WEEKLY UPDATE
JUNE 10TH, 2013
UC - CALFRESH STATE OFFICE

CONTENTS

EDUCATION/RESOURCES
- TEAM Nutrition
- Super Tracker
- Webinar-Policy to promote recess in schools

ARTICLES/RESEARCH
- ANR Food Blog
- TV time and sugar beverages
- Amber Waves

UC CalFresh NEP UPDATE
- News from the Counties! - Placer
- Upcoming deadlines
- Hunger Attacks
- Upcoming events

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)
TEAM Nutrition

Serving Up MyPlate is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy. Visit the Team Nutrition Web site to learn more. [http://teamnutrition.usda.gov](http://teamnutrition.usda.gov)

USDA SuperTracker

A free website with more than two million users, can help you plan, analyze, and track your diet and physical activity. It lets you:

- Find out what and how much to eat
- Track foods, physical activities, and weight
- Personalize with goal setting, virtual coaching, and journaling

Based on the Dietary Guidelines for Americans, SuperTracker identifies how your personal dietary and physical activity choices compare to your recommended amounts. It was built by the Center for Nutrition Policy and Promotion, a part of the U.S. Department of Agriculture.

Webinar Ready for Recess Changing Policy and Practice to Support Students’ Physical Activity, PHI. September 10-11

This is part one of a two-part Web Forum series designed to promote more physically active recess in schools.

Part one is intended for school administrators, public health practitioners (e.g. school wellness coordinators), and parents who want to learn how to influence policies and practices that support the overall health and well-being of students. During this Web Forum, presenters will discuss:

- The academic and health benefits of recess being frequent and efficient
- Which tools are needed to encourage children to be physically active at recess
- What administrators can do to support teachers and staff to implement activities at recess

---

_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)_.

• How parents and public health practitioners can advocate for recess that promotes more physical activity

To Register

ARTICLES/RESEARCH

ANR Food Blog UCCE gets local farm products into children's meals.

The San Joaquin Valley produces fruits and vegetables for the nation. Why are the school children living here being deprived of this healthful and delicious bounty? That’s the question Terri Spezzano asked when she was hired to be the nutrition, family and consumer sciences advisor for UC Cooperative Extension in Stanislaus County six years ago. She made it her mission to get fresh local food in the hands of the...Read More

Study links TV time with sweet-drink consumption

The amount of time children spend watching television correlates with the volume of sweetened beverages they consume, according to a Swedish study published in the International Journal of Public Health. "Each additional hour in front of the TV increased the likelihood of regular consumption by 50%," said lead researcher Stina Olafsdottir. "A similar link was found for total screen time. FoodNavigator

USDA Amber Waves

Amber Waves presents the broad scope of ERS research and analysis on the economics of food, farming, natural resources, and rural America. The June 2013 issue includes articles on the U.S. crop outlook, food insecurity, agricultural productivity in China, energy use on farms, and food loss.

“From 2008 to 2011, the percentage of households experiencing this condition remained between 14.5 percent and 14.9 percent. But, were these mostly the same households year after year? Or, was food insecurity usually a transient condition?” Read More
News From The Counties

- **Placer County**
  Molly Klumb coordinated a healthy lifestyles event this year called Bell Hill Family Fun Fair. Activities included rethink your drink with infused water, healthy snacks-Butterfly's, fruit smoothies with the smoothie bike, gardening and plant starts, local food tastings, broccoli slaw tasting for food service and Zumba. We received some really positive feedback regarding the event and I wanted to share.

  "I was pleasantly surprised by the number of attendees. Talking to the kids over the days following, they said had a great time, and especially liked the smoothie bike. (Zumba came in first with a couple of our dancers!)

  It was a great mix of activities and demonstrations. Aleta brought sugar peas for the Harvest of the Month -- several of the kids remembered that they had a sample that night from the 'pea guy'.

  Again, many thanks to you and your crew. You all did a phenomenal job, and I look forward to holding a Family Fun Fair next year. You bring such an important message to the kids -- and families. Keep up the great work!"

**New Staff**

This new feature is to introduce and welcome new staff to UC CalFresh. If you have new staff please send a short paragraph (background and interests) and photo to Lindsay Hamasaki: Hamasaki@caes.ucdavis.edu and we will add to Weekly Update.

**Hunger Attack Teen Guides [English & Spanish]**

The UC CalFresh State Office asked counties to request copies of the Hunger Attack Teen Guides in English and Spanish through a survey in March. The counties who requested copies will be receiving their orders from UCD ReproGraphics (Tina Peiffer). Information regarding the Teen Guides was sent via e-mail on 5/31/13. Once you have received your Teen Guides, 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 Deadline: Friday, June 14, 2013

This is a friendly reminder for the upcoming deadlines related to the FFY 2014 Call for Participation documents. The following items are due to the UC CalFresh State Office on this Friday, June 14, 2013:

- **Final draft** of FFY 2014 Local Project Summary and Needs Assessment
- **Final draft** of FFY 2014 Budget Workbook
- FFY 2014 County/Program Participation Agreement
- Scope of Work for UC CalFresh Nutrition Education Programs

Please submit these items via e-mail attachment (zip file) or FileVault link to the UC CalFresh State Office staff. Please refer to the UC CalFresh website for more information regarding the FFY 2014 Call for Participation (http://www.uccalfresh.com/front-page/administrative/ffy14-call-for-participation/ffy-2014-call-for-participation) or contact the UC CalFresh State Office immediately if you are needing assistance.

Upcoming Events

- **Childhood Obesity Conference, Long Beach June 18-20**  
  Click on link for additional information [www.childhoodobesity2013.com](http://www.childhoodobesity2013.com)
- **August 9-12, 2013. Portland Oregon**  
  Society for Nutrition Education and Behavior Annual Conference  
  [http://www.sneb.org/register](http://www.sneb.org/register)