

UC CalFresh Weekly Update January 22, 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		

Eligibility for Free or Reduced-Price School Meals During the Shutdown

Families can apply for free or reduced-price school meals at any point during the school year. This is a long-standing rule to reflect the many changes in families' economic circumstances that can occur. This practice applies to households with furloughed employees. To apply, families should contact their school nutrition department. School districts also have the flexibility to date the eligibility for free or reduced-price school meals as of the date of the application (rather than the later date on which they approve the application) to provide more immediate support to families. If a school district has questions, they should contact their state child nutrition agency.

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 series has helped me eat healthy, reduce salt, reduce sugar, and reduce sugary drinks. It was worth the effort to come to the classes and learn a lot. Everything I have learned I will apply in my family to give my children good nutrition.”

—Eating Smart Being Active Participant,
Madera County

“I took the class to learn how to understand food (labels) on the food packages and to interpret sodium percentages. I learned about so much more than just that.”

—Plan Shop Save Cook Participant
Placer 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

UC CalFresh Website Updates

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

The December 2018 PEARS Office hours focused on **PEARS Surveys for FFY19**. This information is now available 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](#).

Evaluation Resources

A new ‘Evaluation Resources’ section has been added to the [PA initiatives web page](#) and includes the below information. The *CATCH* 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/c5y7o9k3sxl&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.



SLM 60-Point Scorecard Announcement

You may have seen posted on the Smarter Lunchrooms Movement National Website that they have updated the SLM 60-point Scorecard to no longer include items associated with the Healthier US School Challenge. While we are excited about this change and appreciate the updates, **we are asking that you continue to use the old version of the 60-point scorecard**. This will help ensure we have consistent data throughout the school year. We will transition to the updated scorecard starting next school year. An announcement will be sent out when we make the transition.

You can find the post on the [SLM of CA Website](#).

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!

'A,' as in appetizing: CHS culinary arts class share skills with elementary students, UCCE Imperial County

By: Vincent Osuna, January 12th, 2019

The possibility of turning her love for the culinary arts into a career didn't come to the attention of Calexico High School senior Nelly Rodriguez until she was in high school. In her opinion, she should have gotten the notion much sooner. Through the 4-H Teens-As-Teachers Cooking Academy held Thursday, Rodriguez, along with her fellow Calexico High advanced culinary arts classmates, was able to provide Dool Elementary School students an early glimpse into the career possibilities in the kitchen.

"I think this is a really good experience for the kids because it shows them the pathways that are here at the high school that could lead them into their future," the CHS senior said.

Inside the high school's culinary arts classroom, CHS students worked step-by-step with the young Dool students in a two-hour session to cook French toast and make homemade syrup and toppings. Thursday marked the fourth of seven sessions in the cooking academy. This year was the first time that Calexico High hosted the academy, which came about through collaboration between UC Cal Fresh and 4-H, both of which operate through University of California Cooperative Extension. 4-H was allowed a mini-grant and purchased equipment, aprons — which were, quite appropriately, green — skillets and other materials for the Dool students, while UC Cal Fresh bought the main food ingredients. Throughout the academy, CHS students will use an evidence-based curriculum from 4-H to teach the elementary youth how to cook and prepare healthy meals for themselves.

"It's to basically teach kids how to cook, but also just to empower them and to help them feel like they have a little more control over their food," **Chris Wong, UCCE Imperial County Community Education Specialist II**, said. "At the same time, it serves purpose to the high school culinary class because it professionally develops them for their food demos and their competitions at the end of the year."

The introduction of the 4-H academy locally served as an important step forward for Imperial County, as other counties around the state have already implemented the 4-H academy. "Hopefully we can start a new tradition where this can happen... with all the elementaries as well," Wong said. "If the schools can't come to Calexico High School, we'd like to send the culinary arts students to the individual schools and classrooms so they can then do nutrition classes and food demo presentations in the classrooms."

Samuel Gutierrez, a counselor at Dool Elementary who chaperons the students each session, explained how the academy has helped one student, in particular, this school year. "He recently came from Mexicali," Gutierrez said. "Did not know any English, no friends, new country, new system and new everything. He would cry every single day coming to school. He did not want to be here because he missed mom, and he didn't want to make friends. It was a very difficult transition for him."



Dool Elementary School students Velannie, 9, (left) and Verenisse Longino, 10, (right) cook French toast on a griddle alongside Calexico High School students during the 4-H Teens-As-Teachers Cooking Academy held Thursday afternoon at Calexico High. PHOTO VINCENT OSUNA

After getting to learn more about the student, Gutierrez discovered the student had an interest in cooking.

"I told him, 'Y'know, you can study this for a career,' Gutierrez said. "'You do me a favor: You come to school tomorrow, and I'll take you to the program.' I called the mom, the dad and got on the same page as them, and surely enough, the student came to school and we brought the student here. He got the opportunity to engage in this course, with other students, communicate with other students, to socialize with them."

The counselor noticed the student began to gain a sense of belonging. "He made friends... and (he's) learning culinary arts as a career venue. He's learning life skills that he could practice at home with his family. And guess what, his attendance went up because now there's a reason for him to come to school. There's a reason why he needs to do good in math... [and] in English. He was a newcomer, did not speak any English. If you go up to him right now, and you talk to him, he'll speak to you in English. These are the kind of results that we see when we provide opportunity for our students by speaking life and future to them."

Working with a group of Dool students a few tables down from Rodriguez was CHS senior Julio Ramirez.

"Now that we're in our fourth session, they're more comfortable with us," Rodriguez said. "The first day, they were sort of nervous, not wanting to do stuff. Now since it's they're fourth time, they're anxious to do it. It's just a good thing to see."

To wrap up Thursday's session, Calexico High students showed the young chefs the technique of plating and having their food ready for presentation. Chef Nunez walked around room to each table and gave feedback to each Dool student on their creations. "Since this is just a project, we don't grade anything," Nunez said. "It's just the look on these elementary kids' faces when they're eating their final project. To me, that's an A plus."



Dool Elementary School's Christian Ramirez, 11, (left) smiles as he stirs batter while Calexico High School senior Andrew Yepez (right) looks at a recipe during the 4-H Teens-As-Teachers Cooking Academy held Thursday afternoon at Calexico High. PHOTO VINCENT OSUNA

Articles & Research

The EAT-Lancet Commission on Food, Planet, Health Report Released

The EAT-Lancet Commission on Food, Planet, Health brings together more than 30 world-leading scientists from across the globe to reach a scientific consensus that defines a healthy and sustainable diet.

The Commission is delivering the first full scientific review of what constitutes a healthy diet from a sustainable food system, and which actions can support and speed up food system transformation.

The new guidelines include filling half of each plate with fruits, nuts, and vegetables; transitioning to whole grains; and eating fewer animal products. While this diet can help prevent health risks like heart disease, diabetes, and premature mortality, it also can benefit the environment by diminishing carbon dioxide emissions, and preventing biodiversity loss, land loss, and water pollution.

The EAT-Lancet Commission sets quantifiable, scientific targets for food system change. These measures—like reducing yield gaps by 75 percent, limiting biodiversity loss to less than ten extinctions per million species per year, and creating a downward trend for food system carbon dioxide emissions before 2020—they hope, will return the food system to within planetary limits, guaranteeing a stable and safe environment. The EAT-Lancet Commission works with civil society, policy makers, and purpose-driven businesses to attain these targets.

To access the EAT-Lancet Commission Hub page at *The Lancet*, click [here](#).

For the full report *Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems* (Walter Willett et al.), click [here](#).

Education & Resources

Shared Use Playbook by ChangeLab Solutions

Opportunities for recreation and physical activity are essential for health and wellbeing. Yet many communities across the country lack access to safe, affordable, high-quality spaces for play, exercise, and recreation.

Shared use agreements allow public and private property owners to open up their underutilized facilities for community use. These agreements can be used by schools, faith institutions, and other community organizations to give families access to more spaces for recreation and other community activities.

ChangeLab Solutions' [Shared Use Playbook](#) is for public health advocates, community leaders, and local government officials who want to learn more about implementing shared use agreements. This new resource is a comprehensive guide that expands on our existing shared use tools and materials.

Eating Smart • Being Active Recipe Script Webinar

The Eating Smart Being Active Team at Colorado State University is hosting a webinar on recipe scripts. See below:

Description: As program leaders, we understand that teaching food preparation skills should be a top priority. However, we also understand just how challenging teaching food preparation skills can be. That is why our Team developed a new resource entitled, "recipe scripts".

The purpose of recipe scripts is to make the food preparation segment of the lesson plans easier to plan, shop, and pack for and most especially, easier to implement in class. While the revised version of Eating Smart • Being Active is fully scripted the recipes included in the Let's Cook! Segments are not. Therefore, we developed recipe scripts for every recipe in our Let's Cook! Cookbook, which are designed to provide the same level of structure and support for "teaching" the recipe that our lesson plans provide for the other components of each lesson.

The webinar will present the recipe scripts (and other associated resources) and further explain what they are and how to train your staff to use them.

When: February 8th at 11:00 am PT

Can't wait until February to see what a recipe script looks like? To get a sneak peek at some recipe scripts, go to <http://eatingsmartbeingactive.colostate.edu/resources-for-implementation/activity-bins/lesson-1-welcome-to-eating-smart-being-active/lesson-1-recipe-scripts/>

How to join: There is no need to register for the webinar; simply click the Zoom link below at the scheduled webinar start time. If you cannot attend the webinar, you can view the recording of it afterwards on the *Eating Smart • Being Active* website at <http://eatingsmartbeingactive.colostate.edu/about/>.

Zoom information for joining the webinar:

<https://zoom.us/j/999160366>

+1 669 900 6833 US

Meeting ID: 999 160 366

(continued on next page)

Education & Resources *(continued)*

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](#)

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.

Due: 8:59 p.m. PT, February 14, 2019

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

Want to learn more? Visit our [Peer Exchange Program Website](#) or contact Michael.Beccarelli@cdph.ca.gov

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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