

UC CalFresh Weekly Update July 24, 2017

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Upcoming Events & Deadlines

JULY 2017

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7/28/17 UC CalFresh Reporting Tools Workbooks & Documentation for Quarter 3 Due to the UC CalFresh State Office

This is a reminder that the Q3 RTWs are due to the UC CalFresh State Office on **Friday, July 28, 2017**. Please send your county's workbook and supporting documentation to uccalfresh_support@ucdavis.edu through the UC ANR FileVault. If you have any questions or need assistance, please contact **Jennifer Quigley** at jqquigley@ucdavis.edu.

8/2/17 Deadline to Register for the Adult Education Training

This is a one-day, in-person training for EFNEP and UC CalFresh Nutrition Educators. This training will focus on two main topics:

- * Adult Learning and Learner-Centered Education
- * Updates to the Eating Smart • Being Active (ESBA) Curriculum

Educators who use other curricula besides ESBA are encouraged to attend to learn more about learner-centered education strategies. All training sessions are scheduled from **9:00am-4:00pm**. Training locations and further information are available on the [UC CalFresh Training and Meetings Calendar](#). [Click here](#) to register for the Adult Education Training. Please contact **Lyn Brock** (rlbrock@ucanr.edu) if you have any questions.

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>.

"[The] changes I have been making is cutting sugar out of my life. Because of this class, I [now] understand the back of the food I eat. I have been made aware of the fruits and vegetables and the servings I need."

—Plan, Shop, Save and Cook Participant,
San Mateo County

"I will be more mindful of how much salt and sugar I'm using for me and my kids. Also, try to be a little more active with my kids and for myself."

—Eating Smart Being Active Participant,
Fresno County

Welcome New UC CalFresh Staff!

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



Gerardo Arteaga, Community Education Specialist 1, UCCE Riverside County

Gerardo Arteaga is joining the UC CalFresh team as the new Community Education Specialist in Riverside. Gerardo grew up in Pico Rivera, CA, and studied public health and premedical studies at Brown University '17. During his time in college, Gerardo taught an interactive, healthy nutrition class at a local high school. He is motivated to reduce health disparities and ensure that every community member has the resources necessary to lead a healthy life. His long-term goal is to become a medical doctor and serve the health needs of his community. In his free time, he enjoys playing tennis and soccer with friends and family, biking, and traveling. Gerardo can be reached at: garteaga@ucanr.edu.

UC CalFresh Website Updates

UC CalFresh Trainings

* 7/18/2017 UC CalFresh Town Hall Webinar PowerPoint Slides, Recording & Resources Now Available

The PowerPoint slides, webinar recording, and resources from the 7/18/2017 UC CalFresh Town Hall, "Supporting Comprehensive Programming with Cafeteria Taste Tests/Food Promotions" presented by Mary Vollinger, Program Supervisor for UC CalFresh San Francisco/Santa Clara/San Mateo Counties is now available on the UC CalFresh website. Please visit: <http://www.uccalfresh.org/trainings/town-halls> for additional information.

* UC CalFresh Resources for New Advisors, Managers & Supervisors

The UC CalFresh State Office hosted an Orientation Meeting for newly hired Advisors, Managers, and Supervisors in May 2017. The agenda, PowerPoint slides, as well as some of the handouts and resources from this meeting have been posted to the UC CalFresh website. The purpose of the Orientation Meeting was to provide an overview of the UC CalFresh Program to newly hired staff or those who are new in their Manager/Supervisor positions. Please visit: <http://www.uccalfresh.org/trainings/trainings> for additional information.

UC CalFresh Evaluations

* Youth Data Entry Portal Links Now Available

The following data entry portal links have been added to the UC CalFresh Youth Evaluation webpage: <http://uccalfresh.org/evaluation/Youth%20Evaluation>:

1. Hunger Attacks / Money Talks
2. Teen Teacher Survey
3. YPAR Retrospective Survey

* Step-by-Step ID Code Instructions Poster and PowerPoint Slides Now Available

Step-by-Step ID Code Instructions Poster and PowerPoint Slides has been added to the UC CalFresh Adult Evaluation webpage: <http://uccalfresh.org/evaluation/Adult%20Evaluation>. (Note: Minor improved translation has been made to Spanish version of ID Codes in surveys on this page and forms on the [Program Management and RTW Webpage](#). The minor improvements do not require reprinting of previous version but updates have been posted for future use.) Please contact **Barbara MKNelly** (bmknelly@ucdavis.edu) or **Angie Keihner** (akeihner@ucdavis.edu) if you have any questions.

UC CalFresh in Action!

School gardens get new life from UC Cooperative Extension volunteers, UCCE San Luis Obispo/Santa Barbara Counties

When children grow their own fresh fruits and vegetables, they are much more likely to eat healthy food, so for decades California politicians, teachers and nutrition educators have advocated for a garden in every school. However, UC Cooperative Extension experts in Santa Barbara and San Luis Obispo counties found that garden care can dwindle over time. “Students and their parents ‘age out’ of their elementary schools,” said [Shannon Klisch](#), UC CalFresh community education supervisor in San Luis Obispo and Santa Barbara counties. “The turnover in expertise and level of commitment can vary widely, leaving some schools with either weedy, abandoned vegetable patches, or no garden support at all.”

UCCE offers UC CalFresh, federally funded nutrition education for CalFresh recipients (formerly called Food Stamps). UC CalFresh nutrition educators in Santa Barbara and San Luis Obispo counties saw a need to mobilize highly trained community members who could develop, support, sustain and teach from school gardens. UC CalFresh joined with UC’s 4-H Youth Development, Master Food Preserver, and Master Gardener programs to launch a pilot project called “UC Garden Nutrition Extenders”.

“We don’t have enough staff to work the gardens in every school, so we’ve started recruiting and training volunteers,” said [Lisa Paniagua](#), school garden sustainability coordinator for the UC Garden Nutrition Extender program in San Luis Obispo and Santa Barbara counties.

“By enlisting passionate volunteers, nutrition educators could significantly multiply the number of students who had access to school gardens, nutrition education, and training in science, technology, engineering, and math (STEM) in the garden,” said Katherine Soule, Ph.D., youth, families, and communities advisor in San Luis Obispo and Santa Barbara counties. Klisch said UC Garden Nutrition Extenders are local members of their school communities.

“They are often parents, neighbors or staff and they have a personal investment in seeing the youth and the school environment flourish, which makes for a much more sustainable intervention and increases community capacity to sustain a garden program,” she said. [Read full blog article.](#)

Senior works toward health—Healthy Living Ambassador Program, UCCE San Mateo/San Francisco Counties

After four years of volunteering as a Healthy Living Ambassador, Half Moon Bay High School senior Damon George’s final lesson was delivered at the end of May 2017. George first got involved as a freshman, when a teacher presented him with an opportunity to complete his community service hours. During his first year, George discovered his love for the program and kept coming back. The Healthy Living Ambassador program is a part of the University of California Cooperative Extension’s UC CalFresh, 4-H Youth Development, and Elkus Ranch Healthy Living Initiative. The 10-week program, which began in March, is in its final week until the spring 2018. After attending a nine-hour training day at Elkus Ranch in early March, Bay Area volunteers, most of whom are in high school, have visited local after-school elementary programs where they lead lessons about healthy eating, nutrition, and lifestyle. Though the curriculum has undergone adjustment over the years, the core objective remains to give youth the tools needed to maintain a healthy life. This year, activities have included crushing a bag of chips to give a visual representation of the grease, lectures about different food groups, and planting sunflowers, strawberries, carrots and more in El Granada Elementary School’s garden. “I hope the kids in the program gain an understanding of nutrition and are able to make healthy choices for themselves,” George said of what he hopes the elementary school students get out of the program. Of course, George has also benefitted from his experience volunteering and leading lectures, mentioning “the ability to comfortably speak in front of people.” After he graduates from high school, George will go to Hawaii where he will attend community college. [Read full article.](#)

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 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!

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) if you have any questions.

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!](#)

Important Announcement: SLM Scorecard & Quarterly TAPs Webinar, July 26, 2017, 1:00-1:45pm

The SLM of CA and UC CalFresh Nutrition Education Program will be transitioning to the new 60-Point SLM Scorecard for the upcoming school year. **We will no longer be using the 100-point scorecard.** To learn more about the new and improved 60-point scorecard, please attend the upcoming Quarterly TAPs Webinar, "The New and Improved 60-Point Scorecard" on **July 26th, 2017** from **1:00-1:45pm**. Please refer to the call-in information below:

- * **Call-In Number:** 1-866-740-1260
- * **Access Code:** 7544934
- * **Registration Link:** <https://cc.readytalk.com/r/ev8w8xx8njfa&eom>

If you have any questions, please contact **MaryAnn Mills** at mamills@ucdavis.edu.

Articles & Research

Unexpected Hikes in Energy Prices Increase the Likelihood of Food Insecurity, USDA ERS Study

A food-secure household is defined as one with access to sufficient food for all its members to lead active, healthy lives. A food-insecure household, on the other hand, does not have the resources to acquire enough food for some or all of its members. Food-insecure households may skip meals, cut the size of meals, or compromise the nutritional quality of meals due to cost. During 2000-07, U.S. food insecurity rates ranged between 10 and 12 percent. After the Nation's financial crisis hit in late 2007, 15 percent of U.S. households were food insecure. The U.S. food insecurity rate remained between 14 and 15 percent before falling to 12.7 percent in 2015. Food insecurity raises concerns because it can have lasting health consequences for members of affected households. Research has found that food-insecure adults are more likely to suffer diabetes, obesity, and depression. Children living in food-insecure homes face higher risks of iron deficiency anemia; more frequent stomach aches, headaches, and cold; and are more prone to developmental and academic problems. Unexpected increases in energy prices (also called energy price shocks) can adversely affect food security; purchasing food and gasoline and paying utility bills compete for the same limited resources of low-income households. For poor families, rising energy prices create a difficult tradeoff between buying enough food, staying warm, or having enough gas for the car. Energy price shocks may be particularly detrimental to low-income households because they have fewer resources available to absorb the unplanned higher expense. While previous research has indicated that low-income households reduce the amount of food they buy in response to unexpected increases in energy prices, it is not clear whether these price shocks are large enough to dent a family's food security. A recent ERS study explored the relationship between energy price shocks and food security, as well as two other measures of food hardship or distress, and found that price shocks in each energy source in the analysis—gasoline, natural gas, and electricity—caused an increase in the probability of a household becoming food insecure and/or experiencing two other food-distress indicators. The magnitude of the response was higher for low-income households compared to the average response for all households. [Read full ERS study.](#)

Better Diet, Longer Life?

Middle-aged and older adults who start eating better also tend to live longer, a large new study shows. The findings, reported in the July 13 issue of the *New England Journal of Medicine*, might not sound surprising. Health experts said they basically reinforce messages people have been hearing for years. But the study is the first to show that sustained diet changes—even later in life—might extend people's lives, the researchers said. "A main take-home message is that it's never too late to improve diet quality," said lead researcher Mercedes Sotos-Prieto, a visiting scientist at the Harvard School of Public Health in Boston. "Most participants in our study were 60 years or older," she noted. The findings are based on nearly 74,000 U.S. health professionals who were part of two long-running studies that began in the 1970s and 1980s. Between 1998 and 2010, almost 10,000 of those study participants died. Sotos-Prieto and her team looked at how people's risk of early death related to any diet changes they'd made in the previous 12 years (1986 to 1998). It turned out that people who had changed for the better—adding more fruits and vegetables and whole grains, for example—had a lower risk of premature death than those whose diets stayed the same. In contrast, people who let their eating habits slide faced a higher risk of dying during the study period—6 percent to 12 percent higher—compared to stable eaters, the findings showed. [Read full article.](#)

Education & Resources

Training Opportunities for SNAP-Ed Local Implementing Agencies

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](#).

- * Painting Playgrounds with Stencils
- * Nutrition: Science vs. Sensationalism (Webinar)
- * Community Assessment and Program Planning with Partnerships in Mind (In-Person, various locations)

These trainings are also posted on the CA SNAP-Ed Training and Events Calendar, available online at: <https://archive.cdph.ca.gov/PROGRAMS/NEOPB/Pages/SNAP-EdTrainingandEventsCalendar.aspx>.

Be Better Poster Series

CDPH SNAP-Ed State Media and Public Relations is excited to announce the availability of five new “Be Better” posters to support the 2017 media campaign and “Be Better Field Guide”. The posters promote the nutrition emphasis of this year’s television commercials. The topic themes of the posters are Snack Better, Lunch Better, Refresh Better, Dine Better (Menu) and Dine Better (Healthy Hearts). The two Dine Better posters are both interactive with QR codes. The Dine Better Menu poster features some of the favorite heart healthy recipes from the CDPH SNAP-Ed cookbooks. Simply scan the code with your smart phone and get the items and instructions for that recipe. The Dine Better Healthy Hearts poster is in partnership with the American Heart Association and the Healthy Hearts California initiative. Scanning the QR code on this poster will take you to the American Heart Association Dine Out Guide for tips on ordering heart healthy meals at restaurants. Place the posters in high traffic locations such as; schools, clinics, libraries, food banks, community based organizations, and similar spots. Spanish versions of the posters will be available later this summer.



To order posters go to the CDPH SNAP-Ed Webstore front using this link: <https://www.webstore.osp.dgs.ca.gov/WSFdir/storefront.aspx?6xni2of2cF0n+PO8WNID2/vr/XtjvJ5WW25VJnuU/ftnROB/pD6fKJmcmQZTwDUB>. Please coordinate with your Web Storefront User.

Ensure No Kid Goes Hungry this Summer

USDA’s summer meal programs ensure that kids and teens have consistent access to healthy meals at no cost during the summer months and provide a safe, nourishing environment for kids to learn and grow.

1. Know your nearest site and share it as a resource.

The [Summer Meal Site Finder](#) offers a free, searchable map of summer meal sites in local areas. It can be found quickly by googling “USDA Summer Food Rocks.” You may also find it useful to share the hotline number for families to find nearby summer sites: 1-877-8-HAMBRE (1-877-842-6273) and 1-866-3-HUNGRY (1-866-348-6479). No sign-up or registration is needed to attend a summer site.

2. Raise awareness by posting [flyers](#), [postcards](#), and [bookmarks](#) in view of families. Get the word out using USDA’s [social media strategies](#).

Would you like free summer meal bookmarks to share? If so, contact jenna.fahle@fns.usda.gov.

3. Educate families on the importance of nutrition and physical activity.

The Summer Food, Summer Moves Toolkit contains placemats, posters, and *ready-to-go* nutrition education activities for families! Click on the images of the posters (right) for a printable, PDF version!



Did you know? Of those children that receive free and reduced price meals at school, approximately **1 in 6** participate in the summer meal programs. An estimated 12.7 percent of American households are food insecure—which means about 13.1 million children are living in food insecure households. The summer months are a critical time to ensure all children have access to nutritious food. To learn more, check out the [USDA Summer Meals website](#).

Education & Resources *(continued)*

Order Materials Before They Are Out-of-Print (Sunsetted)

The following information was originally shared in the [07/19/2017 edition of the LHD News Bulletin](#).

CDPH is streamlining its inventory of materials stored in their fulfillment warehouse. They have Champions for Change T-shirts available in limited sizes, DVDs, clings, notepads, and three-sided table top displays. You may order as many items as you are capable of warehousing. Golden State Overnight (GSO) will deliver the orders. NOTE: If your order is large (i.e., over 10 boxes), GSO may be unable to deliver unless you have a loading dock. Remember to ship your order where it will be stored or warehoused. Materials are available on a first come, first served basis. Your request will be filled with available quantities. NEOPB will distribute these items in box quantities as outlined in the [07/19/2017 edition of the LHD News Bulletin](#). Place your order for the free materials by Thursday, July 27. Materials will be shipped by mid-August. [Click here](#) to review the available materials. Requests may be submitted to NEOPBcustomerCare@cdph.ca.gov following the instructions in the [07/19/2017 LHD News Bulletin](#).



Seasonal Produce Guide—Resolve to eat healthier now!

Now is the perfect time to resolve to eat healthier. With the wide variety of fruits and veggies in season this summer, it's easy to eat a rainbow of colors. Check out the [Seasonal Produce Guide](#) available on the [USDA SNAP-Ed Connection](#) to see what's in season now, and all year long. There are tons of tools to learn and teach about produce you'll love—and recipes too! Visit: <https://snaped.fns.usda.gov/seasonal-produce-guide> for additional information.

Farm to Summer Resources from USDA Food and Nutrition Service

Do you need more inspiration for how to bring the farm to your summer program? Check out these resources and learn how summer is ripe for farm to school activities!

- * [Farm to Summer Fact Sheet](#)
- * [Summer Meals Toolkit](#)
- * [Summer Webinar Series](#)
- * [Summer Food, Summer Moves Materials](#)
- * [Best Practices](#)

For additional information, please visit the Farm to Summer webpage: <https://www.fns.usda.gov/farmtoschool/farm-summer>.

New Fact Sheet: Gardens in Tribal Communities

USDA FNS' Office of Community Food Systems has a new fact sheet, "Gardens in Tribal Communities." This fact sheet focuses on Tribal Nations leveraging their school gardens as a tool to preserve tribal language and culture, and as a source of food for child nutrition programs. Learn more about how tribal communities are using gardens to educate students and enhance their connection to the land. [Click here](#) to view the new fact sheet!

Disconnected Youth: Negative Personal, Social, and Economic Impact

Disconnected youth—teens who are neither enrolled in school nor working—may be more likely than their peers to experience poor health, lower incomes, and unemployment as adults. They are also more likely to become involved in illegal activity and become dependent on public aid. In 2013, disconnected youth cost U.S. taxpayers an estimated \$27 billion in costs related to incarceration, public assistance, lost tax revenues, and lost earnings. In 2011-2015, eight percent of California teens ages 16-19 were neither in school nor working. The percentage of disconnected youth in counties ranged from a low of three percent in Yolo County to a high of 14 percent in Mendocino County. Trends in the rates of disconnected youth varied among counties, cities, school districts, and legislative districts, while the statewide trend saw little change. [Click here](#) to access statewide and county-specific data.

Webinar: Painting Playgrounds with Stencils, July 26, 2017, 10:30am-12:00pm

This webinar will feature a presentation by UC CalFresh Alameda County Program Supervisor, [Tuline Baykal](#), who will provide some best practices and feature some of her great resources and project outcomes. To register for this webinar, please visit: <https://attendee.gototraining.com/r/4254184593391921666>. Additional information regarding this webinar can also be found on the [CA SNAP-Ed Training and Events Calendar](#).

Education & Resources *(continued)*

Webinar: Nutrition: Science vs. Sensationalism, August 2, 2017, 10:00-11:30am

This webinar is being presented by Dr. Rachel Scherr and Dr. Sheri Zidenberg-Cherr. The webinar objectives include:

1. Recognize several “red flags of junk science” developed by the Dairy Council of California and apply them to current nutrition information.
2. Review guidelines that indicate trustworthy nutrition-related websites and practice using these to evaluate the accuracy of information on various websites.
3. Review differences between food allergies and sensitivities to food and discuss how to help SNAP-Ed participants understand these.
4. Analyze nutrition headlines to see how likely they are to be reliable
5. Practice responding respectfully and accurately to possible misinformation in your SNAP-Ed class

To register for this webinar, please visit: <https://attendee.gototraining.com/r/2564558477938443522>. Additional information regarding this webinar can also be found on the [UC CalFresh Trainings Calendar](#) or the [CA SNAP-Ed Training and Events Calendar](#).

Child Feeding Community of Practice Webinar, August 24, 2017, 2:30-4:00pm

UCCE Specialists Lenna Ontai and Karina Diaz-Rios will provide research updates and background on the importance of healthy routines with young children. Angela Asch will present tips for delivering the Healthy Routines lesson from the Healthy Happy Families curriculum. Log-in information for this webinar is available on the [UC CalFresh Training Calendar](#).

Training Project with ChangeLab Solutions: Community Assessment and Program Planning with Partnerships in Mind, In-Person Trainings, Various Dates/Locations

The following information was originally shared in the [07/19/2017 edition of the LHD News Bulletin](#).

Community assessments and program planning can be done in a way that sustains strategic partnerships. Partnerships are essential for community health, but too often these relationships falter or fizzle over time. Drawing on the Health in All Policies approach and other collaboration and planning tools, this training will enable participants to prioritize issues and choose strategies in a way that strengthens engagement and buy-in from your partners and the community. [Register here](#) for this training to rethink your role in changing policies, systems, and environments, and to identify win-win strategies for you and your partners to achieve your goals. Specific training cities and training dates are as follows:

Redding, CA	August 24	9am-4pm
Fresno, CA	September 12	9am-4pm
Sacramento, CA	September 19	9am-4pm
Los Angeles, CA	September 28	9am-4pm

Contact Annette DiPirro at Annette.Dipirro@cdph.ca.gov or 916-552-9941 with your questions.

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.

