

UC CalFresh Weekly Update

May 18, 2015



Contents

Upcoming Events & Deadlines

- * 5/8/15 FFY 2016 UC CalFresh Budgets Due to the UC CalFresh State Office
- * 5/15/15 Q2 UC CalFresh Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office
- * 5/19/15 UC CalFresh Town Hall Webinar
- * 5/25/15 Memorial Day Holiday
- * 5/29/15 Last Day to Register for Childhood Obesity Conference

UC CalFresh Success Stories

- * Plan, Shop, Save, Cook Participant, Yolo County
- * 5th Grade Student, Santa Barbara County

UC CalFresh in Action!

- * Farm Stand Nutrition Corners, UCCE San Luis Obispo/Santa Barbara Counties
- * The Smarter Lunchroom Movement of California
- * The Smarter Lunchrooms Movement of California Monthly Nudge
- * UC CalFresh Nutrition Corners
- * UC Delivers
- * Childhood Obesity Conference Presentation/Poster Submittals

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

- * Students Taste Testing Unfamiliar Vegetables, UCCE San Luis Obispo/Santa Barbara Counties

Articles & Research

- * UC CalFresh has Article Published in JNEB
- * American inactivity level is highest since 2007, survey finds
- * How do race and ethnicity influence childhood obesity?
- * 2-Minute Walk Every Hour May Help Offset Effects of Sitting

Education & Resources

- * May is National Physical Fitness & Sport Month!
- * Innovative Ways to Fund Your School Garden Program
- * Look at Agriculture... Organically! Grant Applications Now Available
- * Make the "Best of Fresh" with Farm to School
- * Registration Open: 8th Biennial Childhood Obesity Conference
- * Funding Opportunity: Kids in the Game GO! Grant, Deadline: June 1, 2015
- * Funding Opportunity: SNAP Process, Technology Improvement Grants Application Announced
- * Funding Opportunity: USDA Announces Grants to Enable More Farmers Markets to Serve Low-Income Families



Upcoming Events & Deadlines

MAY 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						

5/8/15 FFY 2016 UC CalFresh Budgets Due to the UC CalFresh State Office

FFY 2016 Budgets are due to the UC CalFresh State Office on Friday, May 8, 2015. If you have any questions regarding your budget, or would like to schedule an appointment to review your budget, please contact **Jennifer Quigley** (jaquigley@ucdavis.edu, (530) 754-4137)

5/15/15 Q2 UC CalFresh Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office

FFY 2015 Q2 Reporting Tools Workbooks and documentation for UC CalFresh are due by **5:00 PM on Friday, May 15, 2015**. Please contact **Jennifer Quigley** (jaquigley@ucdavis.edu, (530) 754-4137) if you have any questions related to your workbooks.

5/19/15 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The May UC CalFresh Town Hall Webinar is scheduled for Tuesday, 5/19/15 from 12:30-2:00 PM. The topic of the webinar is "An Introduction to CATCH PE: CATCH 3-5 Physical Education Kit and Teacher's Guide," presented by Eileen Avato, National CATCH Specialist. The ReadyTalk information is listed below.

ReadyTalk Information:

Webinar Link: <https://cc.readytalk.com/cc/s/registrations/new?cid=mwsg2v03eu>

Event Password: apple1

Access Code: 7544137

Call-In Number: 1-866-740-1260

5/25/15 Memorial Day Holiday

5/29/15 Last Day to Register for Childhood Obesity Conference

Friday, May 29, 2015 is the last day to register for the Childhood Obesity Conference. For additional information, including registration fees and lodging accommodations, please visit the Childhood Obesity Conference website:

www.childhoodobesity2015.com.

UC CalFresh Weekly Update: May 18, 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>.

"This class was extremely informative! It has made healthy meal prep less intimidating. I have made small changes already that have made a huge difference. I'm so glad to have had the opportunity to be a part of this great class. Thank you!"

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

"Thank you for letting us try the garbanzo beans on their own; I never knew I would like them so much by themselves with nothing on them. I am going to look for them [at] the salad bar next time!"

—5th Grade Student, Santa Barbara County

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>

Farm Stand Nutrition Corners, UCCE San Luis Obispo/Santa Barbara Counties

UC CalFresh Nutrition Educators, **Lisa Paniagua** and **Melissa LaFreniere**, created the *Harvest of the Month Farm Stands* to connect Smarter Lunchroom Movement strategies with classroom nutrition curricula. The *Farm Stands* are in place at four schools in the Santa Maria-Bonita School District and are used to highlight the monthly produce items that will be tested in the cafeteria, increase healthy food marketing with student artwork, and make curriculum connections with educator extenders. All the pieces came together in May, with the beautiful asparagus art posted by the Transitional Kindergarten classroom at Adam Elementary. To see additional photos from the UC CalFresh San Luis Obispo/Santa Barbara program, please visit their Facebook page: <https://www.facebook.com/uccalfreshslosb>.



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 Michele Byrnes at mnbyrnes@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.

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/submitted 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!

Childhood Obesity Conference Presentation/Poster Submittals

Please e-mail **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office with an attachment of your presentation/poster submitted for the Childhood Obesity Conference. The State Office is interested in keeping track of submittals and acceptances and can assist in any future writing or editing as you prepare for the Conference. We are also able to advocate for your presentation/poster.



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

Students Taste Testing Unfamiliar Vegetables, UCCE San Luis Obispo/Santa Barbara Counties

Students at Robert Bruce Elementary School have been going through a different type of testing recently. Instead of reading, writing or arithmetic, the kids at the Santa Maria school are taste testing healthy food. "We're doing our monthly tasting, which is the harvest of the month and what we do here at school is choose a fruit or vegetable, and today we're choosing bell peppers," said **Lisa Paniagua**, a nutrition educator with UC CalFresh. For more than two hours, students from kindergarten through 6th grade were able to try a slice of both peppers. While not every student volunteered to participate, most did and were able to vote on which variety they liked best. "Those results get tallied up and we will let the kids know what exactly the school wide choice was, whether we like the green bell peppers or the orange bell peppers the best," said Paniagua. Today's testing was part of an ongoing comprehensive instruction program formed by the UC CalFresh and Santa Maria Bonita School District. "We work in collaboration with the district food service to decide what we're going to offer the kids to taste, so children are able to taste fresh fruits and vegetables that they may or may not have tried before and to encourage them to try them more often," said Paniagua. Paniagua said the program also includes collaboration with cafeteria staff, district food services and teachers. "It's a great program," said Paniagua. "The kids are definitely trying new things, there is a buzz about fresh fruits and vegetables and I suspect to see an increase in consumption in fresh fruits and vegetables." Previously, kids at Bruce Elementary tested other vegetables that traditionally haven't been too popular with kids. However, once kids at the school tried them, they were surprisingly well received. "Last month we had fresh asparagus with a little bit of lemon on it and the month before that we [had] Brussel sprouts salad, which was a huge hit and actually food services [is] putting it on the salad bar now," said Paniagua. For students who participated in the bell pepper test on Tuesday, they were overwhelmingly positive in their response. "They tasted strange at first, but after you get used to the taste, they taste really good," said Domonic Brito, a 5th grade student. When the votes were tallied, orange bell pepper beat out green pepper. The victory at the ballot box means orange bell peppers will be available at the school salad bar in the near future. [Click here](#) to view the UC CalFresh team in action! [Read full article.](#)



Articles & Research



UC CalFresh has Article Published in JNEB

The UC CalFresh Nutrition Education had a research article published in the Journal of Nutrition Education and Behavior, "Food Resource Management Education With SNAP Participation Improves Food Security" recently. This is data collected with the Plan Shop Save and Cook curriculum. The article displays the effective SNAP-Ed programming and significant findings found amongst SNAP-Ed participants. The lead authors were **Lucia Kaiser** and **Virginia Chaidez**. [Read full article.](#)

American inactivity level is highest since 2007, survey finds

The number of Americans who were "totally sedentary" last year rose to its highest level since 2007, according to a new survey. Roughly 83 million Americans age 6 and over, or about 28 percent of the population, reported that they did not participate in any of 104 specific physical activities in the last calendar year, according to annual survey results by the Physical Activity Council (PAC) released on April 22. The result is the highest level of inactivity documented by the survey since 2007, when the council rejiggered its parameters for physical activity to exclude things like darts and billiards. "We feel confident, in a sad way, that this is the largest number we've ever seen," said Tom Cove, chief executive of the Sports and Fitness Industry Association (SFIA), which is one of the members of the council. Mr. Cove said the number of inactive Americans is the highest he has ever seen in his more than 24 years involved with the survey. The number of totally sedentary Americans has risen 18 percent since 2007, while the percentage of the total inactive population age 6 and over has grown by three percentage points over the same period. The survey was based on more than 10,700 individual and household interviews during the first two months of 2015, concerning their physical activity for the prior year. The survey tracks participation across a range of sports and fitness endeavors, from running, basketball, and soccer to other activities like bowling, yoga, and paintball. The data also includes responses across the age spectrum from children over six to adults age 65 and over. [Read full article.](#)

How do race and ethnicity influence childhood obesity?

Obesity is a serious public health problem in the United States and can affect anyone regardless of age. In particular, childhood obesity prevalence remains high. As well as compromising a child's immediate health, obesity can also negatively influence long-term health dramatically. Unfortunately, some racial and ethnic groups are affected by obesity much more than others. For example, the U.S. Department of Health and Human Services Office of Minority Health (OMH) report that African-American women have the highest rates of being overweight or obese, compared with other racial or ethnic groups in the United States. Approximately 4 out of 5 African-American women were found to be overweight or obese and, in 2011, African-American women were 80 percent more likely to be obese than non-Hispanic white women. Researchers have identified that disparities in obesity prevalence can be found just as readily among children as among adults. It is alarming that these disparities exist to begin with, but more so that they exist so early in life for so many. This article takes a look at the prevalence of childhood obesity in the United States and the disparities in childhood obesity prevalence that exist among different racial and ethnic groups. It examines what factors may contribute to this disparity and what action can be taken to remedy the situation. [Read full article.](#)

2-Minute Walk Every Hour May Help Offset Effects of Sitting

Getting up and walking for two minutes every hour could help reverse the negative health effects from prolonged sitting, new research suggests. Previous studies have shown that sitting for extended periods of time every day can increase the risk of a number of health issues, such as heart disease, diabetes and premature death. Current exercise recommendations advise adults to get at least 2.5 hours of moderate physical activity each week. But 80 percent of Americans don't meet this goal. The new findings—if confirmed—suggest that even small periods of light activity offer health benefits. "Exercise is great, but the reality is that the practical amount of vigorous exercise that can be achieved is limited. Our study suggests that even small changes can have a big impact," said senior study author Tom Greene. He is director of the Study Design and Biostatistics Center at the Center for Clinical and Translational Science at the University of Utah School of Medicine in Salt Lake City. The findings were published online April 30 in the *Clinical Journal of the American Society of Nephrology*. The study used data from more than 3,200 people who participated in the U.S. National Health and Nutrition Examination Survey. The study volunteers wore devices to measure the intensity of their activities. The researchers compared the health benefits of longer bouts of low-intensity activities, such as standing, with light-intensity activities, such as walking. The study participants were followed for three years. During that time, 137 people died. The study found that standing more may not be enough to offset the dangers of sitting for too long, but short bursts of light activities, such as walking, cleaning and gardening, can boost the longevity of people who are sedentary for more than half of their day. Trading two minutes of sitting for two minutes of light-intensity activity each hour lowered the risk of premature death by 33 percent, the study revealed. "It was fascinating to see the results because the current national focus is on moderate or vigorous activity. To see that light activity had an association with lower mortality is intriguing," study lead author Dr. Srinivasan Beddhu, a professor of medicine at the university, said in a university news release. Over the course of days and weeks, the beneficial effects of walking can add up and help sedentary people get closer to the weekly recommendation for exercise, the researchers explained. [Read full article.](#)



Education & Resources

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



May is National Physical Fitness & Sport Month!

Join us in celebrating National Physical Fitness and Sport Month by discovering new ways to stay active. Here are some physical activity resources that help to support children and their families become more physically active:

- * [#GimmeFive: 5 Ways to Celebrate National Physical Fitness & Sport Month with Let's Move! Active Schools](#)
- * [2015 Presidential Proclamation—National Physical Fitness and Sports Month](#)
- * [Alliance for a Healthier Generation Active Kids = Active Minds Page](#)
- * [Health Finder May Toolkit](#)
- * [President's Council on Fitness, Sports & Nutrition May Social Media Toolkit](#)

For additional information and resources, please visit: <http://www.fitness.gov/>.

Innovative Ways to Fund Your School Garden Program, May 19, 2015, 4:00 PM ET

There is no one way to fund a garden program—there are hundreds! In this webinar, Life Lab's John Fisher and Gardens to Grow In's Kevin Hesser will share a wide variety of ideas to finance your school garden program. From finding grants and supportive policy, to school garden micro-enterprise and farm-raisers, their discussion will provide funding ideas for all aspects of your school garden, including garden supplies and staffing school garden instructors. John and Kevin's presentation will share examples of how they have funded the school garden programs that they run, along with insight from other successful garden programs. Topics will include: tools for creating a garden budget; telling your story; garnering school or district support; cultivating donors; farm and garden based fundraisers; tips for finding grants; policy that supports school garden programs; and innovative ways to fund a garden program. Join this live, interactive session to learn new ways to fund your new or existing school garden program. For additional information, including how to register, please visit: <http://www.edweb.net/schoolgardens> or <http://www.instantpresenter.com/AccountManager/RegEv.aspx?PIID=ED57DB86834A>.

Look at Agriculture... *Organically!* Grant Applications Now Available, Deadline: May 22, 2015

The California Certified Organic Farmers (CCOF) Foundation, in collaboration with their partner, the California Foundation for Agriculture in the Classroom (CFAITC), is pleased to announce the opening of the 2015 Look at Agriculture...*Organically!* grant applications. Twenty \$1,000 grants for organic classroom projects will be awarded to K-8 teachers nationwide through a partnership with the California Foundation for Agriculture in the Classroom. This is the second year CCOF and CFAITC will offer Look at Agriculture...*Organically!* grants. Ten schools were awarded grants in 2014. Classroom projects covered the gamut of organic themes from seed saving, to composting, to growing food for organic pizzas. Teachers brought in grafting specialists, taught students about organic fruit production, and elementary school students preserved organic food and learned about botanical illustrations of agricultural plants. The Look At Agriculture...*Organically!* K-8 grant applications will be open April 10 and will remain open until May 22, 2015. Certified kindergarten through eighth grade teachers throughout the nation are eligible to apply. For additional information, or to apply, please visit: <http://www.learnaboutag.org/organicgrants/>.

Make the "Best of Fresh" with Farm to School, May 27, 2015, 3:00 PM ET

Almost anything can be purchased locally in different parts of the country. Local purchasing is not just about fresh fruits and vegetables, and it is not just about farmers. Local products can come from local farmers, ranchers, fishers, food processors and distributors of all sizes. For many school districts, fresh fruits and vegetables are a logical starting place for local procurement. Fresh fruits are especially easy because many can be served with little to no preparation beyond washing. More comprehensive local buying programs incorporate local products in all of the food categories. Many schools, for example, adjust existing recipes and menus to accommodate local products (e.g., replacing beef with local bison in Montana or barley with local rice in California). Schools will often develop entirely new recipes and menus based on local products and local food traditions. This webinar will be presented by Carol Chong, National Nutrition Advisor, Alliance for a Healthier Generation Healthy Schools Program and Christina Conell, Program Analyst USDA. For additional information, and to join the webinar, please visit: <https://learn.extension.org/events/2119>.

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. To register online, please visit: https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741.

Funding Opportunity: Kids in the Game GO! Grant, Deadline: June 1, 2015

Jumpstart more movement at your elementary school with the GO! Grant. \$1,000-\$5,000 GO! Grants support more minutes on the move before, during, and after school through funds and gear for new classroom and playground programs. Eligible schools include: Schools that are enrolled or willing to enroll in Let's Move! Active Schools; Schools with little to no organized physical activity; and Public or charter schools only. Applications are due on June 1. For additional information, please visit: <http://kidsinthegame.org/go-guidelines/>.

Funding Opportunity: SNAP Process, Technology Improvement Grants Application Announced, Deadline: June 2, 2015

Agriculture Under Secretary Kevin Concannon announced today the availability of \$5 million in competitive grants to improve application processing and use of technology in the U.S. Department of Agriculture's Supplemental Nutrition Assistance Program (SNAP). Applications for grants are due June 2. "SNAP is the nation's first line of defense against hunger, helping millions of eligible Americans put food on the table," Concannon said. "These grants will fund projects that will further modernize the administration of this vital nutrition assistance program and improve access for eligible families." USDA is seeking grant applications that focus on modernization projects to improve the quality and efficiency of operations and processes at the local level. Specifically, the Food and Nutrition Service is interested in contemporary solutions to improve application processing timeliness for initial applications or re-certifications. "Americans support helping struggling families put food on the table but they want to know that taxpayer dollars are being spent wisely," Concannon said. "These grants will help increase efficiency at the local level." Priorities for 2015 funding include proposals that streamline the workflow process, incorporate technology improvements for client services, or reduce churning—when a household exits and then re-enters the program within four months. For additional information, please visit: www.grants.gov. [Read full Press Release.](#)

Education & Resources (continued)

Funding Opportunity: USDA Announces Grants to Enable More Farmers Markets to Serve Low-Income Families, Deadline: June 18, 2015

Food, Nutrition and Consumer Services Under Secretary Kevin Concannon today announced the availability of up to \$3.3 million in competitive funding to support the ability of farmers markets to accept Supplemental Nutrition Assistance program (SNAP) benefits provided through the U.S. Department of Agriculture (USDA) as a form of payment. These awards will help expand SNAP participants' access to fresh fruits and vegetables and other nutritious foods found at farmers markets, while supporting our nation's farmers and producers. "We have seen an unprecedented growth in the number of farmers markets accepting SNAP Electronic Benefits Transfer (EBT) cards in the past six years," said Concannon. "These awards support the markets that may need administrative help in implementing and managing EBT service and informing customers that they can use their SNAP benefits at farmers markets." The Under Secretary also announced that there are now more than 6,200 farmers markets and direct marketing farmers authorized to accept SNAP nationwide—an eightfold increase since the beginning of this administration. In fiscal year 2014, approximately \$18.7 million in SNAP benefits were used at farmers markets, an increase of 7.5 percent over 2013. Increasing the number of SNAP authorized farmers markets is part of USDA's ongoing mission to support recipients in making healthy food choices. The Farmers Market SNAP Support Grants will range from \$15,000 to \$250,000 and must be designed to increase SNAP client accessibility and participation at farmers markets, and support the establishment, expansion, and promotion of SNAP EBT services at farmers markets. Eligible applicants include farmers market organizations and associations, non-profit entities, state, local and tribal nations and other organizations engaged in farmers market management. Applications are due June 18, 2015. Grant funds will be awarded in September. For further information about the grant application, please visit: www.grants.gov. [Read full Press Release.](#)



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.