

UC CalFresh Weekly Update January 14, 2019

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Upcoming Events & Deadlines

January 2019

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	31		

How to Craft More Motivating Messages: New Permission from the Recently Released Physical Activity Guidelines—Recording Now Available

To View: The recording is available free once you register here: <https://attendee.gotowebinar.com/register/5598385950083254530>

Description:

Did you know that the way we communicate about physical activity and exercise influences people's goals and the quality of their motivation? The great news is that the recently released Physical Activity Guidelines open the door for new messages; ones that science would suggest will better support people's motivation for and ability to fit consistent movement into their lives! Join us for this webinar by Michelle Segar if you'd like to learn how to craft more motivating messages for others and yourself.

UC CalFresh Success Stories

Please note that success stories are no longer reported through the online data entry portal. Entries from the PEARS Success Story module will be used to inform this section on the Weekly Update.

"This class series helped me [to] understand why fruits are important. And [that] making small changes [can] help improve our health."

—Eat Healthy Be Active
Community Workshop Participant,
Madera County

"I've learned how to read and understand the ingredients list now [as well as] what and how much to serve [using] My Plate portion [guidelines]. Thank you, I did learn a lot!"

—Plan Shop Save Cook Participant
Fresno County

Emergency Resources—Support for Our UC CalFresh Friends and Colleagues Support Our Friends and Colleagues Affected by the Camp Fire

UC ANR has set up a site of [Emergency Resources](#), under the ANR Staff Assembly Resources page, that houses updates and information about supporting our UC ANR "family" whenever there are disasters. The site currently lists the staff members who were directly affected by the Camp Fire and a variety of options to support them during this difficult time. Please take a look at the page and consider making a donation, if you are able:

http://staffassembly.ucanr.edu/Resources/_Emergency_Resources_/?fbclid=IwAR1kY-az2WILJqLXpBHLshsqviuuWFLGSGIQ3uF1p2AGagRKewAw2vmRN0c

Welcome New UC CalFresh Staff



Carmela Padilla, Nutrition Education Program Coordinator, UCCE El Dorado County

Carmela Padilla has been a UC CalFresh Nutrition Educator in El Dorado County for the past 3 years and will now take on a new role as the Central Sierra Nutrition Education Program Coordinator. She holds a B.S. degree in Nutrition and Food from CSU Sacramento and is a MPH Community Health Education candidate at CSU Northridge. As an educator, she has been involved with various projects that have strengthened nutrition education programming for the Central Sierra cluster. She is excited for this new role as it will allow her to support the amazing work happening in all four Central Sierra counties! You can reach her at cmpadilla@ucanr.edu

UC CalFresh Website Updates

PEARS Surveys Tip Sheet for UC CalFresh Users and Surveys Overview Recording

On December 11, 2018 the PEARS Office hours focused on **PEARS Surveys for FFY19**. This information is now available for all to view on our website for staff or teams unable to attend the live webinar. Please use this [link](#) to access this recording.

- [PEARS Surveys Tip Sheet for UC CalFresh Users](#) **UPDATE**
 - This document will take you step by step through the process for attaching surveys, entering matched pre/post survey data, and using the auto calculate function to generate demographics for your adult class participants (optional approach).
 - PEARS Office Hours December FFY19 - [Surveys Overview Recording](#)

Additional Data Entry Portals for ITC Physical Activity Hours and Minutes Available

Data entry portals for 'Intent to Change' survey data including 'Physical Activity - Hours' and 'Physical Activity - Minutes' are now available on the UC CalFresh Adult Evaluation [Webpage](#).

UC CalFresh Website Updates (*continued*)

Evaluation Resources

A new 'Evaluation Resources' section has been added to the [PA initiatives web page](#) and includes the below information. Please note that the *CATCH Lesson Observation Tool* information described below was also updated on the [Resources and Support Materials](#) web page.

CATCH Lesson Observation Tool

This tool provides a support structure for UC CalFresh staff to observe CATCH Champions and build capacity. It assesses the delivery of facilitated CATCH lessons and identifies useful feedback for educators and CATCH champions. Our goal is to support the delivery of the key components of CATCH to ensure high quality physical activity (PA) education practices among UC CalFresh county programs. This tool can be used by supervisors to observe educators and/or educators to observe CATCH champions, by the UC CalFresh State Office during site visits, and/or educators can ask their peers to review their CATCH lesson facilitation for informal feedback to support professional development. If you have any questions, please contact Angie Keihner (akeihner@ucdavis.edu).

[CATCH Lesson Observation Tool](#) | [Data Entry Portal](#)

Playground Stencil Assessment

This pre/post assessment was designed to assess the physical environment, teaching staff training and practices, and the number of students physically active, not active, and actively playing on the playground in general and on the stencils. Our goal is to capture changes in the physical environmental, students' behaviors, and teaching staffs' training, practices, and promotion of physical activity. Please complete the PRE assessment 1-2 weeks before you paint the playground stencils. The POST assessment should be conducted after you have completed any staff training and provided resources to support the stencil use at the site – at least 2 weeks following but within two months of the unveiling of the painted stencils. Additional recommendations for implementing the stencil assessment are included in the Stencil Tip Sheet. If you have any questions, please contact Angie Keihner (akeihner@ucdavis.edu).

[Pre/Post Stencil Assessment](#) | [Stencil Tip Sheet](#) | [Data Entry Portal](#) – *Coming Soon!*

Upcoming UC CalFresh Trainings

Nutrition Update Webinar

Tuesday, February 26, 2019

11:00 AM to 12:30 PM

A Different Look at MyPlate: Nutrition Hot Topics for Each Food Group

Dr. Rachel Scherr from the UC Davis Department of Nutrition will discuss a current dietary fad or misconception – and the real science - related to each MyPlate food group.

Registration (pre-registration required): <https://cc.readytalk.com/r/c5y7o9k3sxxl&eom>

Information can also be found on the UC CalFresh Training Calendar <https://uccalfresh.ucdavis.edu/trainings/calendar>

Child Feeding Community of Practice Webinar

Date: Thursday, March 14, 2:30pm – 4:00pm

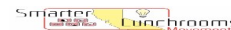
Description: This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn about resources. We will also review teaching the 'Child's Play' lesson from the Healthy Happy Families curriculum.

Register in advance for this meeting: <https://ucanr.zoom.us/meeting/register/203e7cb9fdf99d447c24e00bf0acd2b8>

After registering, you will receive a confirmation email containing information about joining the meeting.

Information can also be found on the UC CalFresh Training Calendar <https://uccalfresh.ucdavis.edu/trainings/calendar>

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!](#)

Digital Food Pictures for Educators

This information was originally shared in the Smarter Lunchrooms Movement of CA: April Monthly Nudge.

Educators, are you on the hunt for pictures to improve food literacy lessons or classroom nutrition education programs? New images of five-food-group and mixed foods are now available at HealthyEating.org/FoodGallery.

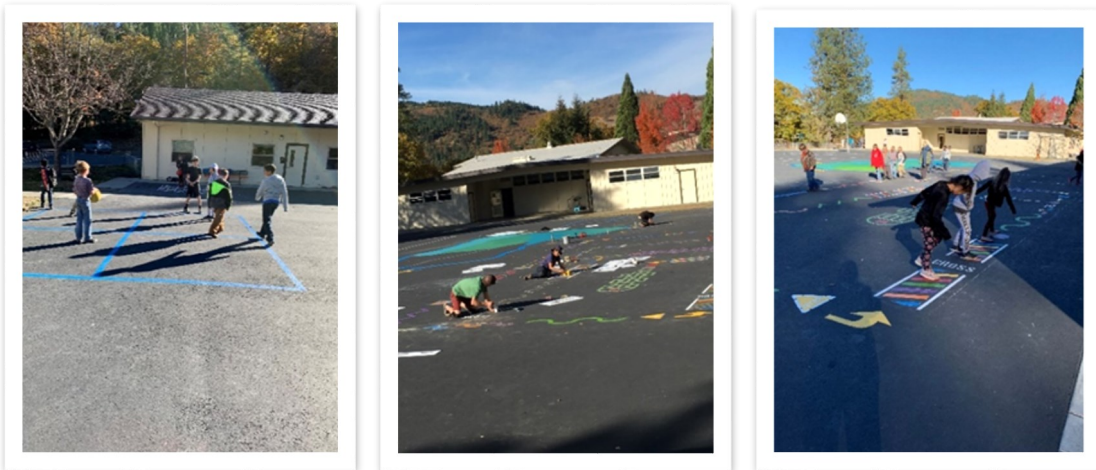
UC CalFresh in Action!

Van Duzen Elementary Stencil Project

During the 1st quarter of FY19, UC CalFresh Trinity Community Education Specialist, Margarita Alvord, began working with Southern Trinity School District Superintendent, staff, students and parents of both Van Duzen Elementary and Southern Trinity High to paint stencils on the Van Duzen Elementary school's playground. Southern Trinity is an extremely rural mountain community that is 70 miles and almost a 2-hour drive from the county seat. This close-knit community made an impression on Alvord not only by the stencil work but also the hospitality. A nearby community member, and close family friend of the school superintendent extended generosity by offering a cabin to Margarita to allow her to stay the night during a weekend of painting.

The recently repaved playground was a blank slate before November, when the project began. Newly painted stencil designs include: number and letter hopscotch, foursquare, playground paths (i.e. zig zag, curved, straight, dotted/dashed, curved arrow, straight arrow, traffic signal, and footprints), bull's eye, a pond with pond creatures, and MyPlate. There is great contrast between playground activity before and after the stencil project began. According to the results of the pre-assessments, students were not actively playing on the blacktop portion of the playground. Results were almost immediate. Upon returning to school after the painting had begun, students were enthusiastically active on every playground stencil as well as the unfinished pond area.

The stencils encourage imaginative activity, nutrition, and physical activity. A CATCH training in the spring for staff and high school students will further the games and activity on the playground.



Education & Resources

Healthy Food Financing Initiative Reinvestment Fund—Grants Available

The Healthy Food Financing Initiative (HFFI) offers financial assistance to help healthy food retailers overcome higher costs and initial barriers to entry in underserved areas across the country. Targeted grants are available for eligible projects or partnerships that seek to improve access to healthy food in underserved areas. Approximately \$1.4 million will be available to fund applications under this program. Grant awards range from \$25,000 – \$250,000.

[Read more information about the grant here.](#)

Please contact Inés Familiar Miller (IFamiliarMiller@calfund.org) if you have any questions.

America Walks Monthly Webinar Series

Creating Safer Communities for All

Date: February 13, 2019

Time: 11am Pacific

Description: Even one life lost is too many. Pedestrian safety is a critical part of planning for healthy, active, and engaged communities. Learn about resources and ideas to improve safety with this webinar. This webinar assumes basic knowledge of issues related to walking and walkability.

[Register Here](#)

Stronger Together: Partnering with the Disability Rights Movement

Date: March 13, 2019

Time: 11am Pacific

Description: This webinar will continue on our September Walking Towards Justice episode that explored the potential partnerships between walkability advocates and the disability rights movement. Learn how communities are becoming more inclusive and accessible and tools and resources to do the same. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic.

[Register Here](#)

(continued on next page)

Education & Resources *(continued)*

Join Today! CA SNAP-Ed Peer Exchange Program

The Peer Exchange Program can:

- * Put you in touch with another agency working on the same topic or same setting as you
- * Help set-up, plan, and facilitate your exchange
- * Provide conference call lines or web-based meeting software
- * Provide travel grant funds for in-person meetings

We are recruiting Mentors and Mentees now!

- * Sign up with our [Peer Exchange Program Application](#)

Looking for ideas or assistance from a peer?



Able to share your expertise with a peer?

The Peer Exchange Program can connect you with an LIA peer via

UC CalFresh, UC ANR & Partner Employment Assistant Specialist, Center for Regional Change

The [Center for Regional Change](https://recruit.ucdavis.edu/apply/JPF02609) is hiring for an Assistant Specialist (<https://recruit.ucdavis.edu/apply/JPF02609>). This is a full-time position and an academic appointment. Candidates are encouraged to apply by Jan. 18.

The Specialist will implement collaborative research focused on analysis of community challenges and opportunities to enhance community well-being, with special attention paid to disparities in both the presence of challenges and assets to meet them. Project activity will include developing a strategy for a data collection, leading that data collection effort, acquisition and management of secondary data sets, and preparing and reporting on results of analysis to academic, institutional, and/or community partners. The incumbent will work closely with principal investigators (PIs) to collect and synthesize quantitative and qualitative data into high quality reports and presentations. Additional duties include analysis of data sets, data visualization, assisting with editing other CRC written materials, and preparing web content.

Minimum qualifications include completion of a graduate degree in the area of community development, sociology, public health, or a related field and at least 5 years of research experience. Preferred qualifications include experience with scripting and programming, statistical modeling and inference, and ArcGIS.

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at eegelski@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 Kamaljeet Singh-Khaira, 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 and Nutrition 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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