distributed to UC CalFresh Programs in April 2015. These items will be sent on a rolling basis. E-mail notifications will be sent to each county providing the quantity of each item to be expected. Please e-mail **Rolando Pinedo** (rgpinedo@ucdavis.edu) and/or **Erin Moore-Miner** (emooreminer@ucdavis.edu) if you have any questions related to the items being sent to your program. Items include:

- * Veggie Brushes
- * UC CalFresh County Contact Labels
- * Making Every Dollar Count Curriculum
- * Making Every Dollar Count (MEDC) Calendars

The State Office will monitor the status of deliveries using the tracking information, but will continue to send email notifications of upcoming deliveries. Please contact the State Office if the shipment does not arrive within 2 weeks. If your items arrive damaged, contact the State Office within 10 days after receipt of package.

8/25-8/27/15 CATCH PE (K-5th Grade) Training, UC ANR Building, Davis, CA

9/10/15 Joint EFNEP-UC CalFresh Curriculum Webinar

EFNEP will be hosting a Joint EFNEP-UC CalFresh curriculum webinar on the new interactive PowerPoints for *My Amazing Body, Good for Me and You* and *It's Your Choice* curriculum. The webinar is scheduled for **Thursday, September 10, 2015 from 9 AM to 10:30 AM** presented by **Sharon Junge**, curriculum designer and author. Call-in information is provided below and in the attached PDF flyer.

Webinar Information:

Dial-in number: 1-866-740-1260

Access Code: 9702760

Adobe Connect link: <http://uc-d.adobeconnect.com/r8bkj6md4hj/>



UC CalFresh Website Updates

8/18/15 UC CalFresh Town Hall PowerPoint Presentation and Recording Now Available!

The PowerPoint presentation, resources and recording for the August UC CalFresh Town Hall webinar, "Youth Engagement," presented by **Lisa Paniagua and Melissa LaFreniere** from UCCE San Luis Obispo/Santa Barbara Counties; **Virginia Bolshakova, John Gieng, and Phil Minnick**, UCCE San Mateo/San Francisco Counties; and **Kamaljeet Singh-Khaira, MS, Public Health Institute**, are now available on the UC CalFresh website. For additional information, please visit: <http://www.uccalfresh.org/trainings/town-halls>.

UC CalFresh Weekly Update: August 24, 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>.

"In my time in this class, I have learned a reasonable amount about health and nutritious. We need our fruits, protein and vegetables. I always eat about 2 cups of vegetables and I started to put more fiber as a snack and into my meals. I have also learned to cook with bell pepper, onion, and to use fruit under heat to make syrup. I try and stay away from salt. I drink water after every meal. I also grill and boil meats instead of frying them. I like to exercise now because it reduces risk of heart disease, high blood pressure and diabetes. [It also] keeps my bones strong and helps me to maintain [a] healthy weight."

—Eating Smart, Being Active Participant, Riverside County

"This class series has helped open my eyes to what I was eating and information on nutrition facts. It is very helpful and I would take some things that I learned from the class into consideration. A healthy change I plan to make is trying some vegetables and eating less sugar and fatty foods."

—Eating Smart, Being Active Participant, Tulare County

Items Available for UC CalFresh Programs

As mentioned during the June UC CalFresh Town Hall webinar, the following items are available to UC CalFresh county programs for use in their nutrition education programming. These items are available on a **first come, first serve basis**:

- * (23) 2015 Healthy & Homemade Calendars in **Spanish**
- * (22) 2015 Healthy & Homemade Calendars in **English**

If you are a UC CalFresh county program, please contact **Rolando Pinedo** at rgpinedo@ucdavis.edu if you are interested in receiving any of these items.



Welcome New UC CalFresh Staff!

This new feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a short paragraph and photo to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.



Marisela Magana Chavez, Community Education Specialist 1, UCCE San Mateo/San Francisco Counties

UC CalFresh of San Mateo and San Francisco Counties is pleased to welcome Marisela Chavez to their team. Marisela has been passionate about nutrition since her grandmother was diagnosed with diabetes 8 years ago. Marisela has seen how good nutrition can change lives, prevent diet-related illnesses, and promote longevity. During her internship for the Nutrition Assistant certification course at San Francisco City College, Marisela worked at the San Francisco Unified School District promoting health fairs and teaching youth-centered classes about physical activities. Marisela is interested in working with youth because it is very critical they make informed choices early to ensure a long, healthy life. When she isn't educating youth in both Spanish and English, Marisela enjoys exercising to balance her life. Marisela can be reached at: maganachavez@ucanr.edu.



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

UC ANR vice president Glenda Humiston shares vision in conference call with the press

The newly appointed vice president of UC Agriculture and Natural Resources, Glenda Humiston, spoke with the media Aug. 13 about her vision and plans for her new position. The press conference was conducted by telephone to accommodate media around the state. Humiston said she will look for ways to expand economic opportunities for farming industries and increase the number of advisors and specialists in UC Cooperative Extension, reported Tim Hearden in Capital Press. "I am a long-time, very strong supporter of Cooperative Extension, its mission and what it does for all the people in California," she said. "We definitely need more advisors in the field as well as specialists on the campuses to find answers to the really complex questions (growers face)." Humiston said she will be working on funds development and finding new resources for ANR, not just money but also new partners and opportunities for collaboration. "We've just had some very exciting collaborations with commodity groups," Humiston said. "The rice folks have put together money for a position and we're looking at some endowed chairs. I think you're going to see us partnering more with commodity groups and stakeholders." Humiston said she met with UC President Janet Napolitano her first day on the job, and was asked to be active on the [UC-Mexico Initiative](#), [UC Global Food Initiative](#) and the UC Sustainability Initiative. "I suggested I also be active on the UC Technology Initiative because of the way technology and agriculture come together," Humiston said. [Read full blog article.](#)



UC CalFresh in Action!

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

Oroville school playground project brings nutrition education to playtime, UCCE Butte Cluster

The kindergarten playground will have a new look when children arrive for the school year at Oakdale Heights School next week. Last week, a handful of volunteers from the UC Cooperative Extension joined Oakdale teachers Beth Parmentier and Martina Johnson armed with paint, stencils and brushes to spruce up the play area. **Suzie Lawry-Hall** of the Cooperative Extension and the CalFresh program helped organize the workday. Lawry-Hall works with CalFresh, a state nutrition education program for families. "We work with schools to help create an environment that supplies health and physical activities," she said. Lawry-Hall and four other volunteers painted yellow train tracks around the yard that will have letters from the alphabet and sight words such as over, under and like. The yard will also have an area to play foursquare, designed as "MyPlate," Lawry-Hall said. Other places painted for activities include a shape race area and a jump rope section. Near the entry to the playground, kindergarten teacher Martine Johnson painted a mural to teach about the pumpkin life cycle. Johnson said there are plans to also build planter boxes in front of the mural. "We're so excited," Johnson said. The kids are going to love it. We'll have planter boxes and have the whole kindergarten outdoors, gardening, hands-on learning about plants and how they grow." Transitional kindergarten and kindergarten teacher Parmentier toiled under the sun painting on the train tracks. She said the purpose of the project was to provide a more energetic playground. "It gives the kids more activities to do during recess, and an educational activity," Parmentier added. The location of the playground will also provide a more inviting environment as parents and children arrive at the school.



[Read full article.](#)

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.

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.

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 Mary Ann Mills at mamills@ucdavis.edu.

UC Delivers

This is a friendly reminder that counties should contact **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submission to Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!



Articles & Research



USDA Continues to Support and Help Schools Serve Healthier Meals Heading into the 2015 School Year

In preparation for the 2015 school year, U.S. Department of Agriculture (USDA) Undersecretary for Food, Nutrition and Consumer Services, Kevin Concannon, encourages schools to maintain momentum and continue striving toward a healthier generation by offering nutritious, balanced meals to all students. "I applaud our partners and school foodservice staff for all the hard work they do to safeguard the health and wellbeing of the nation's school children. School audits and data show that more than 95 percent of schools are successfully meeting the updated meal standards," said Undersecretary Concannon. "This school year we will work together to continue making historic steps, ensuring that the healthy choice for students is the easy choice in schools. USDA is committed to helping school meal programs fulfill their highest potential, and we look forward to this upcoming school year and the promise it offers for our nation's youth." In the coming year, USDA will continue to make access to nutritious food in high-poverty communities a priority. Across the country, schools and districts of all sizes have successfully implemented the Community Eligibility Provision (CEP), and many are seeing increased participation in the [National School Lunch Program \(NSLP\)](#) and [School Breakfast Program \(SBP\)](#), and serving more meals than in previous years. CEP allows low-income districts or schools the option to eliminate household applications for free and reduced price meals and provide meals at no cost to all students. This greatly reduces administrative burden on schools and eliminates stigma associated with free or reduced priced meals. Recent research shows that some schools need more training to maximize the benefits of the updated meal standards. [USDA's Team Up for School Nutrition Success](#) initiative, launched in November 2014, aims to give schools the opportunity to learn from each other on topics such as financial stability and strong student participation. This school year, USDA will expand the effort to include "Train the Trainer" instruction to develop more mentors at the state and local level who can provide personalized support. In addition, USDA's "Tools for Schools" online toolkit has several resources, including recipes and tips for good procurement practices, that states and school nutrition professionals can reference to help offer healthier and more appealing meals and snacks that meet the nutrition standards. [Read full Press Release.](#)

Articles & Research (continued)

Back to School, Back to Healthier School Meals

It's hard to believe the start of the school year is right around the corner. It feels like just yesterday the final bell rang, and students exchanged their pens and pencils for swim trunks and sunglasses. But it's time for students, teachers and other school staff to get ready for the year ahead, and that includes school nutrition professionals who will soon be tasked with serving healthy school meals to over 30 million students nationwide. This past year, America's school nutrition professionals did some phenomenal work. Today, more than 96 percent of schools are successfully meeting the updated meal standards, serving healthy meals approved by nutritionists and students alike. A recent study found that kids are now eating 16 percent more vegetables and 23 percent more fruit at school—not to mention more whole grains, low-fat dairy, and lean protein, than they were before the new meal standards. Through continued collaboration with partners and food professionals, this school year will bring even more progress toward a healthier, hunger-free generation. Among USDA's priorities is ensuring access to healthy food in high-poverty communities. Across the country, schools and districts of all sizes have implemented the Community Eligibility Provision (CEP) and are seeing increased participation in the National School Lunch and School Breakfast programs. CEP allows all low-income school districts the option to eliminate household applications for free-and-reduced-price meals, providing meals at no cost to all students, rather than just a select few. Heading into this academic year, schools and districts in all 50 states and the District of Columbia have signed on to participate in CEP. [Read full blog article.](#)

Community Eligibility: A Win-Win for Schools and Families in the Fight against Childhood Hunger

Every day, millions of students across the U.S. walk into school with stomachs growling because they haven't had enough to eat either that morning or the night before and eagerly anticipate getting a school breakfast. Hours later, when the lunch bell rings, the same students jet to the front of the line to make sure they eat enough food to tide them over until their next meal. For many students, school meals are not a luxury or a backup in case they forget to pack a meal; they are a lifeline. At a time when 8.6 million U.S. children lack consistent access to food at home, the availability of nutritious meals at school is more important than ever. The [Community Eligibility Provision \(CEP\)](#) provides an opportunity for schools to not only feed more kids, but can help with the bottom line. CEP became available nationwide in the 2014-2015 school year. It allows schools in low-income areas to offer meals to all students at no cost. Schools that participate in CEP no longer collect individual applications from households for free and reduced-price meals. Instead, information from other need-based programs (such as [SNAP](#) or [TANF](#)) is used to determine the level of funding schools receive for meals programs, and schools are only responsible for covering any difference between that funding and the total program costs. Participation is voluntary, so local administrators decide whether CEP makes financial and practical sense for their schools. Some administrators assume that providing no-cost meals to all students under the provision will be a financial drain that they cannot afford. But administrators at many of the 14,000 schools around the nation that participate in CEP disagree. One administrator called CEP a "financial win/win for the district and our families." [Read full blog article.](#)

More Americans support farm-to-school programs, report says

Americans agree that food from local farms belongs in school cafeterias. Nearly nine out of 10 people want to see an increase in farm-to-school food programming in the U.S., according to national survey results released Tuesday. The poll—commissioned by the W.K. Kellogg Foundation—asked 1,200 adults across the country for their opinions on school nutrition standards and healthy food educational programs. Along with a desire to improve water drinking habits, the overall results showed more confidence in the quality of public school meals and support for increasing government funding. The National Farm to School Network reports that about 23 million students currently learn about where their food comes from through activities with local farms. "Farm to school not only has a significant impact on building a generation of healthy eaters, but also creates economic opportunities for farmers," said Anupama Joshi, executive director of Farm to School. "It is so exciting to see the broad public support for this win-win approach." The poll reflects the changes of opinions since the release of the 2010 Dietary Guidelines for Americans—a set of recommendations put out by the USDA and U.S. Department of Health and Human Services. In the five years after the new standards went into effect, the percentage of people that think the public school cafeteria food has a good nutritional quality increased by 26%. About 84% of the polled group also agreed that the farm and healthy practices education should affect the new guidelines, which will come out later this year. [Read full article.](#)

Spotlight on Summer: local food meets SNAP-Ed in Calistoga, CA

With support from Napa County's Healthy Cooking Kids, Inc. program, Calistoga Joint Unified School District (CJUSD) serves local fresh vegetables straight from the school garden in summer meals as part of the Seamless Summer Option. Healthy Cooking with Kids, Inc. is funded by the USDA SNAP-Ed Program and implemented statewide by the California Department of Public Health's Nutrition Education and Obesity Prevention (NEOP) Branch. Through nutrition education, social marketing, and public health strategies in community settings, SNAP-Ed aims to increase the likelihood that people eligible for SNAP will make healthy food choices within a limited budget and lead physically active lives. Garden provide opportunities for both! With SNAP-Ed funding, Healthy Cooking Kids, Inc. provides health educators and garden specialists to assist with the CJUSD's school garden-to-cafeteria program. CJUSD's school gardens are successful year-round due to engagement from students, community partners, families, faculty, and staff. Throughout the summer, it is clear that sharing the story of how the vegetables get to their trays has increased youths' acceptance of fruits and vegetables. As summer comes to a close, CJUSD students look forward to many more crops coming soon including: beets, corn, melons, tomatillos and several varieties of squash, pumpkins, tomatoes and potatoes, beans and micro greens, lettuces, mushrooms and edible flowers.

School Food Workers Need More Training, Resources, Survey Finds

School food workers say they need more training and resources to keep up with the changes made in the wake of new nutrition standards created under the Healthy, Hunger-Free Kids Act. In a recent survey by the Pew Charitable Trusts and the Robert Wood Johnson Foundation, 58 percent of 3,372 total respondents said cooks and front-line servers needed training on basic cooking skills, and 68 percent said nutrition directors needed training in developing or modifying menus to meet the new standards. "To run successful programs and meet updated nutrition standards, most school districts expected to make at least one change in their production approach, like cooking more meals from scratch or implementing recipe changes to ensure appropriate and consistent nutrient content," the report says. The nationally representative survey was administered during the 2012-13 school year. That's before the U.S. Department of Agriculture set training and professional development standards for school food workers. Those standards set minimum training and education levels for food personnel that vary by district size. The survey found that school food service workers most commonly receive on-the-job training. Only 37 percent of respondents said their district had a budget for professional development. Of those, just 34 percent said their professional development budget was sufficient. [Read full article.](#)



Education & Resources

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



Physical Activity at Home, Work, and Play: 10 Tips Nutrition Education Series, ChooseMyPlate.gov

Having a hard time fitting exercise into your daily routine? Don't have time to go to the gym? You can find practical ideas in the tip sheet, [Physical Activity at Home, Work and Play](#), a new addition to the [10 Tips Nutrition Education Series](#) at [ChooseMyPlate.gov](#). *Physical Activity at Home, Work and Play* has ideas to help you add more physical activity to your day, from turning TV time into a workout session to getting physical activity from daily chores. Pin this sheet on a bulletin board at home or work to stay motivated. This new resource can be found with more than 40 other tip sheets in the series and includes easy-to-follow suggestions for consumers and professionals in a convenient, printable format. For additional information and to preview the other tip sheets in the series, please visit: <http://www.choosemyplate.gov/ten-tips>.

USDA Resources to Build a Healthier Next Generation

Let's work together with USDA to continue the success of school meal programs, fight childhood hunger and obesity, and invest in the future of America's children. To learn more about USDA's efforts to build a healthier next generation, check out some of the resources and more below:

- * [Tools for Schools](#)—An online toolkit with everything from nutrition and education promotion materials, recipes and culinary techniques, procurement information, school nutrition improvement resources, and policy guidance. Also contains information on:
 - * [Smart snacks](#)
 - * [Offering fruits and veggies](#)
 - * [Reducing sodium while boosting flavor](#)
 - * [Serving whole grains](#)
- * [Healthier School Day](#)—Resources specifically designed for:
 - * [School administrators and food service](#)
 - * [Educators and students](#)
 - * [Parents](#)
 - * [Communities](#)
 - * [Media](#)
- * [Nutrition Standards for School Meals](#)—All the policy information and guidance on what the new standards really mean
- * [Smarter Lunchroom Strategies](#)—Tips for how to set up your lunchroom to promote healthy eating
- * [What's Cooking](#)—Hundreds of USDA standardized, large quantity recipes. Also check out the ["Recipes for Healthy Kids" Cookbook](#) for award winning school meal recipes
- * [Best Practices Sharing Center](#)—Share your best practices with your peers or read about how they've found success
- * [Farm to School](#)—Learn how to get more local produce in your school and on the menu

For additional information and resources, please [read full blog article](#).

Back-to-School Food Safety Tips for Parents and Caregivers

Back to school, back to the books, back in the saddle or back in the car for all the parents. The new school year means its back to packing lunches and afterschool snacks for students, scouts, athletes, dancers, and all the other children who carry these items to and from home. One 'back' you do not want to acquaint children with, however, is Bacteria. Bacteria that cause foodborne illness, commonly known as food poisoning, grow rapidly at temperatures between 40 and 140 degrees Fahrenheit. In just two hours, these microorganisms can multiply to dangerous levels, which can cause foodborne illness. To make sure lunches and snacks are safe for those you pack for, you should follow the USDA's four steps to food safety: Clean—Separate—Cook—and Chill. See below for some packing, storage and eating/disposal tips:

- * If the lunch/snack contains perishable food items like luncheon meats, eggs, cheese, or yogurt, make sure to pack it with at least two cold sources. Harmful bacteria multiply rapidly so perishable food transported without an ice source won't stay safe long.
- * Frozen juice boxes or water can also be used as freezer packs. Freeze these items overnight and use with at least one other freezer pack. By lunchtime, the liquids should be thawed and ready to drink.
- * If possible, a child's lunch should be stored in a refrigerator or cooler with ice upon arrival. Leave the lid of the lunchbox or bag open in the fridge so that cold air can better circulate and keep the food cold.
- * Pack disposable wipes for washing hands before and after eating.

For additional information and tips, please visit: www.foodsafety.gov. [Read full blog article](#).

USDA Farm to School Fact Sheet Refresh

Have you been wondering how cooperative extension professionals can support farm to school programs? Or how in the world to include geographic preference in procurement? USDA has a host of fact sheets to meet your needs, and they were all recently updated. Visit the [USDA Farm to School website](#) to check them out! Some of the recently released fact sheets are also listed below:

- * [Farm to Preschool: Local Food and Learning in Early Childcare and Education Settings](#)
- * [Farm to Summer: Why Summer Meal Programs are Ripe for Local Foods and Agriculture Based Activities](#)
- * [Decision Tree: How Will You Bring Local Foods into the Cafeteria with Your Next School Food Purchase](#)

For additional information and resources related to USDA's Farm to School Program, please visit: <http://www.fns.usda.gov/farmtoschool/>.

A Challenge to Commit to 10 more Minutes of Physical Activity, #Commit2Ten

It's time to prove that a *little* more physical activity makes a *big* difference. So we're challenging the nation to commit to an additional 10 minutes of physical activity every day. Today, only one in three children is physically active each day. And for adults, 80 percent of us are physically inactive. Those are not the statistics that set the stage for a healthier generation. To spread the word about the lack of physical activity across the country, the Alliance for a Healthier Generation is launching **#Commit2Ten**, their largest campaign to date to challenge the nation to add 10 more minutes of physical activity a day. Visit the [Commit2Ten website](#) to download your customized 30-day activity calendar. For additional information and resources, please visit: <http://commit2ten.org/>.

Save the Date! The 2015 Champion Alliance Workshop, Various Dates, 10:00 AM to 3:30 PM

Runyon Saltzman Einhorn and NEOPB State Media and Public Relations will host a one-day Champion Alliance Workshop near you during July and August. The workshops are intended for local health departments (LHDs), training and resource centers (TRCs), local Champions for Change and other local NEOPB partners. The dates and locations are listed below:

- * **August 25** in San Jose/Santa Clara at Sobrato Community Center, 600 Valley Way, Milpitas, CA 95035

Dress comfortably. All of the sessions are hands-on and participants will be physically active. Each workshop will accommodate 30-50 participants in a day of guided conversations around existing local efforts to promote Champions for Change, the growing movement, and available campaign resources to attract, recruit and engage local Champions. Ample time will be provided for capacity-building and networking. The workshops will also serve as an official introduction and immersion to the Champions for Change campaign for the Champion Alliance Program (CAP) partners. Registration information is available at the following location: <http://www.cvent.com/d/1rqd9j> or you can check the NEOPB Events calendar for more details at: <http://www.cdph.ca.gov/programs/cpns/Pages/CalendarofEvents-FFY2015.aspx>.

Evaluation & Resources (continued)

Commit2Ten, New Website from the Alliance for a Healthier Generation Launches in September 2015!

Commit2Ten.org is a new website from the Alliance for a Healthier Generation, in partnership with the American Heart Association and the Clinton Foundation. The website will feature fitness experts, celebrities, and partners in a nationwide campaign to change the way we move. Visit commit2ten.org to join the #Commit2Ten campaign. The website will officially launch in September 2015. This website will feature information and inspiration to move as well as exciting ways to add an additional 10 minutes of physical activity every day. Stay tuned to commit2ten.org for additional information and for the official website launch!

September is Hunger Action Month: Gear up for the CalFresh Challenge! Could you eat a healthy diet on \$4.38 a day?

Each year, the Hunger Coalition organizes San Diego's CalFresh challenge, which asks the local community to spend a week living on the budget of the average CalFresh (food stamp) allotment for the county. Every day, more than 450,000 San Diegans struggle to obtain enough food for an active, healthy life, and many of them are aided by the CalFresh program. The average benefit, however, is only about \$4.38 per day (or \$30.67 per week) per person. The benefit is supposed to supplement the household food budget, but for many, CalFresh IS the household food budget. Help raise awareness of hunger issues in San Diego County by taking the CalFresh Challenge September 21-27! For additional information, please visit: <http://www.sandiegohungercoalition.org/cfc>.

Get Ready! September is National Food Safety Month!

Here's what's coming from the Partnership for Food Safety Education in time for September's National Food Safety Education Month! Plan your outreach activities with new content from Fight BAC!®

* Home Food Safety Mythbusters 2015!

* The Partnership's Home Food Safety Myths and Facts for 2015 focus on home refrigeration and proper storage of perishable foods. Use this information to develop blog posts or newsletter articles for September and beyond. Flyers will be available for download by August 27.

* 40° or Below Campaign Launch—sign up for the “reveal” webinar!

* Keeping a constant refrigerator temperature of 40 degrees F or below is one of the most effective ways to reduce risk of food borne illness—including listeriosis. Participate in our webinar on **Wednesday, September 2 at 1 PM EST** and get access to new consumer education materials that highlight this critical home food safety practice. To register for the webinar, please visit: <https://attendee.gotowebinar.com/register/6049649684079998465>.

For additional information and resources, please visit the Fight BAC!® website at: <http://www.fightbac.org/>.

Webinar: The 6 E's of Walk to School Day Encouragement, September 2, 2015, 10:00-11:00 AM PDT

International Walk to School Day is a one-day event occurring during Walk to School Month in October that encourages and celebrates walking to school. This webinar will offer tips and tools to use in planning your walk or bike to school day, week, or month campaign, and throughout the school year. Whether this is your first time coordinating a Walk to School Day event, or whether you're a Walk to School Day pro looking for fresh tips and ideas, the Safe Routes to School National Partnership and their partners are here to help you incorporate the 6 E's and ensure your most successful event yet! To register for this webinar, please visit: <https://attendee.gotowebinar.com/register/7112794964132313858>.

Funding Opportunity: Garden Grant Program, Deadline: October 2, 2015

The Jamba Juice “It's All About the Fruits and Veggies” garden grant program will offer 30 awards to school and youth garden programs. Programs will receive gardening equipment, curriculum, soil amendments, seeds, and plants to help create engaging nutrition and gardening experiences. Recipients will be selected based on plans to promote nutrition education, ideas for incorporating fruit and vegetable activities into the curriculum, and the ability to sustain the program over multiple years. For additional information, please visit: <http://grants.kidsgardening.org/fall-2015-jamba-juice-its-all-about-fruits-and-veggies-garden-grant>.

Funding Opportunity: Fuel Up to Play 60, Deadline: November 4, 2015

Funding opportunities are available to any qualified K-12 school enrolled in Fuel Up to Play 60. Sponsored by the National Dairy Council, state and regional Dairy Councils and other supporting organizations, the competitive, nationwide funding program provides seed money—up to \$4,000 per year, per school—to help your school implement one Healthy Eating Play and one Physical Activity Play from the 2015-16 edition of the Fuel Up to Play 60 Playbook. For additional information, please visit: https://school.fueluptoplay60.com/funds/funds_for_futp60.php.



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 to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.com/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.