

## UC CalFresh Weekly Update October 15, 2018

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### Upcoming Events & Deadlines

October 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			

#### UC CalFresh Town Hall, October 16th

The next UC CalFresh Town Hall is October 16th, 2018 from 12:30 PM to 2:00 PM. Topics this month will include:

##### —PEARS Overview:

- \* FFY18 Numbers
- \* Year-end reporting
- \* Lessons Learned
- \* Tips and Reminders for FFY19

##### —State Office Updates

If you have any questions ahead of time, **please submit them in advance to Ryan Keeler at [crkeeler@ucdavis.edu](mailto:crkeeler@ucdavis.edu)** to ensure that they will be addressed during the webinar. If you experience any challenges in accessing the Meeting, please call (530) 752-8904 for assistance.

##### Web Login:

Link: <https://cc.readytalk.com/r/n5ggm8at7ixg&eom>

Security Passcode: apple1

##### Dial-In:

Toll Phone: 303.248.0285

Access Code: 7544137

Note: Using a landline to call in is recommended. Using computer speaker and microphone is not recommended if you have a slow connection or limited bandwidth

#### Two-part webinar series on the FY 2019 Farm to School RFA

Join OCFS for a two-part webinar reviewing details of the FY 2019 Farm to School Grants and application process. Webinars will be recorded and available on the [Grantee Resources page](#).

##### October 16th – “Getting Familiar with the Farm to School RFA”

**Part 1/2:** Get familiar with the requirements of the RFA and how to submit your completed application on grants.gov.

To register, please visit: <https://cc.readytalk.com/r/ot168k7ysx68&eom>

##### October 17th – “Getting Your Grant Package Together”

**Part 2/2:** Get an overview of how to develop an integrated farm to school project that addresses the need of your target audience and aligns with the intention of the grant program.

To register, please visit: <https://cc.readytalk.com/r/hqmetus6lvru&eom>

#### PEARS Closing Dates for FFY 2018

PEARS Closing Dates for FFY 2018

DATE	TASK	DESCRIPTION
<b>SEPTEMBER 30, 2018</b>	PEARS Data entry target date for 2018 activities. <i>Note: services delivered through 9/30 can be entered up until 10/10</i>	<b>Please complete</b> 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 <b>September 30 – October 15, 2018</b>
<b>OCTOBER 10, 2018</b>	PEARS Data entry <b>deadline</b> for local implementing agencies.	PEARS FFY 18 <b>Closes</b> for edit / entry. All data must be completed.
<b>OCTOBER 18, 2018</b>	PEARS FFY19 Opens	Begin Data entry for FFY 2019 October 1, 2018 – September 30, 2019

# UC CalFresh Weekly Update October 15, 2018

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www.uccalfresh.org

## 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've learned how to substitute herbs for salt. I plan on changing my diet and to start planning meals and reading labels. I [also] plan on starting new exercises with my kids.”

—Eating Smart Being Active Participant,  
Fresno County

“Class has been very useful and eye opening towards different foods.”

—Plan Shop Save Cook Participant,  
Imperial County

## Welcome New UC CalFresh Staff!

### Rachelle Caviness, Cal Poly Dietetic Intern, UCCE San Luis Obispo/Santa Barbara Counties




UC CalFresh in San Luis Obispo and Santa Barbara Counties welcomes Rachelle Caviness to their team for the next four weeks. Rachelle is a dietetic intern through Cal Poly SLO and will be working with our Youth, Families and Communities programs. Originally from Washington state, Rachelle graduated from Seattle Pacific University with her BS in Dietetics and made the move to California at the end of August. Her passion for nutrition originates from using food and fuel to heal the body, especially in treatment of chronic disease. In the future, she hopes to work with people with chronic disease, using diet to manage their symptoms. Along with education, nutrition research is a big interest of Rachelle’s making UCCE a perfect rotation with exposure to both areas. When she’s not being an intern, Rachelle is exploring California looking for the best view (feel free to send suggestions her way) or connecting with her family back home in Washington.

## 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](mailto:uccalfresh_support@ucdavis.edu) or the relevant State Office contact.

## UC CalFresh Evaluation Updates FFY2018 County Annual Reports and Profiles



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

UNIVERSITY OF CALIFORNIA  
cal fresh Nutrition Education  
This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP. Grow in California as CalFresh. Grow in California as CalFresh. Grow in California as CalFresh. These materials are equal opportunity products and employees. CalFresh provides assistance to low-income households and help buy nutritious foods for better health. For CalFresh information, call 1-877-942-3883

## 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](mailto:jwestbrook@ucanr.edu) with your request and shipping address.

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



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## 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).

### 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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## Articles & Research

### Obesity in Adolescent Girls Associated With Negative Outcomes in Adulthood

Girls with [obesity](#) in adolescence are associated with lower educational attainment and income-related outcomes and are less likely to be married in young adulthood compared with girls without adolescent obesity, according to a study published in *Obesity*. The effects of childhood obesity on adult education, income, and partnership may be partially mediated by psychosocial variables, including depression.

The investigators of this prospective cohort study sought to examine the associations between obesity in adolescence and social and economic outcomes in adulthood, such as educational attainment, income, and partnered status. Furthermore, the investigators explored psychosocial variables that may have affected the association, including depression, self-esteem, and weight-related teasing.

The study sample included 1796 participants from the longitudinal, population-based Project EAT study (Eating and Activity in Teens and Young Adults); data was drawn from Project EAT time points from 1998 to 1999 (EAT-I) and 2015 to 2016 (EAT-IV). Body weight and height were measured at baseline and demographic and psychosocial factors were self-reported at EAT-I. Outcomes of [education](#), income, and partnered status reported in the follow-up EAT-IV were assessed for associations with baseline obesity using logistic regression modeling. Using multivariate probit regression models, the investigators estimated the mediated effects of self-esteem, depression, and weight-related teasing on the outcome associations. Study analyses were stratified by gender and were adjusted for race, age at baseline, and parental socioeconomic status.

At baseline, the cohort of adolescents had a mean age of 14 years and 13% had obesity, which was more prevalent among boys (16%) than girls (10%). In both primary outcome models and mediated models, all 3 outcomes were significantly associated ( $P < .01$ ) with baseline obesity in girls. Girls with obesity in adolescence were significantly less likely to have earned a bachelor's degree (odds ratio [OR], 0.32; 95% CI, 0.18-0.58;  $P < .001$ ), reach an annual income level of \$50,000 or more (OR, 0.57; 95% CI, 0.33-0.99;  $P < .04$ ), or be partnered in adulthood (OR, 0.45; 95% CI, 0.27-0.75;  $P < .002$ ) compared with girls without adolescent obesity. No associations between negative adult outcomes and adolescent obesity were observed among boys in the study. In girls, depression was found as a mediating factor for associations between adolescent obesity and educational attainment (8.5%) and between adolescent obesity and income (23.6%).

Limitations of the study included the inability to generalize the findings to other populations, as the respondents were all recruited from school districts in Minnesota. The self-reported data may also have introduced social desirability bias. The number of mediators were limited by the questions available on the survey, and covariables from different time points were not included in mediation analyses. No information on discrimination was collected or analyzed, which may have contributed to lower adult outcomes of education and income.

The investigators concluded that adolescent girls with obesity were less likely to achieve a bachelor's degree, make more than \$50,000 per year, or enter marriage/partnership in young adulthood compared with girls without obesity. "Greater public awareness of the multifaceted causes of obesity and greater public acceptance of obesity might help reduce the discrimination faced by women with obesity in educational, occupational, and social settings," stated the researchers.

*This summary comes from: [Endocrinology Advisor](#)*

*See the full article [here](#). Please note that access to the full article requires a subscription, which your organization may have, or a fee.*

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## Education & Resources

### Two Ways to Participate at the LIA Forum!

#### Poster Presentation

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.

Click [HERE](#) for information, guidelines, and poster registration.

#### Stories of Transformation

Submit an inspirational story or quote from an individual or family whose lives have been touched by the work of SNAP-Ed. 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 used as centerpieces during the Forum.

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

#### FORUM & POSTER REGISTRATION UPCOMING DEADLINES

ITEM	DUE DATE
Poster registration closes	<b>October 12*</b> <b>Extended to October 26</b>
Forum website live; Registration opens	October 29
Stories of Transformation submission closes	November 30

\*Please note that the October 26th 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](#)

### 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](#)

### 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."

Three speakers from the NCCOR sponsored symposium at The Environmental Design Research Association (EDRA) will be featured. The webinar will 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](#)

### 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>

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## Education & Resources *(continued)*

### **KaBOOM! Grant**

KaBOOM! is a national nonprofit organization dedicated to saving play for America's children by creating great playspaces through the participation and leadership of individual communities.

To that end, the organization is accepting applications for playground grants through Build It with KaBOOM!, a program that provides eligible communities with most of the funds, tools, and resources they need to build a custom-made playground in a single day. Through the program, selected community groups work closely with a KaBOOM! project manager who will lead activities as well as coordinate the equipment and material purchases for the project. Community members will take the lead in recruiting volunteers, securing food and tool donations, and completing any necessary site preparation.

Municipalities and nonprofits serving children of playground age are eligible to apply. Applicants must contribute \$8,500 toward the cost of playground equipment; recruit seventy-five to a hundred community volunteers to participate in playground build day; and own the land on which they wish to build, or possess a long-term lease and obtain permission from the landowner to construct a playground. In addition, they must complete any needed site preparation on at least twenty-five hundred square feet of flat dirt surface; secure soil tests, utility checks, and appropriate build permits in a timely manner; and accept ownership, insurance, and maintenance responsibilities for the playspace upon completion.

Applications submitted before the **November 9 deadline** will get early consideration for 2019 opportunities and additional support from KaBOOM! staff.

See the [KaBOOM! Website](#) for more information, including the grant's benefits, eligibility, and resources.

### **FY 2019 Farm to School Grant RFA Release**

October is Farm to School Month! And we are excited to celebrate by announcing the official release of the FY 2019 Farm to School Grant Request for Applications (RFA). Farm to School programs support local communities through a variety of activities, including taste tests, farm visits, local purchasing, and farmers and producer training.

USDA will award up to \$7.5 million in competitive grants to eligible entities through the Farm to School Grant Program in fiscal year (FY) 2019. Each grant helps implement Farm to School programs that increase access to local food in eligible schools, providing students with quality meals at a reasonable cost while also supporting local producers. In FY 2018, USDA awarded 73 grants across the United States.

The RFA includes three tracks—Implementation, Planning, and Training:

- \* **Implementation grant** awards range from \$50,000-\$100,000. An implementation grant works well for eligible entities with prior farm to school experience, helping scale up or further develop existing farm to school initiatives. Some examples of activities in implementation grants include (but are not limited to) training and technical assistance, supply-chain development, evaluation activities, curriculum development, creation of promotional materials or campaigns, and formation of networks or coalitions.
- \* **Planning grant** awards range from \$20,000-\$50,000. Planning grants help eligible entities build a strong foundation for their efforts rooted in best practices, and are ideal for applicants just getting started on farm to school activities. Some activities may include collecting data, engaging stakeholders, identifying gaps in knowledge and resources, pinpointing and developing solutions for obstacles that hinder farm to school programming for a particular community, and more!
- \* **Training grant** awards range from \$20,000-\$50,000 to help eligible entities conduct state, regional, and national level trainings. Training grant activities strengthen farm to school supply chains or provide technical assistance related to local procurement, food safety, school gardens, culinary education, and/or integration of agriculture-based curricula.

State and local agencies, Indian tribal organizations, small- and medium-sized agricultural producers or groups of small- to medium-sized agricultural producers, and non-profit organizations are eligible to apply for planning, implementation and training grants. Schools and school districts may apply for either an implementation grant or a planning grant. Please see sections 3.0 through 3.3 of the RFA and review the Frequently Asked Questions document for additional information regarding eligibility requirements.

The Grant RFA can be found on [grants.gov](https://www.grants.gov). Complete applications must be submitted on grants.gov by **11:59pm ET on December 4, 2018**.

Check out the OCFS [resources](#) for grant applicants and see a list of prior grantees' project descriptions for proposal inspiration!

*(continued on next page)*

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## Education & Resources *(continued)*

### New SNAP-Ed Connection Website

SNAP-Ed Connection has a new Web site <https://snaped.fns.usda.gov/>!

The Web site features all of your favorite resources, plus:

- \* Searchable Success Stories - with new stories added weekly
- \* Easier photo downloads
- \* More information about SNAP-Ed in each state
- \* Better SNAP-Ed Library
- \* Better information sharing for SNAP-Ed Programs
- \* New Seasonal Produce Guide fruits and vegetables

Watch the introductory video to learn more about the new site <https://youtu.be/a7p-jsh1pCE>.

### 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](mailto: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**

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### 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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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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