

## UC CalFresh Weekly Update January 28, 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		

#### February 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		

### Upcoming UC CalFresh Trainings

#### PEARS Office Hours for UC CalFresh

See [https://uccalfresh.ucdavis.edu/sites/g/files/dqvnsk2286/files/inline-files/Office.Hrs\\_.Date\\_.Change.pdf](https://uccalfresh.ucdavis.edu/sites/g/files/dqvnsk2286/files/inline-files/Office.Hrs_.Date_.Change.pdf) for list of all FFY 19 Office Hours.

#### Please Pre-Register for PEARS Office Hours

**Date:** February 5, 2019

**Time:** 1:00 – 2:00 pm

**Purpose:**

- \* Share PEARS related questions and answer with live demos in PEARS
- \* Add Q & A's to FAQ document and send follow-up emails for any unresolved questions

**Registration:** <https://cc.readytalk.com/registration/#/?meeting=oyjgjc857y&campaign=f464dptjuc1>

**Dial-In Number:** U.S. Toll: 303.248.0285 | Access Code: 7544137

## 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 showed me [how] to eat healthy and try new things [such as adding] fruits to our meals and vegetables to try new flavors.

—*Eat Healthy, Be Active*  
Community Workshop Participant,  
Fresno County

“[As a result of this class,] I drink more water and eat more salads. I eat smaller portions and I'm losing weight.

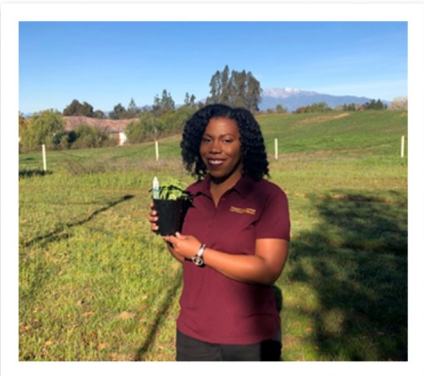
—*Plan Shop Save Cook Participant*  
Imperial County

## 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](http://staffassembly.ucanr.edu/Resources/_Emergency_Resources_/?fbclid=IwAR1kY-az2WILJqLXpBHLshsqviuuWFLGSGIQ3uF1p2AGagRKewAw2vmRN0c)

## Welcome New UC CalFresh Staff



### Nicole Ogesi, Community Education Specialist, UCCE Riverside

Nicole Ogesi recently joined the UC CalFresh team in Riverside County as a Community Education Specialist. Nicole has a Bachelor's of Science degree in Nutrition and Food Sciences from California State University San Bernardino. Nicole has previously worked for youth EFNEP Riverside County, and is excited to bring her past experience to help youth and adults adopt healthier habits. Nicole is passionate about nutrition education not just at work, but also to provide healthy low cost meals for her brother as well. In her free time she enjoys going to the gym, the movies, and spending time with her family. You can reach Nicole at [nmogosi@ucanr.edu](mailto:nmogosi@ucanr.edu)

## 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/c5y7o9k3sxql&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/203e7cb9fd99d447c24e00bf0acd2b8>

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](mailto: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](http://HealthyEating.org/FoodGallery).

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## UC CalFresh in Action!

### Sparkling Tweens Interest in the Kitchen, UCCE Kings County

How well do you know your way around the kitchen? “Tweens” from Hanford Parks and Recreation participated in cooking classes led by the educators from the Kings County UC CalFresh Nutrition Education Program to test just that! The participants tested their knowledge of kitchen utensils, knife safety, chopping, blending and cooking! The tweens teamed up to prepare a pasta dish along with smoothies, salsa verde turkey tacos, and fruit parfaits. The “Tweens” also learned that cleanup is part of the cooking process and agreed it was best to clean as you go. During the last class, they showed gratitude for the experience and expressed that they would like to return to take more classes and learn new recipes. The classes provided teens the experience of learning and practicing valuable skills in the kitchen. With this experience, these “Tweens” are able to cook at home with their families and also help in forming them to become young, independent adults.



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## Articles & Research

### California Becomes First State to Require Healthy Drinks on Kids' Restaurant Menus

Overconsumption of sugary drinks is a major contributor to poor health. In the United States, 40,000 deaths a year are attributed to heart problems caused by consuming too many sugary drinks. Nevertheless, children continue to consume sugary drinks at an alarming rate. [Nearly two-thirds of children in the U.S. have at least one sugary drink a day.](#)

On January 1, 2019, thanks to the [Healthy-By-Default Kids' Meal Beverages Act](#), California became the first state to require water or milk as the beverage automatically offered with kids' meals at restaurants. By replacing sugary drinks with healthy options as the default beverages on kids' menus, the new law is a significant milestone in our collective efforts to encourage kids to eat and drink healthy.

The law passed the California Legislature with bipartisan support. Flojaune Cofer, Ph.D., state policy director at Public Health Advocates, a Voices for Healthy Kids grantee that advocated for the legislation, notes that the timing was right. Eight California municipalities and two counties had already passed similar laws. In addition, several national restaurant chains—including McDonald's, Wendy's, Burger King and Dairy Queen—had implemented healthy beverage policies in their kids' menus on their own.

Cofer also notes that new data from a [report](#) by the UCLA Center for Health Policy Research helped build support for the bill. The report found that, although the proportion of California children who consumed at least one sugary drink per day decreased between 2003 and 2009, it began increasing again after 2009. By 2014, nearly one-third of California kids ages 2 to 11 were drinking at least one sugary drink a day.

There's more to do in California to reduce overconsumption of sugary drinks—a statewide tax and health warning labels on sugary drinks, for example, could build on this momentum. But the bill's successful passage marks a significant turning point toward changing norms around kids' eating habits.

Read more from [Voices for Healthy Kids](#).

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## Education & Resources

### 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 8<sup>th</sup> 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

### 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](mailto:IFamiliarMiller@calfund.org)) if you have any questions.

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

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## 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](#)

### 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](mailto:Michael.Beccarelli@cdph.ca.gov)

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## UC CalFresh, UC ANR & Partner Employment

### CES Supervisor 2, UCCE Butte Cluster

UCCE Butte Cluster is hiring for a CES Supervisor 2. Duties include supervising, training and guiding nutrition education extenders, developing and implementing a yearly work plan, developing and overseeing yearly budgets, evaluating work plan objectives, and writing reports. This person will also coordinate efforts and serve as a liaison with other agencies providing related services in the Butte Cluster (Butte, Colusa, Glenn, Sutter and Yuba counties), build and maintain formal and informal coalitions of partners, tailor special nutrition education projects, and maintain subject matter competence.

Apply [here](#). Applications due **2/7/2019**

#### 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](mailto: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>.

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