

UC CalFresh Weekly Update October 1, 2018

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Upcoming Events & Deadlines

September 2018

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			

CATCH ECE (Pre/K) Training Academy—registration due October 1st

Overview: It's time to "catch" on to the *movement* by participating in the CATCH ECE (Pre/K) Training Academy in Davis, CA! During this training, you will learn practical skills necessary to implement physical activity into the UC CalFresh Nutrition Education Program using the CATCH ECE Program. There will be two tracks:

TRACK A: 3-day Train-the-Trainer Academy (October 23 - 25, 2018)

Who should attend Track A: By completing the 3-day training academy, you will be a certified CATCH ECE Trainer allowing you to train others such as staff/extenders/teachers. If you have already registered two staff for the 3-day (Track A) and still have additional staff that need to be trained, please have them register at this time. If you have any questions please feel free to contact Michele Byrnes (mnbyrnes@ucdavis.edu)

TRACK B: 1-day Basic/Refresher Training (October 23, 2018)

Who should attend Track B: This track will certify you to implement the CATCH ECE curriculum directly with participants, but not train staff/teachers/extenders. If you have staff that have already been trained in CATCH ECE and feel they would benefit from a refresher course, they should sign up for the 1-day Track B training.

Location: UC Davis Student Community Center Multi-Purpose Room (upstairs), 397 Hutchison Dr., Davis, CA 95616

Registration: <http://ucanr.edu/survey/survey.cfm?surveynumber=25478>

Registration deadline is October 1, 2018

PEARS Office Hours



Office Hours
October 2nd, 2018 from 1– 2 pm

Web Conference Information:

PARTICIPANTS: click here to join the meeting:
<https://cc.readytalk.com/r/1lzzpu4a4ith&eom>

Audio Conference Information:

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

For technical support:

<https://support.readytalk.com/SP/?src=ccical-h>

UC CalFresh Success Stories

Success stories from your FFY 2018 UC CalFresh participants can be shared through the online data entry portal: <https://ucanr.edu/survey/survey.cfm?surveynumber=22089>.

"...I am starting to make the recipes we learned during my class and my kids really enjoy it."

—*Eating Smart Being Active Participant, Fresno County*

"I learned a variety of information regarding eating healthy, reading labels, and making good food choices. I am more conscious of my food choices."

—*Plan Shop Save Cook Participant, Kern County*



Welcome New UC CalFresh Staff! Diana Y. Cardenas, UCCE Stanislaus/Merced Counties

Diana Y. Cardenas joins the UC CalFresh Team in Stanislaus/Merced. She comes from Turlock, California where she is currently finishing up her undergraduate education at California State University, Stanislaus with a major in Kinesiology, concentrating on Health Promotion and minoring in Psychology. While working on her B.S degree she has volunteered at the Student Health Center on campus, where she advocated different health topics including mental health, physical activity, nutrition education and sexual health. She extended her volunteer service in forms of outreach, presentations and events to serve the CSUS community of students as a University Peer Health Educator.

Her future plans after completing her undergraduate degree is to pursue master's degree in Public and Behavioral health in order to follow her dreams of making a difference to those that are underprivileged. She looks forward to teaching others how the impact of their individual choices can affect their health in the future. She hopes that this will empower and motivate those who have not had the same opportunities as she. Diana's experiences and background has made her a passionate individual that wants to help and impact communities that need change in policies, structure and available education for the underprivileged so that they can take that first step of beginning a healthier lifestyle. She is bilingual in English and Spanish and hopes this can help her reach out to more individuals in her current position with UC CalFresh. You can reach her at dycardenas@ucanr.edu.

Miriam Sanchez, UCCE Stanislaus/Merced Counties



Miriam Sanchez was born in Los Angeles (go Dodgers!) but raised in the foothills of Sonora. She currently lives in Turlock and loves spending her free time backpacking, practicing yoga, and helping others achieve healthier lives. At Stanislaus State, she earned a degree in Kinesiology with a concentration in Health Promotion. She also gained valuable experience as a yoga instructor at the Stanislaus State Student Recreation Complex. Her passion for physical fitness coupled with promoting healthy lifestyles has been rewarding for Miriam. Making a positive difference in her community is her goal. Miriam is eager to continue learning and is looking forward to making a positive impact on the community. She can be reached at misanchez@ucanr.edu.



Joni Samay, CES II, UCCE Tehama/Shasta Counties

UC CalFresh Shasta Cluster welcomes Joni Samay to their team as a community education specialist in Tehama and Shasta Counties. Joni enjoys building community partnerships, loves grant writing and has been advocating school garden programs for over a decade. Her work in school gardens gave her a unique invitation to the White House, where 35 school garden advocates from across the nation gathered and were recognized through Michelle Obama's "Let's Move" program. Joni is enthusiastic about working with Youth, Families and Community programs. Her work with schools teaching nutrition workshops has allowed her to work one-on-one with students, administrators, and community members to build sustainable educational networks. She is passionate and positive about joining the Shasta Cluster team and looks forward to a bright future with the UC CalFresh program. You can reach her at jmsamay@ucanr.edu.

UC CalFresh Website Updates

Technical Issues with Website

The UC CalFresh State Office is having technical difficulties with our website. We are aware of the error messages on the site and are taking steps to correct this issue. If there are documents or other information that you are in immediate need of, please email uccalfresh_support@ucdavis.edu or the relevant State Office contact.

UC CalFresh Evaluation Updates

FFY2018 County Annual Reports and Profiles



Thurs - Oct 11 th	Templates Posted - Updated county annual report and profile templates posted and email sent to Advisors/Supervisors
Wed - Nov 14 th	Drafts Due - County annual report and profile due to State Office County Contacts and uccalfresh_support@ucdavis.edu
By Fri - Nov 30 th	Feedback - UC CalFresh county leads send feedback on county reports and profiles
Fri - Dec 21 st	Final version - Final versions of county reports and profiles due to UC CalFresh

UNIVERSITY OF CALIFORNIA
 CalFresh Stanislaus/ Merced

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP. Inmate in California as CalFresh (formerly Food Benefit). These institutions are equal opportunity providers and employees. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-987-2882.

PEARS Closing Dates for FFY 2018

See the 9/20/2018 UC CalFresh Weekly Update email for the attached flyer.

PEARS Closing Dates for FFY 2018

DATE	TASK	DESCRIPTION
SEPTEMBER 30, 2018	PEARS Data entry target date for 2018 activities. <i>Note: services delivered through 9/30 can be entered up until 10/10</i>	Please complete as much of the FFY 2018 programmatic data entry by this date. State Office staff will be working with counties to complete a final check of the data between September 30 – October 15, 2018
OCTOBER 10, 2018	PEARS Data entry deadline for local implementing agencies.	PEARS FFY 18 Closes for edit / entry. All data must be completed.
OCTOBER 18, 2018	PEARS FFY19 Opens	Begin Data entry for FFY 2019 October 1, 2018 – September 30, 2019

Items Available for UC CalFresh County Programs

Supplies Available

The UC CalFresh Stanislaus/Merced program has toner available on a first-come-first-serve-basis for our UC CalFresh county programs, see availability described to the right.

If you are interested in these items for use with your UC CalFresh program, please reach out directly to Jaci Westbrook at jwestbrook@ucanr.edu with your request and shipping address.

Qty.	Item
2	HP #56 Black ink cartridges
8	HP #57 Tri-color ink cartridges



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!

UC CalFresh Brings Healthy Snack Day to Madera County

Although the majority of the United States population consumes three meals a day, 40 to 50 percent also consume two to three snacks a day and about one-third consume four or more snacks a day. As outlined in the 2015-2020 Dietary Guidelines for Americans, eating an appropriate mix of foods (including vegetables, fruits, grains, dairy, protein foods, and oils) is important to promote good health. On Healthy Snack Day, attendees were reminded that healthy eating patterns can be achieved by making small changes in food choices, including healthy snacking, over the course of a week, a day, or even a meal.

In partnership with Champions for Change Statewide Day of Action, UC CalFresh educators Ashley Abrahamson, Angelica Perez, Elizabeth Lopez, and Ruth Salazar hosted a Healthy Snack Day Event at Madera Housing Authority's community center on August 29th. At this event, the community was invited to learn about incorporating healthy MyPlate foods as everyday snacks. Participants were encouraged to try easy and healthy hummus and veggies, and given the recipe to make at home. Participants were also given a recipe wheel that can be used to find a quick and easy snack recipes based on different cravings - such as savory, sweet, and spicy. You can find the personal recipe finder here. The event also included a C.A.T.C.H. activity obstacle course for children to compete in.

Overall, Healthy Snack Day was a fun educational event that shared helpful information about making snacks healthier. The community was encouraged to incorporate the MyPlate into meals and snacks, as well as create opportunities for daily physical activity.



A display was prepared of the veggie and hummus recipe. A few ingredients come together to make an easy and delicious snack



Community members visit the information booth to learn about choosing healthy snacks

America's Healthiest Schools Awardees

Congrats to UC CalFresh Riverside County for their contributions to Loma Vista Middle School who was awarded the Gold Medal for [America's Healthiest Schools 2018!](#) We would also like to congratulate EFNEP Riverside for their contributions to Terrance Elementary School who received the Bronze award and Valley View Elementary School who received the Silver award. And finally, congratulations to EFNEP San Bernardino for their contributions to 4 schools that were awarded Bronze: Bob Holcomb, Emmerton, Juanita Jones and Norton Elementary Schools.

All of the award-winning, America's Healthiest Schools:

- * Meet or exceed federal nutrition standards for school meals and snacks
- * Offer breakfast daily
- * Implement district wellness policies and update progress annually
- * Provide students with at least 60 minutes of physical education per week and ensure physical activity throughout the school day

Read more about America's Healthiest Schools Award [here](#).

Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock \(rlbrock@ucanr.edu\)](mailto:rlbrock@ucanr.edu) if you have any questions.

Education & Resources

October is National Farm to School Month!

National Farm to School Month is October, during which thousands of students, teachers, farmers, food producers, food enthusiasts and families celebrate the connections happening all over the country between children and local food.

Here are several resources to celebrate and plan activities for Farm to School Month:

- * Find activity suggestions in the [About National Farm to School Month fact sheet](#)
- * Download and print [posters](#), [stickers](#) and [bookmarks](#)
- * Get creative with National Farm to School Month coloring pages
- * Check out our National Farm to School Month [calendar](#) and see what events are happening in your community (Hosting an event? Submit it to the calendar!)
- * Host a farm to school [site visit](#) for your legislators
- * Ask your governor or mayor to sign a Farm to School Month [proclamation](#) (learn more in our [upcoming webinar](#))
- * Recognize farm to school champions with an [award](#)
- * Sign on your organization/school to be a National Farm to School Month [outreach partner](#) and help spread the word

[Find More Ideas](#)

CDC announces new Active People, Healthy NationSM webpage

The new web pages provide shareable graphics you can use to promote the importance of physical activity, outline the costs and benefits related to physical activity, and review five action steps to promote physical activity centered on core public health functions. Visit the [Active People, Health Nation webpage](#)

Two Ways to Participate at the LIA Forum!

Poster Presentation

You made the inaugural poster session in 2018 a HUGE success, so we are bringing them back for the 2019 LIA Forum. The Poster session is not only a great way to tell your story to Forum attendees and ignite informal discussions and information sharing, but it also offers your agency an opportunity to share your innovative practices focusing around these six topic areas:

- * Community Engagement
- * Food Systems
- * Partnerships
- * Physical Activity
- * Policy Change
- * Targeted Demographics

Click [HERE](#) for information, guidelines and to register for a poster presentation.

Stories of Transformation

Share your agency's Stories of Transformation with your fellow SNAP-Ed implementers! Submit an inspirational story or quote from an individual or family whose lives have been touched by the work of SNAP-Ed. Share these inspirational stories of transformation and success at the 2019 Forum.

The goal of the Stories of Transformation is to highlight the amazing work occurring in communities across the state and the impact it is having on SNAP-Ed participants. The Stories will be printed and used as centerpieces during the Forum.

Click [HERE](#) for information, guidelines and to submit a *Story of Transformation* application.

FORUM REGISTRATION & POSTER REGISTRATION UPCOMING DEADLINES	
ITEM	DUE DATE
Poster registration closes	October 12*
Forum website live; Registration opens	October 29
Stories of Transformation submission closes	November 30

****Please note that the October 12th deadline is to register your poster—the content will be due at a later date.***

Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open

Please refer to the conference [website](#) for the most up-to-date information.

Upcoming Conference Dates and Deadlines

- * ~~Submit a Presenter Proposal~~: Closed August 3, 2018
- * Conference Registration: **Now open *Early Bird Rate from Oct. 2018 - Jan. 2019*** Register [here](#)
- * Poster and Roundtable registration: **Now open**—submit a [poster proposal](#) or [roundtable proposal](#)

(continued on next page)

Education & Resources

Innovations in Behavioral Design to Enhance Active Living and Healthy Eating webinar

On October 23, the National Collaborative on Childhood Obesity Research (NCCOR) will host a Connect & Explore webinar titled, "Innovations in Behavioral Design to Enhance Active Living and Healthy Eating."

In 2017, NCCOR sponsored a symposium at The Environmental Design Research Association (EDRA) featuring authors of NCCOR's Health, Behavioral Design, and the Built Environment White Paper. The symposium, Healthy Places: Using Behavioral Design to Enhance Active Living and Healthy Eating, focused on behavioral design—the science and practice of how physical and informational environments influence decisions and actions—and its application to enhance active living and healthy eating. On August 30, NCCOR published a chapter excerpted from the white paper in Food and Public Health—a book published by Oxford University Press—explaining how theories of behavior and design, and relevant fields of application (e.g., nutrition, physical activity) intersect to form a more comprehensive understanding of how theory and practice connect.

The NCCOR webinar on October 23 will feature three speakers from the EDRA symposium and highlight design guidelines that enhance active living and healthy eating in schools, plus advancements since the 2017 symposium.

[Register](#) today to receive webinar access. The event is free, but attendance is limited. [Read More](#)

Making a Difference: Including Individuals with Disabilities

See the 8/20/2018 UC CalFresh Weekly Update email for the attached flyer

The California Department of Public Health and National Center on Health, Physical Activity and Disability have partnered to bring you a three-part webinar series in which you will learn knowledge, skills, and abilities to effectively integrate the health needs of people with disabilities in local SNAP-Ed programs and services. Attend all webinar sessions to learn about tips and resources to best benefit your SNAP-Ed work.

Episode 1: An Introduction to Inclusion of People with Disabilities in SNAP-Ed, September 12

Episode 2: How to Adapt Your SNAP-Ed Work for Individuals with Disabilities

Tuesday, October 23, 2018, 10:00am - 11:30am PDT [Register Here](#)

Episode 3: Implementing and Sustaining Inclusion in Your SNAP-Ed Work

Monday, December 3, 2018, 10:00am - 11:30am PDT [Register Here](#)

Child Feeding Community of Practice Webinar

What: Webinar series that will teach about healthy feeding practices with young children and how to answer questions on child feeding topics that may come from parents or pre-school staff. Special guest presenter, Dr. Jane Heinig, Executive Director of the UC Davis Human Lactation Center, will discuss her research about supporting informed toddler feeding practices. There will be time for you to ask questions and learn about resources, as well as a review of the 'Encouraging Positive Behavior' lesson from the Healthy Happy Families curriculum.

When: Thursday, October 25 from 2:30 to 4:00 PM

Registration: <https://ucanr.zoom.us/meeting/register/305c6de6b12c3cb47c24e00bf0acd2b8>

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

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 Phone Call, Web-Based, or In-Person

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at eeegelski@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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