

UC CalFresh Weekly Update September 21, 2015



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Upcoming Events & Deadlines

SEPTEMBER 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			

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 \(rgpinedo@ucdavis.edu\)](mailto:rgpinedo@ucdavis.edu) and/or [Erin Moore-Miner \(eremooreminer@ucdavis.edu\)](mailto:eremooreminer@ucdavis.edu) if you have any questions related to the items being sent to your program. Items include:

- * UC CalFresh Table Throws
- * UC CalFresh County Contact Labels
- * CATCH Jumpropes
- * CATCH CEC Boxes and Equipment
- * "I Tried It" Stickers (English/Spanish)
- * UC CalFresh/MyPlate Stickers
- * Making Every Dollar Count Slide Rulers (English/Spanish)

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.

10/1/15 All UC CalFresh Evaluation Data Portals Will Close

All UC CalFresh evaluation data entry portals will be closed on Thursday, October 1, 2015. The State Office will begin aggregating county specific data and the data will be returned to counties to include in your Annual Report Narrative.

10/16/15 Q4 Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office

FFY 2015 Q4 Reporting Tools Workbooks and documentation for UC CalFresh are due by **5:00 PM on Friday, October 16, 2015**. Please contact [Jennifer Quigley \(jaquigley@ucdavis.edu\)](mailto:jaquigley@ucdavis.edu), (530) 754-4137 if you have any questions related to your workbooks.

10/16/15 PSE Reporting on School Gardens Due to State Office

Please complete the online survey for reporting newly established, reinvigorated or maintained gardens at SNAP-Ed eligible sites where UC CalFresh also provided nutrition education during FFY 2015. Please contact [Barbara Mknelly \(bmknelly@ucdavis.edu\)](mailto:bmknelly@ucdavis.edu), (530) 754-7796 if you have any questions related to this online survey.

UC CalFresh Weekly Update: September 21, 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>.

"Estaba muy contenta con las clases de Nutricion porque aprendi a cocinar comidas saludables sin usar tanta grasa. Como les prepare a los niños pollo con vegetales y les encanto."

"I was very happy with the nutrition classes because I learned to cook healthier food without using a lot of fat. Like how I made my kids chicken with vegetables, and they loved it."
—UC CalFresh Participant, Placer County

"I loved that the kids got to learn about real (unprocessed) food. I would love to have the kids involved and be able to teach them more about their food and how to make healthy choices when I'm not around."

—Eat & Play Together Participant, Tehama County



UC CalFresh Website Updates

9/15/15 UC CalFresh Town Hall PowerPoint Presentation and Recording Now Available!

The PowerPoint presentation, resources and recording for the September UC CalFresh Town Hall webinar, "Parenting and Child Obesity: State of the Research Application to the field," presented by Lenna Ontai, PhD, and "FFY 2015 Annual Report Overview," presented by the UC CalFresh State Office, are now available on the UC CalFresh website. For additional information, please visit: <http://www.uccalfresh.org/trainings/town-halls>.

FFY 2015 Call for Annual Report Webpage Now Available!

As discussed during the 9/15/15 UC CalFresh Town Hall webinar, the FFY 2015 Call for Annual Report webpage is now available. This webpage will provide you a timeline; checklist of documents; links to online evaluation data portals for UC CalFresh; and links to the FFY 2015 Annual Report Narrative Template. For additional information and resources, please visit: <http://www.uccalfresh.org/front-page/ffy-2016-call-for-final-reports>.

Link to Online Survey for Garden Reporting for FFY 2015 Now Available!

An online survey for reporting newly established, reinvigorated or maintained gardens at SNAP-Ed eligible sites where UC CalFresh also provided nutrition education during FFY 2015 is now available. The survey is accessible at: https://ucanr.qualtrics.com/SE/?SID=SV_6RSIDMwPD4Zaw6x. Please contact Barbara Mknelly (bmknelly@ucdavis.edu, (530) 754-7796) with any questions related to this online survey.

Link to Online Survey for SLM Reporting for FFY 2015 Now Available!

An online survey for reporting Smarter Lunchrooms Movement scorecards completed at SNAP-Ed eligible sites where nutrition education was also provided during FFY 2015 is now available. The survey is accessible at: <http://www.surveygizmo.com/s3/1800949/Smarter-Lunchroom-Movement-Scorecard-Summary>. Please contact MaryAnn Mills (mamills@ucdavis.edu, (530) 752-8946) with any questions related to this online survey.

FFY 2016 UC CalFresh Town Hall Meeting Schedule Now Available!

The schedule for FFY 2016 UC CalFresh Town Hall Meetings is now available on the UC CalFresh website. The monthly Town Hall meetings are scheduled for the third Tuesday of each month from 12:30-2:00 PM. Please visit: <http://www.uccalfresh.org/trainings/town-halls> to download a copy of the new schedule.

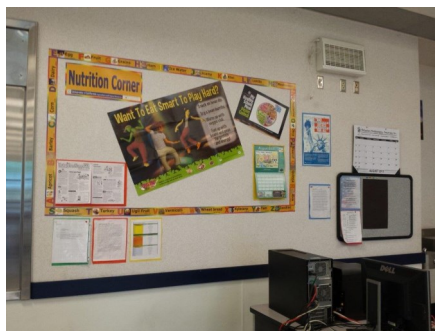
Welcome New UC CalFresh Staff!

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.



UC CalFresh in Action!

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



UC CalFresh Nutrition Corner at Freedom Elementary, UCCE Tulare County

UC CalFresh Nutrition Educator, Grilda Gomez has transformed Freedom Elementary's cafeteria with useful age appropriate nutrition education. Freedom Elementary is located in Farmersville, CA. Grilda turned their bland cafeteria into a colorful and engaging area for students to socialize and learn about nutrition education through her wonderful Nutrition Corner board and posters. This Nutrition Corner is located in between the food assembly line and the cashier where students have the opportunity to read and decide if what is on their plate looks like MyPlate. Check out the 'before' and 'after' photos!

(Left, Before) Cafeteria at Freedom Elementary; (Right, After) Grilda's Nutrition Corner at Freedom Elementary

UC CalFresh in Action! (continued)

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



Kids consume 12% of their calories from fast food, study shows

At a time of growing concern over childhood obesity, a new report shows kids get 12% of their calories from fast-food restaurants. A third of kids eat fast food on any given day, according to the report made public September 16th by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. The report found that children eat the equivalent of a small hamburger every day, said Kristi King, a senior clinical dietitian with Texas Children's Hospital in Houston, who wasn't involved in the new study. "It's part of our fast, go-go culture," King said. Teens are more likely than smaller children to consume fast food, the report said. Adolescents ages 12 to 19 years old got 17% of their calories from fast food in 2010-2011, compared with 9% of children ages 2 to 11 years old, the report found. Adults got about 11% of their calories from fast food from 2007-2010, according to a [CDC report](#) in 2013. Children who eat a lot of fast food tend to consume more calories but have a nutritionally poorer diet, compared with other kids, the report said. The [obesity rate](#) in children has more than doubled in the past 30 years, rising from 7% in 1980 to nearly 18% in 2012. The obesity rate among adolescents more than quadrupled, growing from 5% to nearly 21% over the same period, according to the CDC. [Read full article.](#)

USDA Awards Grants to Improve SNAP Processing, Technology

Agriculture Under Secretary Kevin Concanon today announced \$5 million in grants to state and local agencies and community partners to streamline application processing and improve technology in the U.S. Department of Agriculture's Supplemental Nutrition Assistance Program (SNAP). The competitively-awarded grants will fund six projects in four states, improving efficiency in SNAP operations. "The grants announced today will fund innovative projects that will help make the process of applying for benefits and determining eligibility more efficient for SNAP households and state agency staff," Concanon said. "These projects will serve as a blueprint for improvement in other states, as well." USDA sought projects that help make the workflow process more efficient, incorporate technology improvements for client services, or reduce churning—when an eligible household exists and then re-enters the program within four months. Churning causes a break in nutrition benefits despite continued eligibility and at the same time requires redundant processing work by state staff. These initiatives will use modern solutions to address such administrative challenges, such as mobile applications, text message reminders, and online portals, or examine and revise office procedures to shorten application processing times for initial applications or re-certifications. The Process and Technology Improvement Grants target state agencies, community- or faith-based organizations, public health or educational entities, and food banks. Some of the awardees and grant amounts are noted below:

- * New Jersey Department of Human Services—\$1,445,528
- * California Statewide Automated Welfare System Consortium IV—\$853,326
- * Yolo County (California) Department of Employment and Social Services—\$99,979

For a full listing of all awardees, grant amounts and information about these projects, please visit the [SNAP Program Improvement website](#). [Read full news release.](#)

Following Dietary Guidance Need Not Cost More—But Many Americans Would Need to Re-Allocate Their Food Budgets

Every 5 years, the U.S. Departments of Agriculture and Health and Human Services update *The Dietary Guidelines for Americans*, with the latest release scheduled for the end of 2015. These guidelines discuss the components of a healthy diet, focusing on the types and amounts of food to feature in a healthy diet, and which foods to cut back on. The *Dietary Guidelines* are used by consumers, nutrition educators, and policymakers. For example, the *Dietary Guidelines* form the basis for the Federal Government's MyPlate dietary advice and the nutrition standards for USDA's National School Lunch and School Breakfast Programs. The average American does a poor job of following Federal dietary guidance. Many Americans get too many calories from refined grains, solid fats, and added sugars, and do not eat enough fruits, vegetables, and whole grains. Nutrition guidance recommends that a 2,000-calorie diet include 2 cups of fruit, 2.5 cups of vegetables, and a minimum of 3 ounces of whole grains. Instead, the National Health and Nutrition Examination Survey (NHANES) finds American adults consuming about 1 cup of fruit, 1.6 cups of vegetables, and 0.8 ounces of whole grains each day. Cost has been raised as a possible barrier to a healthy diet. However, both healthy and less-healthy diets are available at low and high cost, suggesting that cost is not the only, or even the most important, barrier. Food cost is only one of many factors that consumers consider when making decisions about the foods they eat. Taste, familiarity with specific foods, how much time a consumer has to prepare a food or a meal, the skills required to prepare the food, and how hungry a consumer feels all play a role. A consumer's preference for eating a healthy diet also matters. Consumers who value health will seek out healthy foods that fit their budget and time constraints. However, consumers who do not put a high priority on eating healthy and believe that a healthier diet costs more than their current diet, may choose to continue with their current diet rather than spend the time and effort in seeking out healthy foods they can afford. [Read full article.](#)

Articles & Research (continued)

New Report Summarizes 3 Years of Farm to School Grantmaking!

Last week, Agriculture Secretary Tom Vilsack announced a brand new report, summarizing highlights from the first three years of the USDA Farm to School Grant Program. To date, the program has funded 221 projects, totaling 15.1 million dollars. The report shows that the grant program has helped 12,300 schools improve nutritious meal options made with local ingredients for 6.9 million students. Secretary Vilsack noted that “farm to school has a proven track record of encouraging kids to eat more healthy foods and creating new market opportunities for the farmers that grow them.” Check out the report for the full analysis as well as inspiring images and quotes. To read full report, please visit: http://www.fns.usda.gov/sites/default/files/f2s/F2S_Grant_Summary_Report.pdf.

Despite fall in hunger, obesity and diabetes worsen around the globe: report

Despite a drop in the number of people facing starvation, nearly one in three of the world’s population are malnourished, even as obesity spreads around the globe, an international food security think-tank said on Tuesday. Stunting—children too short for their age due to a poor diet—affects more than 160 million children under five years old, the International Food Policy Research Institute said in its Global Nutrition Report. The number of hungry people in the world fell, but obesity rose between 2010 and 2014 “in every single country,” and one in 12 adults worldwide now has Type 2 diabetes, the report said. Adult diabetes is increasing in 185 countries and is decreasing or stable in just five. “Too often people think of malnutrition as just a problem of hungry kids in the poorest countries...(it) has many forms and affects all countries, rich and poor alike,” said Corinna Hawkes, co-author of the report, said in a statement. “The coexistence of nutritional problems associated with extreme deprivation and obesity is the real face of malnutrition.” Globally, two billion people are not eating the proper amounts of vitamins and minerals, and thus face micronutrient malnutrition, while 1.9 billion adults are overweight or obese. The report, published before a United Nations summit to establish a new set of Sustainable Development Goals on reducing international poverty, said governments should spend more than the 1.3 percent of their budgets they currently allocate on average for nutrition-related programs. One dollar invested in nutrition-related programs offers a return of up to \$16 in economic benefits, the report said, such as increased productivity and lower healthcare costs. [Read full article.](#)

NLC Joins First Lady Michelle Obama at the White House to Celebrate Let’s Move! Cities, Towns and Counties

The National League of Cities (NLC) joined First Lady Michelle Obama at the White House to announce that **500 cities, towns and counties** have committed to the **five goals** in the *Let’s Move!* Cities, Towns and Counties (LMCTC) initiative since July 2012. This historic milestone was announced at a celebratory event honoring the achievements made by local elected officials participating in the initiative. LMCTC is a key part of the *Let’s Move!* initiative and helps local elected officials, their staff and communities ensure all children grow up healthy and have the ability to reach their full potential. The 500 cities, towns and counties honored at the event come from all 50 states, the District of Columbia and the Commonwealth of the Northern Mariana Islands. To date, approximately 80 million Americans live in a city, town or county participating in LMCTC. The First Lady also recognized the 52 communities that have achieved gold medals in each of the five goal areas, which include providing healthy school meals, opportunities for physical activity during and outside of school, and healthier early care and education programs. This number is expected to grow as more local leaders take advantage of their unique position to ensure the health and well-being of young people today and that of future generations is a priority. Cities, towns and counties participating in LMCTC are part of a growing national movement to build healthy communities and benefit from peer-networking opportunities and access to technical assistance and support from NLC, HHS and its partners. More information on the achievements by LMCTC communities can be found at: www.healthycommunitieshealthyfuture.org/spotlights/. [Read full article.](#)

Amount of Time to Eat Lunch is Associated with Children’s Selection and Consumption of School Meal Entrée, Fruits, Vegetables, and Milk

When students have more time to eat lunch, they are significantly more likely to select a fruit and eat more of their entrees and vegetables, according to a study published in *The Journal of the Academy of Nutrition and Dietetics*. The study—which followed students in grades three through eight at six elementary and middle schools in an urban, low-income school district—concluded that “school policies that encourage lunches with at least 25 minutes of seated time might reduce food waste and improve dietary intake.” There are currently no national standards for school lunch period length and little is known about the association between the amount of time students have to eat and school food selection and consumption. During the school year, a substantial number of students had insufficient time to eat, which was associated with significantly decreased entrée, milk and vegetable consumption compared with students who had more time to eat. [Read full article.](#)



Education & Resources

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



Help Kids Eat Well & Play During Childhood Obesity Awareness Month

Childhood obesity remains a serious public health concern in the United States. Today, more than 23 million children and adolescents nationwide—nearly one in three young people—are either obese or overweight, putting them at higher risk for serious, even life-threatening health problems. These health problems include diabetes, heart disease, and stroke. The experiences of successful communities, backed by the latest scientific research, show that creating healthy environments is key to reversing the childhood obesity epidemic. ChangeLab Solutions has a [library of practical resources](#) to help communities ensure children everywhere can be physically active and eat well. September is [National Childhood Obesity Awareness Month](#), so take this opportunity to check out these policy strategies for helping kids lead healthier lives:

- * [Encourage Kids to Move and Play](#): Provide opportunities for children to play, bike, and walk safely with our [shared use tools](#) and [Safe Routes to School materials](#).
- * [Provide Access to Healthy Foods](#): Help kids eat well by [improving the retail environment](#), [making restaurants healthier](#), [building community gardens](#), and more!
- * [Support Healthier Schools](#): Improve the school environment by [increasing opportunities for physical activity](#) and [making healthy drinks accessible](#).
- * [Limit Unhealthy Foods](#): Regulate some big contributors to the obesity epidemic: [sugary drinks](#) and [fast food](#).
- * [Reduce Marketing to Kids](#): Identify strategies for reducing unhealthy marketing to children with ChangeLab’s [comprehensive toolkit](#)!

For additional information and resources, please visit: <http://www.changelabsolutions.org/news/help-kids-eat-well-play-during-childhood-obesity-awareness-month>.

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!

Evaluation & Resources (continued)

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>.

International Walk to School Day is on October 7, 2015!

International Walk to School Day is on October 7, 2015 this year! With over 1,200 California schools planning to participate, there are many opportunities for local health departments to support and to get involved! Often times schools will celebrate for the entire week or month (e.g., "Walktober"); these celebrations can lead to the adoption of ongoing activities throughout the school year (e.g., "Walking Wednesdays"). Some of the many reasons why this event is important to promote include:

- * [In 2009, only 13% of children walked and biked to school, compared to 48% thirty years ago.](#) During this same time span, [California's childhood obesity rates have increased to 38%.](#)
- * Schools adopting Safe Routes to Schools (SRTS) activities, such as Walk to School Day, have shown a [significant increase in students walking and biking to school \(35%-45%\)](#) along with a [decrease in pedestrian injuries near school \(45%-75%\)](#).

Schools are encouraged to register their Walk to School Day events at the National Center for Safe Routes to School's Walk to School Headquarters at www.walkbiketoschool.org in order to be counted and included in a nationwide database. Additionally, this site provides resources, tools, and free downloadable materials along with local contacts of other schools and organizations planning events. For additional information, please visit: <http://www.walkbiketoschool.org/>.

Funding Opportunity: Whole Kids Foundation, US School Garden Grant, Deadline: October 31, 2015, 5:00 PM CST

Created in partnership with FoodCorps, the School Garden Grant program provides a \$2,000 monetary grant to a K-12 school, or a nonprofit working in partnership with a K-12 school, to support a new or existing edible garden on school grounds. The application period will close on October 31, 2015 at 5 PM CST. Notification of all applicants will occur on February 15, 2016. For additional information and resources, please visit: <https://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program>.

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.

Outstanding Nutrition Educator Contest, Deadline: November 13, 2015

Win \$500 and be recognized as an Outstanding Nutrition Educator! The Dairy Council is partnering with the California School Nutrition Association by sponsoring an Outstanding Nutrition Educator Contest. Below are the contest details with a link to the official contest website for further details:

Teachers work diligently throughout the school year to educate Californian children. Many manage to find ways to sneak in the time to teach the students about nutrition. They understand the importance of eating smart to be smart.

- * If you are passionate about nutrition...
- * If you find ways to use an existing nutrition lesson plan in a creative manner to engage students...
- * If you have created your own nutrition lesson...
- * If you integrate nutrition content standards into common core curricula...
- * If you work alone...
- * If you work as a team of teachers...
- * ...then this contest is for you!

Submit the lesson plan that you use so we can share with others. Submit pictures or a short video (1-3 minutes) of you and/or your students either engaged in the lesson, explaining the lesson, or simply showing us how your passion about nutrition has inspired them. Be your usual creative selves and tug at our heart strings!!! The "Nutrition Educator Contest" is sponsored by the Southern California School Nutrition Association, the Dairy Council of California, and Health-e Meal Planner Pro. It is open to all California School Districts. For additional information, please visit: <http://www.eatsmart2besmart.org/#!nutritioneducator/c147c>.



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.