UC CalFresh Weekly Update
July 1, 2013

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Upcoming Events & Deadlines

July 2013

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7/26: Q3 Reporting Tools Workbook and Documentation due to the UC CalFresh State Office

Society for Nutrition Education and Behavior Annual Conference, August 9-12, 2013, Portland, OR
For more information, please visit http://www.sneb.org/register.

Rethink Your Drink (RYPD) / Potter the Otter Kits from The Network for a Healthy California
Your program may have already received or will soon be receiving the following RYD materials:
- Rethink Your Drink 2'x5' banner
- Rethink Your Drink tablecloth
- Potter the Otter consumer education materials

Once you have received these items, 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.

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 Hamasaki@caes.ucdavis.edu.

Website Updates
UPDATED: UC CalFresh SMART Objectives
The UC CalFresh SMART Objectives have been updated for FFY14: http://www.uccalfresh.com/evaluation.

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UC CalFresh in Action!
Share your UC CalFresh success stories with the State Office: http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10612

UCCE Stanislaus/Merced gets local farm products into children’s meals
The UCCE nutrition program teamed up with the Turlock Unified School District Child Nutrition Education Program and AgLink.com to provide a farmers market experience for the children. After a brief and entertaining presentation by a UCCE nutrition educator, the children line up and fill brown paper bags with a variety of fresh fruits and vegetables.

“It’s a way to get kids excited about the produce they’re getting at school,” said Marc Sanchez, UCCE nutrition educator in Stanislaus and Merced counties. Read the full blog post.

The OrganWise Guys Pilot in Fresno County
UC CalFresh in Fresno County has been piloting use of the OrganWise Guys materials for the past year at two elementary schools—Olmos and Rowell. Click on the photo to see them in action!

UC CalFresh would like to congratulate Anne Schellman on her new position as Program Representative for the California Center for Urban Horticulture (CCUH). We are looking forward to working with her in her new position at UC Davis. Thank you Anne for all of your hard work and dedication to the UC CalFresh program and families in Stanislaus and Merced Counties. We wish you well!
**Articles & Research**

**USDA Updates Nutrition Standards for Snacks and Drinks in Schools**
Agriculture Secretary Vilsack highlights new “Smart Snacks in School” Standards to ensure America’s students will be offered healthier food options during the school day. Release of the “Smart Snacks in School” Standards sets minimum nutrition standards for schools to provide healthier choices in vending machines, cafeteria à la carte lines, and other places where foods and beverages are sold outside of the school meals programs. Currently, many of the snack foods and beverages sold in schools are high in calories, fat, and sugar and offer few nutrients. The Healthy, Hunger-Free Kids Act of 2010 directed USDA to address that situation by updating the standards for all foods and beverages sold on school campuses during the school day. [Read full news release here.](#)

**“Choose MyPlate” is effective for healthy eating at schools**
A recent pilot study found using USDA’s [ChooseMyPlate.gov](http://www..choosemyplate.gov) program to guide elementary school lunch programs can motivate positive trends in student dietary patterns. The study assessed the eating habits of children from Kindergarten through 6th grade in a rural elementary school in West Virginia—a state with the 3rd highest obesity rate in the nation. Overweight children who participated in the program experienced significantly greater decreases in waist circumference than children with normal-range BMI. “Although this was a small pilot study, these data suggest that implementing a nutritional educational program in the school system has the potential to improve behavior habits and improve their overall health,” Angelina Harman, author of the pilot study noted. [Read article](#).

**People want schools to help prevent childhood obesity, survey says**
A Field Research poll conducted by telephone for healthcare provider Kaiser Permanente found that 90% of Americans said schools should take a role in combating obesity—a surprising cut away from the idea that being overweight is a personal choice. More than 60% said the schools should take a leading role in fighting obesity, and 78% of parents in the nationwide poll think healthier school food will improve academic performance. The results of this poll were shared last week at the 7th Biennial Childhood Obesity Conference in Long Beach. [Read full article.](#)

**Many Kids Missing Out on Healthy Lifestyle**
Data on about 10,000 youth aged 11– to 16-years old across 39 states revealed that just 50% met the recommended daily amount of physical activity and less than 1 in 3 ate the recommended daily amounts of fruits and vegetables. Youth with healthy diet and exercise patterns had the highest rates of life satisfaction, and were least likely to suffer depressive symptoms and spend time in front of a screen compared with those in the unhealthful and typical groups. The findings appear in the *Journal of Adolescent Health*. [Read full article.](#)

**U.S. obesity rate slightly higher from last year**
A Gallup report showed the U.S. adult obesity rate is 27.1%, up from 26.2% in 2012 and higher than the 25.5% in 2008. However, the Gallup-Healthways Well-Being Index found slight declines in the percentage of Americans who are classified as overweight and normal weight. These findings are based on phone interviews with 84,463 adults between January 1 and June 20. [Read full article.](#)

**Innovative program offers low-income families more fresh fruits and vegetables**
Participants in Minnesota’s Supplemental Nutrition Assistance Program (SNAP) can stretch their food budgets further at three supermarkets under a pilot program designed to encourage more consumption of fresh produce. Shoppers who use their benefit cards to buy $5 worth of fresh fruits or vegetables will get a $5 coupon toward their next fresh produce purchase. [Read full article.](#)

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**Education & Resources**

For additional resources, please visit the UC CalFresh website: [http://www.ucalfresh.com/resources](http://www.ucalfresh.com/resources)

**Free Webinars: We Can! Science-Based National Education Program Curricula**
The National Institutes of Health’s (NIH’s) We Can! Program is a science-based national education program that provides parents, caregivers and communities with tools and strategies to help families improve food choices, increase physical activity and reduce screen time. We Can! Offers two core curricula:

1) The **Energize Our Families: Parent Program** is a multiple-session curriculum designed to provide parents and caregivers with the knowledge and skills they need, along with practical tools, to help families maintain a healthy weight. Specific topics include shopping for healthy food on a budget, controlling portion sizes, increasing physical activity in youth and reducing family screen time.

2) **Media-Smart Youth**: Eat, Think and Be Active! is an after-school program designed to help young people ages 11 to 13 understand the connections between media and health and to help youth build media analysis and production skills. The program uses nutrition and physical activity examples to help youth think critically about how media influences the choices they can make.

To register for a We Can! Webinar, please click go to the Partnership Center’s website: [http://www.hhs.gov/partnerships/letsmove/](http://www.hhs.gov/partnerships/letsmove/)
Education & Resources (continued)

The Great Garden Detective Adventure Now Available
Team Nutrition invites 3rd and 4th grade students to discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun educational experiences. The Great Garden Detective Adventure is an 11-lesson curriculum that includes:

- Bulletin board materials to track plant growth,
- Veggie dice to help students learn the vegetable subgroups,
- Fruit and vegetable flash cards for classroom activities,
- Photographs of mature plants—to assist with identification of plants ready for harvesting
- And 10 issues of Garden Detective News for parents/caregivers (the curriculum comes with packs of 35 of each newsletter; additional newsletters can be ordered).

Ordering information:
Elementary schools participating in the Federal Child Nutrition programs may request the curriculum at: http://tn.nitis.gov/. There is a limit of 1 curriculum per order; requests for more than 1 copy (e.g., for multiple classrooms implementing the curriculum at the same time) should be sent to teamnutrition@fns.usda.gov.

July Health Tidbits: Make your school and community a healthier place for children
The July edition of Health Tidbits features information on key initiatives and programs to help make your school and community a healthier place for kids. Topics of this month’s Health Tidbits include:

- Harvest of the Month
- USDA’s Team Nutrition’s Serving Up MyPlate: A Yummy Curriculum

To view the July edition in its’ entirety, click here.

First Lady Michelle Obama and Epicurious Announce Winning Recipes in Nationwide “Healthy Lunchtime Challenge”
Winners of a nationwide recipe challenge to promote healthy lunches as part of First Lady Michelle Obama’s Let’s Move! Initiative were announced last week. For the second consecutive year, The Healthy Lunchtime Challenge & Kids’ “State Dinner” invited a parent or guardian to work with their child ages 8-12 to create a lunchtime recipe that is healthy, affordable, original and delicious. In support of Let’s Move!, each recipe adhered to the guidance that supports USDA’s MyPlate to ensure that the criteria of a healthy meal were met. Entries had to represent each of the food groups, either in one dish or as parts of a lunch meal, including fruits, vegetables, whole grains, lean proteins and low-fat dairy foods, with fruits and veggies making up roughly half the plate or recipe. The full list of winners and recipes can be found online at recipechallenge.epicurious.com. Additionally, a free downloadable and printable e-cookbook of the winning recipes, including nutritional analyses and photos, will be available in July at the contest site, epicurious.com, letsmove.gov, USDA.gov, and Ed.gov.

From the UC ANR Food Blog: Childhood obesity: It’s a disease
Last week, the American Medical Association declared obesity as a disease. The CDC stated this is a direct result of a caloric imbalance where individuals are not expending enough calories and conversely are eating too many. Last week’s Childhood Obesity Conference in Long Beach, CA featured keynote speaker, Michael Moss, who shared that one half cup of tomato sauce has as much sugar as 3 Oreo cookies. How did we get to this point? And most importantly, what do we do about it? Read full blog post here.

Webcast: Signs of Progress Toward Reversing the Childhood Obesity Epidemic
After decades of increases in rates of childhood obesity, several cities and states across the country have reported their rates have declined. Leaders from many of these places will be gathered in Washington, D.C. on Tuesday, July 9, to take part in an engaging conversation about how their communities are taking on the epidemic. The event is being presented by Voices for Healthy Kids, a joint initiative of the Robert Wood Johnson Foundation and the American Heart Association. To register for the webcast, please click here.

We want to hear from you!
The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at Hamasaki@caes.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.