Weekly Update

APRIL 15TH, 2013

UC - CALFRESH STATE OFFICE

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Funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Services (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE)
April Is National Minority Health Month

April is National Minority Health Month, a time when we reflect on the incredible opportunity we face as a nation to improve minority health, advance health equity, and eliminate health disparities. To read HHS secretary statement click on link: HHS Secretary Sebelius Statement on National Minority Health Month. To learn more about National Minority Health Month and what the U.S. Department of Health and Human Services is doing to reduce health disparities and achieve health equity, see www.minorityhealth.hhs.gov.

Webinar: Enhancing Food Security Through Community And Regional Food Systems. Wednesday April 17th 12PM Central Time

Speakers from two projects funded through the Agriculture and Food Research Initiative (AFRI)/National Institute of Food and Agriculture (NIFA) Food Security grant program will discuss current research, outreach, and education efforts in community and regional food systems.

“Enhancing Food Security of Underserved Populations in the Northeast through Sustainable Regional Food Systems”
Presenter: Kate Clancy, Project Deputy Director; Food Systems Consultant

· The goal of this project is to assess whether greater reliance on regionally-produced foods could improve food access and community food security, while also benefiting farmers, food supply chain firms, and the overall food security of the 12 state region. The project partnership includes multiple participating institutions, with project staff working in 9 locations throughout the Northeast with low income communities. Dr. Clancy will describe the work of seven multidisciplinary teams (consumption, distribution, production, models, outreach, education, and evaluation) and will highlight lessons learned in the first two years of the project.

“ The Struggle for Food Dignity”
Presenters: Hank Herrerra, Action Research Coordinator, Food Dignity & Cole Ehmke, Extension Specialist, Agriculture & Applied Economics, University of Wyoming

· Presenters will describe and discuss the Food Dignity project, which addresses three research questions: What solutions do communities use to improve the sustainability and equity of their local food systems and economies? What resources best help people implement their solutions? What do we get if we support people in implementing their solutions?.

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Start connecting 5 minutes prior to the start time. You need a computer with Internet access and speakers. At the meeting time, copy and paste this URL into your browser to enter the meeting: https://connect.extension.iastate.edu/clrf

**TEAM Nutrition School Graphics**

Jazz up your elementary school meal menus and encourage healthy choices with these free graphics from Team Nutrition.

Visack Defends SNAP

Agriculture Secretary Tom Vilsack defended the Supplemental Nutrition Assistance Program against critics in Congress who want to cut the food-stamp program. In Oregon, only 1 in 3 seniors who are eligible for SNAP receive assistance, so Partners for a Hunger-Free Oregon is trying to raise awareness and understanding of the program to help the elderly get needed nutrition. USA Today/Gannett News Service

Pediatrician reflects on Hunger after SNAP challenge

Lewis First, M.D., chief of Pediatrics at Vermont Children’s Hospital at Fletcher Allen Health Care, and chair of the Department of Pediatrics at the University of Vermont College of Medicine, recently took the SNAP/Food Stamp Challenge (called the 3SquaresVT Challenge in Vermont). He joined a number of doctors, nurses and staff at Vermont Children’s Hospital in limiting, for a week during March (National Nutrition Month) their food intake to that of an average SNAP/Food Stamp recipient – a weekly grocery budget of $38, or $1.80 per meal. First took the Challenge to gain some understanding of what the 27,000 children and 48,000 adults in the state experience on a daily basis. “It took only a few days,” First writes in this blog post, “until I began to worry whether I would have enough food to make it through the week and I realized that I too was becoming food insecure.” He was hungry after the first day, and found he focused more on food. He became more tired than usual, lost five pounds, experienced difficulty concentrating and was moody than usual. While he counted down the time to his next meal, he reflected that for SNAP/Food Stamp families, there is no countdown and they likely felt as hungry as he did. As a result of the Challenge, First “will now advocate even more for our patients and families who experience food insecurity and hunger, and whose ‘challenge’ is not just living on food stamps for seven days – but everyday.” Fletcher Allen blog
UC-CaFresh UPDATE

Eventually Deadlines

- **Friday, April 26, 2013**
  Q2 workbooks and all supporting documentation (Nutrition Activity Reporting Forms, etc.) are due to the UC CalFresh State Office by 5:00 PM on Friday, April 26, 2013. Please refer to the [Reporting Tools Workbook User's Guide](#) for instructions on how to submit your workbook.

Website Updates

“Many thanks to everyone who has expressed their thoughts on the new UC CalFresh website! We will be continuing to improve the site and make changes. New files uploaded/revised this past week are:

- The correct Teacher Tasting Tool (TTT) for youth has been uploaded. This file now includes the most current version of both the Process Guide AND the Survey itself in PDF format.
  - Listed in: EVALUATION à YOUTH EVALUATION à TEACHER TASTING TOOL (TTT)
- Group Meeting Attendance form MS excel document—the multi-lined signup sheet for Adult and Family-Centered direct education sessions. (Currently only available in English with the Spanish version coming soon!)
  - Listed in: ADMINISTRATIVE à DOCUMENT TEMPLATES à GROUP MEETING ATTENDANCE

Playing cards response- friendly reminder

The UC CalFresh State Office has purchased sets of the “Playing for Healthy Choices” deck of cards for use in your county program. Information regarding these cards and shipping/delivery information was sent via e-mail on 4/10/13. Please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to confirm receipt. Please remember that confirmation of receipt of items is required for accounting and auditing purposes.

Upcoming Events

2013

- SHAPE May 2nd free webinar 2-3PM- Smarter Lunchrooms: Influencing Meal and Beverage Choices and Improving Participation
We all agree it's not nutrition until students eat it or drink it. A smartly run lunchroom nudges students toward making better choices on their own by changing the way their options are presented. Join us to discover low- or no-cost ways to promote the consumption of healthy school lunch options, using the evidence-based principles of the Smarter Lunchrooms Movement.

You will hear how a local school district used the Smarter Lunchrooms approach to encourage milk selection, and you'll learn about research and resources to market your meal program.

Please click on link to: Register for Webinar
Please note you have to register and then will be sent a link to participate.

Questions:
Contact Shannan Young at 916.263.3560

- Childhood Obesity Conference, Long Beach June 18-20
  Click on link for additional information www.childhoodobesity2013.com

  Keynote Speaker: Michael Moss
  Pulitzer Prize-Winning Author of Salt Sugar Fat

  We are very excited to announce Michael Moss as our Opening Plenary Keynote Speaker!
  Moss is a Pulitzer Prize-winning New York Times investigative journalist known for his provocative and award-winning exposés. He won the 2010 Pulitzer Prize in Explanatory Reporting for his investigation of the dangers of contaminated meat and the troubling holes in Federal food safety regulations.

  In his newest book Salt Sugar Fat - How the Food Giants Hooked Us, Moss, through his extensive research and access to confidential information, reveals the processed food industry's powerful reach and their culpability in creating America’s obesity epidemic. Dealing Coke to customers called "heavy users." Selling to teens in an attempt to hook them for life. Scientifically tweaking ratios of salt, sugar and fat to optimize consumer "bliss". In Salt Sugar Fat, Moss details how those three ingredients became key to the success of processed and packaged foods - and how they are fueling the nationwide obesity epidemic.

  With his keen journalistic eye and academic acumen, Moss is a quick-thinking, riveting and compelling speaker who challenges his audiences to question the quality and future of their food and empowers them with knowledge. Moss has appeared on Charlie Rose, The Daily Show and NPR's All Things Considered. His work has been published in The Wall Street Journal, New York Newsday and The Atlanta Journal-Constitution.

  Moss will be speaking at the Opening Plenary on June 18, 2013.
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