

UC CalFresh Weekly Update November 7, 2016

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Upcoming Events & Deadlines

NOVEMBER 2016

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			

11/15/16 UC CalFresh Town Hall Webinar, 12:30-2:00pm

The November UC CalFresh Town Hall Webinar is scheduled for November 15th from 12:30-2:00pm. Additional information regarding this webinar will be forthcoming. To download a copy of the FFY2017 UC CalFresh Town Hall Webinar Schedule, please visit the UC CalFresh website: <http://www.uccalfresh.org/trainings/town-halls>.

UC CalFresh FFY2016 Annual Report

As shared during the October UC CalFresh Town Hall Webinar, UC CalFresh Nutrition Education programs are required, as part of our reporting requirements to USDA/FNS and CDSS, to submit an Annual Report providing program results and accomplishments. Please visit the [UC CalFresh website](#) to download the FFY2016 UC CalFresh Annual Report and County Profile template. We look forward to reading and sharing many of your great accomplishments and successes from your FFY2016 Annual Reports. Please reach out to your [UC CalFresh State Office contact](#) if you have any additional questions or need assistance.

12/6/16 Shaping Healthy Choices Check-In Meeting, 3:00pm

The Center for Nutrition in Schools will be hosting a webinar on Tuesday, December 6th, 2016. The focus of this webinar will be Health Fairs and Building Community Partnerships. During this meeting, UC CalFresh county teams will be highlighting some of their best practices for organizing and carrying out school and community health fairs. For questions regarding this webinar, please contact [Chelsey Slattery](mailto:cslattery@ucdavis.edu) (cslattery@ucdavis.edu).

ReadyTalk Information:

Webinar Link: <https://cc.readytalk.com/r/gmd7raqj6moc&eom>

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

Access Code: 7520555

Security Passcode: shcp01

12/8/16 Webinar: Youth Classroom Management Basics, 9:00-10:30am

This webinar is sponsored by EFNEP and is also available to UC CalFresh staff. Please join us for a joint EFNEP-UC CalFresh webinar to learn about Classroom Behavior Management strategies for youth. Please note: this webinar will be conducted using the Zoom conferencing platform. Plan to join the webinar 5-10 minutes early if you have not previously used Zoom. Please contact [Lyn Brock](#) if you have questions.

Zoom Conferencing Information:

Join from your computer: <https://ucanr.zoom.us/j/296909936>

Telephone: 1-646-558-8656 (US Toll) or 1-408-638-0968 (US Toll)

Meeting ID: 296 909 936

UC CalFresh Success Stories

Success stories from your FFY 2017 UC CalFresh participants can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=18908>.

“Me ayudo a como comer mas saludable. A usar menos grasas, menos sal y azucar. Coer mas frutas y verduras. A leer las etiquetas y como comer por porciones como lavarse las manos, tomar el tiempo como descongela las carnes.”

“He aprendido a comparar los precios de la comida, como leer la etiqueta de nutricion que traen los productos, a planificar las comidas y hacer un menu de comida saludable.”

“It helped me to eat healthier. Use less fat, less salt and sugar. Eat more fruits and vegetables. To read the labels and how to eat by portions, wash your hands, take the time to defrost meats.”

“I have learned how to compare food prices, how to read nutrition labels on products, plan meals and make a menu with healthy food.”

—Plan, Shop, Save and Cook Participant,
 Fresno County

—Plan, Shop, Save and Cook Participant,
 Santa Clara County

UC CalFresh Employment Opportunity

UC CalFresh Program Manager, UCCE Central Sierra MCP

Under the general direction of the Nutrition, Family and Consumer Science Advisor, the Community Education Supervisor 2 (Req. 20160601) is responsible for overseeing the design, delivery, management, and evaluation of the Central Sierra MCP’s UC CalFresh Nutrition Education Program for low income adults and youth.

The closing date of this employment opportunity is **November 18, 2016**. Please visit: <https://jobs.ucop.edu/applicants/Central?quickFind=59966>. for additional information regarding this opportunity.

Items Available for UC CalFresh Programs

As mentioned during the August UC CalFresh Town Hall webinar, the UC CalFresh State Office has NERI and branded items for counties to use with their UC CalFresh programs only. These items are available on a **first-come-first-served basis**. Items available include:

Quantity Available	Item Name
8	I Tried It Stickers (ENG, 200 per roll)
3	I Tried It Stickers (SPA, 200 per roll)
400	UC CalFresh-MyPlate Magnet (ENG)
11	UC CalFresh-MyPlate Stickers (ENG, 1000 per roll)
28	UC CalFresh Meat Thermometers
25	My Healthy Plate Pads
25	Fridge/Freezer Thermometers (SPA)

To request these items, please email **Rolando Pinedo** (rgpinedo@ucdavis.edu) specifying the quantity, item name, and shipping address. Please be sure to coordinate with your Program Advisor and/or Supervisor prior to submitting a request.

Save the Date! SNAP-Ed Local Implementing Agency Forum

February 22 & 23, 2017, Sacramento, California

The California Department of Social Services (CDSS), and its state partners, the California Department of Public Health (CDPH), the California Department of Aging (CDA); the University of California, CalFresh Nutrition Education Program (UC CalFresh); and Catholic Charities of California (CCC), request your attendance at the 2017 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Local Implementing Agency (LIA) Forum.



The Forum website link with registration information will become available soon. The website will include information about the planned agenda, which is based on LIA feedback from last year's forum. LIA leads should determine which agency staffers and subcontractors should attend any and/or all sessions of the forum.

The 2017 SNAP-Ed LIA Forum includes a two-day, in-person meeting, as well as one or two pre-forum webinars (and optional in-person pre-meetings).

LIA Input Needed!

We really want this Forum to be relevant to you, and an opportunity for each LIA to learn from one another. Please take a moment to take the [session participation survey](#) (less than five minutes!) so we can gauge individual interest. Please complete survey by November 8, 2016.

In-Person Forum Information:

Pre-Forum Meetings: Tuesday, February 21, 2017 in the afternoon
Forum: Wednesday and Thursday, February 22-23, 2017, all day
Location: DoubleTree Hotel, Sacramento

Pre-Forum Webinar Information:

Pre-Forum webinars will address administrative content as well as content essential to a successful working forum. Moving the administrative content to webinar format allows for greater opportunity for capacity building and networking at the in-person event. All webinars will be recorded and made available on the Forum website. More information will be available soon.

Pre-Forum Meetings:

Pre-Forum meetings are still in development phase and will take place on Tuesday, February 21, 2017, beginning at 1:00pm. In addition to others, we will be offering a session on the Basics of SNAP-Ed in California. This session will be appropriate for those new to the SNAP-Ed program (and any others) interested in learning more about SNAP-Ed (as a federal program and as implemented in California). Please watch for additional information in the coming weeks.

The theme, collective goals and objectives of the in-person forum and pre-forum webinars include the following:

THEME—California SNAP-Ed in Action: Inspiring Community Change

The 2017 LIA Forum is intended to inspire and energize SNAP-Ed implementers—the meeting will be an opportunity to learn about, share and experience innovative SNAP-Ed work occurring throughout California. The meeting will highlight community change efforts, explore community empowerment activities, look at implemented PSE work, and celebrate community and SNAP-Ed client successes.

GOALS

- * Unify our message and common brand—California SNAP-Ed Champions for Change;
- * Support LIAs with the resources, training and technical assistance to successfully implement the current FFY 2017-2019 local integrated SNAP-Ed work plan;
- * Increase coordination and collaboration between state and local level SNAP-Ed implementing agencies, in conjunction with other obesity prevention efforts;
- * Build awareness, knowledge, skills and capacity to develop, coordinate, implement and evaluate comprehensive evidence-based nutrition education and physical activity interventions;
- * Provide participants with greater capacity around partnership building and expansion, to support current and future planning, as well as implementation efforts of SNAP-Ed activities and high-level community change strategies.

(continued on next page)

Save the Date! SNAP-Ed Local Implementing Agency Forum *(continued)*

OBJECTIVES

Participants will:

- * Meet and connect with SNAP-Ed implementing agency staff and subcontractors at the state, local and regional levels;
- * Continue working collaboratively on the integrated statewide SNAP-Ed Work plan;
- * Receive programmatic training and share lessons learned to increase capacity for local, county and subcontractor staff in the areas of evidence-based nutrition education, physical activity interventions, PSE strategies, youth and community engagement and food insecurity.

WHO SHOULD ATTEND

- * State Implementing Agency staff
- * Local Implementing Agencies and their subcontractors

HOTEL RESERVATIONS

A block of rooms have been reserved for Tuesday, February 21, and Wednesday, February 22, 2017, at the group rate of \$95/night. The group rate will be available until January 31 or until the group block is sold-out. After that we will be subject to prevailing rates on a space-available basis. To make a room reservation, please click on the link: [2017 LIA SNAP-Ed Forum—DoubleTree Hotel Room Reservations](#).

We look forward to your participation. If you have questions or comments in regards to the in-person forum, including the pre-forum webinars, please contact your respective SIA Representative for assistance.

FFY 2017-2019 Local Implementing Agency (LIA) IWP Revision Process

Intent to Submit IWP Revision(s) Survey, Deadline: November 10, 2016 (*Note, please coordinate with your Work Plan Coordinator (WPC) and Backup Coordinator)

The first IWP Revision Submission Period for FFY 2017 opens on Thursday, November 10, 2016. With this date approaching quickly, it is critical for the California Department of Social Services (CDSS) and the State Implementing Agencies (SIAs) to have an accurate sense of how many IWP revisions we can expect to review.

Although the survey link has been sent to both the Work Plan Coordinators and Backup Coordinators within each funded county, we ask that only **ONE RESPONSE be submitted per county/jurisdiction**. Please work together to determine who will respond. The survey is brief and can be completed in a few minutes. If you require technical support to respond to the survey, please contact Mollie Mayer at (916) 278-4523 or mayerm@csus.edu.

Counties that are planning to submit only Minor IWP revisions (no Significant or Major IWP revisions) are still expected to complete the survey even though no additional approval is required. This will only serve as an informational notification to your SIAs.

It is the expectation that all LIAs maintain regular communication with their SIA representatives while considering any changes to the IWP. SIA representatives are available to provide ongoing support, technical assistance, and advice pertaining to the IWP and the IWP Revision Process, including the development of your local planning and revision process.

If you have any questions, please contact your SIA representative.

FFY 2017-2019 Local Implementing Agency IWP Revision Process Training Webinar Recording & Slides Now Available on CDSS SNAP-Ed SharePoint Site

The webinar recording and slides from the October 13th Local Implementing Agency (LIA) IWP Revision Process Training Webinar are now available on the CDSS SNAP-Ed SharePoint site, under the '[Resources](#)' tab. To access the webinar recording, please visit: <https://snaped.dss.ca.gov/Pages/Home.aspx>.

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 MaryAnn Mills via e-mail: mamills@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 [click here!](#)

The SLM of CA, Technical Advising Professionals (TAPs) Quarterly Webinar Recording and PowerPoint Slides Now Available!

The SLM of CA hosted their first quarterly TAPs webinar of the school year last week. The webinar focused on TAPs successes last year and how to market your SLM successes. If you missed it, don't worry! You can find the [recording](#) and [PowerPoint slides](#) on the [TAPs Resource Page](#).

Funding Opportunity and Webinar: School Food Support Initiative

The School Food Support Initiative (SFSI), in conjunction with the Life Time Foundation, the Chef Ann Foundation, and the Whole Kids Foundation, is hosting an informational Webinar and accepting grant funding applications from school districts interested in strategic planning and transitioning to scratch-cooking operations.

- * **Grant Information and Application, Deadline: November 30, 2016**

Seven qualifying school districts will receive program services valued up to \$192,000 (depending on district size), implemented by a team of renowned school food experts, including Chef Ann Cooper—an internationally recognized chef, educator, and advocate of healthy food for all children—and Chef Beth Collins, a food service director (FSD) of Boulder Valley School District, School Food Systems Consultant, and Director of Operations for the Chef Ann Foundation.

The program will include a workshop for FSDs focused on human resources, finance, procurement, menu planning, facilities, and community engagement at Boulder Valley School District, ongoing peer-to-peer collaboration for best practices, sharing, and support through the Life Time Foundation Collaborative; and an opportunity to apply for a one-time \$50,000 grant designed to support implementing sustainable, healthy food systems.

For additional information and to submit an online application, visit the Chef Ann Foundation SFSI Web page at: <http://www.chefannfoundation.org/programs-and-grants/school-food-support-initiative/>. You will be prompted to create a username and password to start the online application process.

- * **Webinar Opportunity: School Food Support Initiative Webinar, November 2, 2016, 1:00-2:00pm PT**

This Webinar will provide information on the SFSI grant opportunity and highlight the current impact on school districts participating from grants received in School Year 2015-16. For this Webinar topic, participants can earn one instruction hour of professional standards credit under the following learning topics:

- * Administration (3000)
- * Program Management (3200)
- * Evaluate and utilize resources to promote a healthy school environment (3230)

- * **Contact and Additional Information**

If you want to know more about SFSI, program services, and grant eligibility criteria, visit the Chef Ann Foundation SFSI Web page at: <http://www.chefannfoundation.org/programs-and-grants/school-food-support-initiative/>. If you have questions regarding the grant application, Webinar technical assistance, or content, please contact Emily Miller at the Chef Ann Foundation by e-mail at info@chefannfoundation.org.

Webinar: Implementing Smarter Lunchroom Makeovers in New York State Middle Schools: Results of Process Evaluation, November 9, 2016, 11:00am PT

Due in part to the broad reach of school meals programs and the potential negative impact of competitive foods with minimal nutritional value, school food environments have become a target of childhood obesity prevention initiatives. The Smarter Lunchrooms Movement includes easy, no- or low-cost strategies that can encourage students to select and consume healthful foods at school without eliminating their choices. A randomized controlled trial (RCT) was initiated in 13 New York State middle schools to test the effectiveness of select Smarter Lunchrooms practices designed to increase students' selection and consumption of fruit, vegetables, and unsweetened milk. This project included process evaluation in order to monitor project implementation, determine barriers and facilitators to implementation, and identify staff support needs. Please join Alisha Gaines, PhD, Cornell University Division of Nutritional Sciences, for an overview of the design and results of the Smarter Lunchrooms RCT process evaluation. Outcome results of the study will not be presented, but a discussion of how process evaluation results can be applied to future research and practice will be included. To attend and for more information, please visit: <https://learn.extension.org/events/2857> and follow the instructions for joining.

UC CalFresh in Action!

Apple Crunch Street Fair in Gridley, UCCE Butte Cluster

In celebration of National Food Day, Butte County Public Health Department (BCPHD), along with the Center for Healthy Communities, UC CalFresh, and the African American Family and Cultural Center, invited residents to participate in the [second annual NorCal Apple Crunch](#) during the month of October. The online event promoted the importance of making healthy food choices with emphasis on eating more fruits and vegetables. October 26th was the first [Apple Crunch Street Fair](#) in downtown Gridley, which was a celebration of healthy foods for Gridley. This celebration of healthy eating included a demonstration of how to plant herbs, vegetables, and edible flowers, with groups given a planter map and planter plan along with soil and plants to put into the small and large planters in downtown Gridley. [Karina Hathron](#), UC CalFresh and UC Master Gardener Coordinator, led an activity with the Wilson Elementary After-School Program participants and other members of the community from Gridley who stopped by to help make their city greener and to promote increased food access for the entire community. Approximately 100 participants arrived at the first annual event. This event was a collaboration between Gridley GROW (CNAP-Gridley Reaching Out for Wellness) and the Gridley Chamber of Commerce. Celebrities included the Chief of Police, Gridley Fire Department, and City Administrator. Everyone is looking forward to next year! Gridley GROW's next project for FFY2017 will be community bike racks.



UCCE Riverside helped Alvord Unified get recognition, UCCE Riverside County

Alvord Unified School District was awarded a \$1.1 million Physical Education (PE) Program Grant for 2012-2015 and UC Cooperative Extension was a partner on this grant. In addition to improving PE programs, the grant objectives include increasing ongoing assessment and monitoring, increasing district and community support, and transitioning from a sports-based PE program to a wellness-based curriculum aligned to State standards. To be successful, Alvord Unified needed a team of dedicated partners. UC Cooperative Extension was one of the key partners working alongside others such as the Alliance for a Healthier Generation funded by Kaiser Permanente Thriving Schools, the Nutrition Education Obesity Prevention Program, and 15 other public entities and community-based organizations.

Both nutrition programs at UCCE Riverside (UC CalFresh and EFNEP) contributed to Alvord's success transitioning to wellness-based physical education. UC CalFresh provided nutrition education, (EatFit and Money Talks Hunger Attack!), to seven middle and high schools in this school district and offered quarterly nutrition education training to PE teachers as part of their professional development. EFNEP taught Kindergarten through 3rd-grade students at eleven elementary schools using Happy Healthy Me, My Amazing Body, Good for Me and You, and It's My Choice. Both EFNEP and UC CalFresh provided taste-testing experiences so the students could try new fruits and vegetables. In addition, in the 2015-2016 school year, UC CalFresh provided Smarter Lunchrooms Movement training to cafeteria staff at Wells Middle and Norte Vista High and helped Wells revitalize their school garden to bring about environmental changes that encourage healthy eating. UC CalFresh also participated in the twice per year district-wide family health and wellness events and provided nutrition education to over 180 parents during the three-year period.

The excitement and momentum around school wellness in Alvord Unified cannot be attributed to any one agency alone but is due to the collective impact of all major and minor partners in partnership with school PE teams and Alvord Food Service. In 2016, a total of nine schools in Alvord Unified were recognized by the Alliance for a Healthier Generation Healthy Schools Program. One school, Loma Vista Middle, was awarded gold and one school, Wells Middle, was awarded silver, while seven other schools received a bronze award. More importantly, the success in Alvord resulted in positive student outcomes. During the first year of the grant 53% of the students were in the Healthy Fitness Zone for Body Mass Index (BMI), and after the third year, this number increased to 62%. During the first year of the program, 14% of middle school students consumed fruit 2 or more times and vegetables 3 or more times a day, and this percentage increased to nearly 29% after the third year of the grant. [Read full UC Delivers article.](#)

Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock \(rlbrock@ucanr.edu\)](mailto:rlbrock@ucanr.edu) if you have any questions.

UC Delivers

This is a friendly reminder that counties should contact [Andra Nicoli \(amnicoli@ucdavis.edu\)](mailto: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 stories that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submissions with Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!

Articles & Research

Lazy Summer Days Mean Weight Gain for Young Kids

Summer vacation may bring unexpected weight gain for young children, a new study finds. Researchers tracked more than 18,000 children from the start of kindergarten through the end of second grade. They found that the kids' rate of overweight increased from 23 percent to 29 percent during that time. The researchers also saw that the rate of obesity rose from 9 percent to 11.5 percent. All of these increases occurred over the two summer periods during the study—and not during the school years, the researchers said. The findings were published in the journal *Obesity*. “Educators have long worried that summer break leads to knowledge loss, and now we know that it is also a time of excessive weight gain for our youngest school children,” said study co-author Paul von Hippel, from the LBJ School of Public Affairs at the University of Texas, Austin. “Our findings raise questions for parents and policymakers about how to help children adopt healthy behaviors during the long summer vacation to stop unhealthy weight gain. Our results also suggest that we cannot reverse the obesity epidemic if we focus only on what children are doing and eating while they are in school,” von Hippel said in an Obesity Society news release. [Read full article.](#)

Too Many Kids Still Eating Too Much Salt

American children's high salt intake puts them at risk for heart disease later in life, a new study warns. Nearly 90 percent of U.S. kids consume more than the recommended amount of salt for their age, researchers from the U.S. Centers for Disease Control and Prevention discovered. Sodium-heavy breads, pizza, cold cuts, processed snacks and soups are among the major culprits, according to the report. “We already know that nearly all Americans regardless of age, race and gender consume more sodium than is recommended for a healthy diet, and the excess intake is of great concern among particular youths,” lead author Zerleen Quader said. Quader is a data analyst in the CDC's Division for Heart Disease and Stroke Prevention. The researchers analyzed 2011-2012 data from more than 2,100 children, aged 6 to 18, nationwide. The kids' average salt intake was 3,256 milligrams (mg) a day, not including salt added at the table, the investigators found. Recommended salt intake for children varies from 1,900 mg to 2,300 mg a day, depending on age. The researchers also found that average levels of salt intake were especially high among teens aged 14 to 18 (3,565 mg daily). Girls had much lower daily intake than boys—2,919 mg a day versus 3,584 mg a day, according to the report. When and where are kids getting all this salt? Dinner accounted for 39 percent of children's salt intake and lunch for 31 percent, the study found. Breakfast and snacks each provided roughly 15 percent of salt intake. The results were published Nov. 3 in the *Journal of the Academy of Nutrition and Dietetics*. [Read full article.](#)

Education & Resources

Training Opportunities for SNAP-Ed Local Implementing Agencies—Updated November 2016

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. The [FFY2017 California SNAP-Ed Training Schedule](#) is now available on the [Training and Events Calendar webpage](#). A few of the training topics are also highlighted below:

- * Addressing Nutrition Hot Topics: 2015 DGA
- * Active Aging: Physical Activity Tools for SNAP-Ed Older Adults

These trainings are also posted on the NEOPB Training and Events Calendar, available online at: <http://www.cdph.ca.gov/programs/NEOPB/Pages/NEOPB%20Calendar%20of%20Events.aspx>.

New Nutrition Perspectives and Updated Nutrition Info Sheets Available from the UC Davis Center for Nutrition in Schools

A new issue of Nutrition Perspectives (July-Sept 2016) has been posted to the UC Davis Center for Nutrition in Schools website. To download the new issue, please visit: <http://nutrition.ucdavis.edu/info/perspectives/index.html>. In addition, you can also find newly updated info sheets for consumers and health professionals. Some of the topics include:

[Fact Sheets for Consumers:](#)

- * Fats
- * Phytochemicals
- * Vegetarian Diets

[Fact Sheets for Health Professionals:](#)

- * Calcium
- * Dietary Guidelines for Americans, 2015-2020
- * Fat
- * Fiber
- * Gluten
- * Omega-3 Fatty Acids
- * Soy
- * Trans Fatty Acids
- * Vegetarian Diets

These updated resources are available for download at: <http://nutrition.ucdavis.edu/infosheets/>.

Education & Resources *(continued)*

Webinar: Exploring Community-Wide Interventions That Have Health Impact in 5 Years (HI-5): An In-Depth Look at Safe Routes to School (SRTS), November 7, 2016, 12:00-1:00pm PT

Join John Auerbach from the Centers for Disease Control and Prevention (CDC) and other national experts to discuss the CDC's new Health Impact in Five Years (HI-5) initiative. The HI-5 (high-five) initiative highlights a list of non-clinical, community-wide approaches with a proven track record. Each intervention listed is associated with improved health within five years and is reported to be cost-effective or cost-saving over the lifetime of the population or even earlier. Public and private organizations can use this list to quickly assess the scientific evidence for short-term health outcomes and overall cost impacts of community-wide approaches. This Web Forum series highlights specific interventions identified in the HI-5 initiative and will provide stakeholders with the opportunity to hear real-world examples of how local and state-level organizations have implemented Safe Routes to School (SRTS) to meet needs of their communities. To learn more about the HI-5 initiative, please visit the CDC's website: www.cdc.gov/hi5. To register for this webinar, please [click here](#).

Get Your Community in Step with a 2016 Micro Grant, Deadline: November 18, 2016, 2:00pm PT

America Walks and the Every Body Walk! Collaborative are excited to announce the second year of [Micro Grant Funding](#). This program will award grantees up to \$1,500.00 for projects related to increasing walking and walkability. Funded projects will increase walking and benefits of walkability in communities, work to develop the walking movement by growing the number and diversity of people and organizations pushing for more walkability, and they should make walking safe, easy, and enjoyable for all community members. This is a great opportunity for adult classes looking for funding to enhance a walking club or incorporate additional resources to sustain the program. This can be done along with the pedometers and physical activity trackers including the [USDA SuperTracker](#). To learn more about the grant program, please visit: <http://americawalks.org/2016-every-body-walk-micro-grant-program/>.

Webinar: Addressing Nutrition Hot Topics, presented by Dr. Sheri Zidenberg-Cherr and Dr. Rachel Scherr, UC Davis Dept. of Nutrition, November 30, 2016, 10:00-11:30am

This webinar intends to help participants do the following:

1. Identify common reasons why people choose to follow a gluten-free diet. Be familiar with the science vs. the "feelings" regarding gluten. Be familiar with basic information on foods containing gluten.
2. Compare sample daily caffeine intake to DGA recommendation.
3. List public concerns and scientific facts about GMOs, and develop responses for questions in SNAP-Ed classes.
4. List public concerns about organic vs. conventional foods and develop science-based responses for questions in SNAP-Ed classes.

To register, please visit: <https://attendee.gototraining.com/r/5525652138366347521> or the California SNAP-Ed LIA Training and Events calendar at: <http://www.cdph.ca.gov/programs/NEOPB/Pages/SNAP-EdTrainingandEventsCalendar.aspx>.

Call for Proposals: CA Farm to School and Garden Conference, Deadline: December 2, 2016

The California Farm to School Network (CFSN) invites you to submit a proposal for the 2017 California Farm to School & Garden Conference: Connecting the Garden, Cafeteria and the Classroom. The conference will be held March 27th-March 29th, 2017 in Modesto, CA. The 2nd biannual CFSN conference will cover a variety of topics designed to support and inspire farm to school and school garden practitioners all around the state! This is your opportunity to share your expertise and innovative ideas to help grow the farm to school and school garden movement in California. An information PDF is available with additional info regarding the topic areas, speaker benefits and more. [Click here](#) to download. When you are ready to submit your idea, fill out the online submission form located [here](#). Questions related to the call for proposals can be sent to: info@cafarmtoschoolconference.org. Please visit: <http://www.cafarmtoschoolconference.org/> for additional information.

Webinar: Active Aging: Physical Activity Tools for SNAP-Ed Older Adults, December 7, 2016, 1:30-3:30pm PT

This webinar will provide SNAP-Ed staff information and tools for promoting physical activity (PA) to the older adult SNAP-Ed population. Participants will receive information on PA guidelines for older adults, how staff can help older adults to become more physically active through direct PA curriculums and working with community PA programs and improvements. To register for this webinar, please visit: <https://attendee.gototraining.com/r/2066756782602779905>.

Education & Resources *(continued)*

In-Person Workshop: SNAP-Ed Physical Activity Promising Practices Exchange, December 8, 2016, 9:30am-12:30pm, Chico, CA

The **Promising Practices Exchange Pilot** is a collaboration between State and Local SNAP-Ed agencies. Join us for an interactive, half-day workshop with regional experts and community health leaders. Topics include pre-school and K-12 physical activity (PA) and more! Refer to the [SNAP-Ed Training Calendar](#) for updates about speakers and activities. **Registration for this workshop closes on December 1, 2016** or when capacity is reached (whichever comes first). For additional information, please visit: <http://www.cvent.com/events/snap-ed-promising-practices-exchange/event-summary-5d612d1ccee54f3b89e0555e7ca4f702.aspx>.

Funding Opportunity: Farm to School Grant Program, Deadline: December 8, 2016

The purpose of the USDA Farm to School Grant Program is to assist eligible entities in implementing farm to school programs that improve access to local foods in eligible schools. On an annual basis, USDA awards up to \$5 million in competitive grants for training, supporting operations, planning, purchasing equipment, developing school gardens, developing partnerships, and implementing farm to school programs. Visit the [grant opportunities page](#) to review the RFA for complete application instructions, frequently asked questions (FAQ), and additional application support materials. Check out the [grant program page](#) for an overview of past grantees, program summary reports, and more: <http://www.fns.usda.gov/farmtoschool/farm-school-grant-program>.

9th Biennial Childhood Obesity Conference: Applications for Roundtables, Deadline: February 15, 2017

Back by popular demand, one 45-minute roundtable session will be offered to allow for in-depth discussion among small groups on a wide array of topics. Participant-led roundtables provide a setting to share lessons learned, solicit feedback for current or future initiatives, and exchange ideas, knowledge and resources with colleagues of similar needs/interests. To learn more about hosting a roundtable, [click here](#). The application process is now available through February 15, 2017.

Save the Date: 9th Biennial Childhood Obesity Conference, May 30-June 2, 2017, San Diego, CA

The 9th Biennial Childhood Obesity Conference is scheduled for **May 30th-June 2nd, 2017 in San Diego, CA**. [Click here](#) for additional information regarding the conference, including registration and accommodations.

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Lindsay Hamasaki at lmhamasaki@ucdavis.edu to share your comments, 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.org/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.



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