

UC CalFresh Weekly Update October 22, 2018

Contents

Upcoming Events & Deadlines

- * Making a Difference: Including Individuals with Disabilities, 10/23
- * Innovations in Behavioral Design to Enhance Active Living and Healthy Eating webinar, 10/23
- * Child Feeding Community of Practice Webinar, 10/25
- * Poster Presentation Submission - LIA Forum

UC CalFresh Success Stories

- * Eat Smart, Live Strong Participant, Alameda County
- * Plan Shop Save Cook Participant, San Mateo County

Welcome New UC CalFresh Staff

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

UC CalFresh Website Updates

- * Technical Issues with Website

Upcoming UC CalFresh Trainings

- * PEARS Office Hours

UC CalFresh Evaluation Updates

- * FFY2018 County Annual Reports and Profiles

Items Available for UC CalFresh County Programs

- * Supplies Available

Smarter Lunchrooms Movement of California

- * The Smarter Lunchrooms Movement of California *Monthly Nudge*
- * Digital Food Pictures for Educators

UC CalFresh in Action!

- * It's electric?! Breaking down electric pressure cookers, UCCE San Luis Obispo & Santa Barbara Counties
- * Community partners bring "Farm-to-School" program to South Lake Tahoe schools, UCCE Central Sierra

Education & Resources

- * Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open
- * KaBOOM! Grant
- * Reimagined in America Webinar: What Can the World Teach Us about Building a Culture of Health, RWJF
- * FY 2019 Farm to School Grant RFA Release
- * Join Today! CA SNAP-Ed Peer Exchange Program

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			

Making a Difference: Including Individuals with Disabilities, 10/23

The second of a three-part webinar series focusing on the knowledge, skills, and abilities needed to effectively integrate the health needs of people with disabilities in local SNAP-Ed programs and services.

Episode 2/3: How to Adapt Your SNAP-Ed Work for Individuals with Disabilities— October 23, 10:00am - 11:30am PDT [Register Here](#)

Innovations in Behavioral Design to Enhance Active Living and Healthy Eating webinar, 10/23

On **October 23**, the National Collaborative on Childhood Obesity Research (NCCOR) will host a Connect & Explore webinar highlighting design guidelines that enhance active living and healthy eating in schools, plus advancements since the 2017 Environmental Design Research symposium.

[Register](#) today to receive webinar access. [Read More](#)

Child Feeding Community of Practice Webinar, 10/25

What: Discussion of 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.

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

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

Poster Presentation Submission - LIA Forum

The Poster session is a great way to tell your story to Forum attendees, ignite informal discussions and information sharing, and offers your agency an opportunity to share your innovative practices.

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

UPCOMING DEADLINES

ITEM	DUE DATE
Poster registration closes	October 12* Extended to October 26
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.

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>.

“Thank you so much for coming and teaching the residents. We hope to build the program over the years. Come back again.”


—Eat Smart, Live Strong Participant,
Alameda County

“Since I have been attending this class it has been very good to me and my family... when I am shopping I always look out for the content of what I am buying... I also try my best to add fruits and vegetables to my family meal... and [teach] my children the importance of eating fruits and vegetables.”

—Plan Shop Save Cook Participant,
San Mateo 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 or the relevant State Office contact.

Upcoming UC CalFresh Trainings

PEARS Office Hours for UC CalFresh

See attachment in the 10/22/2018 Weekly Update for the full list of FFY 19 PEARS Office Hours.

Please Pre-Register for these meetings | Dial-In Number(s): U.S. Toll: 303.248.0285 | Access Code: 7544137

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

Upcoming dates:

November 6, 2018

<https://cc.readytalk.com/r/cby7wq61e3sq&eom>

December 11, 2018* (*note the date change)

<https://cc.readytalk.com/r/hwo2bwzx6b6w&eom>



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

UNIVERSITY OF CALIFORNIA
 COOPERATIVE EXTENSION SERVICE
 This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP Incentive 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 1-877-547-3855.

UC CalFresh Evaluation Updates FFY2018 County Annual Reports and Profiles

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!

It's electric?! Breaking down electric pressure cookers, UCCE San Luis Obispo & Santa Barbara Counties

Authors: Theresa Reynolds, Shannon Klisch, Dayna Ravalin, and Katherine E Soule

You may have heard the buzz about electric pressure cookers. Even if you don't follow kitchen trends, this piece of equipment may take some of the "pressure off" of preparing meals. They're also quite fun!

Pressure cooking vs. pressure canning

Pressure cooking uses trapped steam to create a pressurized environment for cooking food. This combined with heat can greatly decrease cooking times for many items. Foods like dried beans, meat roasts and rice can have a significantly shorter cooking time when they are pressure cooked. Some people may recognize the term pressure canning which uses pressure to preserve foods. While they are similar in the process, only equipment specifically labeled for pressure canning can be used safely for food preservation.

Why so popular?

Pressure cookers existed first as a stove top version that required manual monitoring of pressure. Electric pressure cookers arose to help streamline and simplify the process. They have digital settings and controls so are generally easy to use. The quick cooking time and ability to electronically set time and temperature also increase their consumer appeal. In addition, the cooker is a closed system which helps retain moisture, nutrients and flavor. Unfortunately, there is not a lot of scientific research on nutrient retention in pressure cooking. One [study](#) did find that pressure cooking retained more vitamin C in broccoli than compared to boiling or steaming. Additionally, electric pressure cookers are more [energy efficient](#) than stove top or oven cooking. They are insulated which prevents energy from being lost in the cooking process.

Becky Hutchings, a family and consumer sciences educator for University of Idaho Extension, currently offers a very popular introduction to electric pressure cookers class in her community. She feels electric pressure cookers can help people save money and time with cooking. Hutchings has said, "I think with pressure cookers, people are scared that it's going to blow up. Once they use their electric pressure cooker they will realize how easy and fast it is. They wonder how they ever lived without it."

Safety concerns

As with any piece of equipment, there are safety concerns. Some models are considered "multi cookers" and may have a setting for slow cooking. This may be misleading as the slow cooker setting will not pressure cook. You cannot leave food in the cooker to be pressure cooked later because it will be in unsafe temperatures and will increase the risk for foodborne illness. For example, if you are planning to cook a pork roast in the electric pressure cooker, you cannot prepare it in the morning and leave it out on the counter until the evening. You will have to keep the food refrigerated until it is ready to be cooked.

Additionally, standard food safety practices should still be followed. Even if a roast looks done, check that temperature! Electric pressure cookers can be easily reset to cook for additional time if needed.

A third and significant concern is canning with electric pressure cookers. UC Cooperative Extension takes education on food preservation very seriously. We only support research-based and tested recipes for preservation. Many brands of electric pressure cookers provide recipes for canning. However, NONE of the brands have been able to supply their research or information supporting these recipes

The National Center for Home Food Preservation has a great [article](#) explaining why this is a concern. In short, electric pressure cookers have not been studied to ensure the necessary requirements for safe canning. Therefore, [UC Cooperative Extension](#) does NOT support or encourage canning in electric pressure cookers.

Where to go from here:

While some models may be more "instantly" recognizable than others, there are many brands available for purchase. Just because a brand has popularity may not mean it is right for you. There are many online resources providing reviews and recipes for all the main brands of electric pressure cookers available. Prices of models range from \$50 to \$100. They are a more expensive piece of equipment, but savings could be seen in reduced cooking time and energy efficiency. In addition, there is a lot of money saved when [cooking at home](#) when compared to ordering delivery or eating at restaurants. An electric pressure cooker may be tool you need to making cooking at home easy and accessible.

See the full article on the [UC ANR Food Blog](#)

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UC CalFresh in Action!

Community partners bring "Farm-to-School" program to South Lake Tahoe schools, UCCE Central Sierra

It is often said, "It takes a village to raise a child." In South Lake Tahoe, the same could be said about keeping kids healthy. October is National Farm to School Month, and in South Lake Tahoe, the UC Cooperative Extension CalFresh nutrition education program has partnered with Barton Health and Lake Tahoe Unified School District to implement Harvest of the Month, a statewide initiative that motivates students to make healthier choices and brings fresh, in season produce to all South Lake Tahoe elementary schools.

"We are excited to team up with Barton Health and Lake Tahoe Unified School District on Harvest of the Month," says **Hector Ochoa**, the UC Cooperative Extension Central Sierra CalFresh Nutrition Education Program Manager.



UC CalFresh Nutrition Educators Lupe Ramirez and Cristina Luquin prepare radish samples for students at Tahoe Valley Elementary

"This program gives our students a variety of hands-on opportunities to explore, taste, and learn about the importance of healthy eating and being active every day."

For Harvest of the Month, the Lake Tahoe Unified School District's Food Services staff choose one fruit or vegetable to highlight each month on the school lunch menu. Each fruit or vegetable is in season, California grown, and cost effective. In the same month, the school district hosts a schoolwide tasting where all students sample the selected produce item and vote on whether they would like to see it on the menu again.

Also aligned with the fruit or vegetable of the month are instructional materials that teachers can use to teach their students about the selected

produce item and ways to stay active. The lessons incorporate a variety of subjects and touch on Common Core and California Content Standards. This enables classroom lessons to be reinforced in the lunchroom and encourages student participation in healthy habits.

It should come as no surprise that most students are not eating the fruits and vegetables they need. California's public health research shows that less than one third of students are getting the recommended amount of fruit and less than one tenth of students are getting the recommended number of vegetables. Obesity is on the rise which can have long term consequences, including Type II diabetes, heart disease, and certain types of cancer.

"Harvest of the Month is more than just telling children to eat more fruits and vegetables or be more active," says Natasha Schue, Barton Health's Community Outreach Coordinator. "We are instilling in our youngest students healthy habits they will have for a lifetime. This helps improve their health as well as the health of our community."

All elementary schools - Bijou Community School, Lake Tahoe Environmental Science Magnet School, Sierra House Elementary School, and Tahoe Valley Elementary School - are participating in Harvest of the Month. October's vegetable is radish, which supports heart health and memory function.

See the full article on the [South Tahoe Now website](#)

Education & Resources

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

- * 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](#)

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. They are currently 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.

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.

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Education & Resources *(continued)*

Reimagined in America Webinar: What Can the World Teach Us about Building a Culture of Health, RWJF

Public spaces are not just about physical characteristics, but have the potential to improve health equity by connecting people to each other. Join the Robert Wood Johnson Foundation (RWJF) on **November 15, 2018**, at 11 am PT in their next Reimagined in America Webinar: What Can the World Teach Us about Building a Culture of Health to hear what we can learn from other countries about making public spaces more welcoming to all.

After traveling the globe, experts from urban planning and community development will share lessons learned. Join to:

- * Get inspired by examples of inclusive healthy places from abroad.
- * Learn about a new approach to making public spaces welcoming for all.
- * Explore how to tap into existing resources and build upon the lived experience of your community to cultivate inclusive, healthy spaces.

[Register to participate](#)

FY 2019 Farm to School Grant RFA Release

The FY 2019 Farm to School Grant Request for Applications (RFA) was just released, through which the USDA will award up to \$7.5 million in competitive grants to eligible entities. 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. 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.

The Grant RFA can be found on 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!

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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