

UC CalFresh Weekly Update November 14, 2018

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Upcoming Events & Deadlines

November 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
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11	12	13	14	15	16	17
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25	26	27	28	29	30	

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](#)

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>.

“The class about sugar was probably the most impactful. My son is always very hyperactive so learning how to read the sugar label in a way I’d understand helped to lower our [sugary] drink choices at home.”

—Plan Shop Save Cook Participant,
Fresno County

“This class has helped me... [I]t gave me knowledge on nutrition facts and exercise so that I can apply the changes and benefits for my child and other family...”

—Eating Smart, Being Active Participant,
Fresno County

UC CalFresh Evaluation Updates

Evaluation Data Entry Portals – Updates

FFY2019 – Evaluation Data Entry Portals have been updated and reposted with the exception of three pre/post surveys which will be collected in PEARS.

Evaluation Data Entry Portals:

- * Survey instruments and data entry portals for Youth can be found [at this link](#)
- * Survey instruments and data entry portals for Adults can be found [at this link](#)
- * Survey instruments and data entry portals for Family Centered can be found [at this link](#)

PEARS Data Entry—The following three pre/post surveys will be collected in PEARS:

- * Food Behavior Checklist – visually enhanced – pre/post:
https://fsnep.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/FBC_No%20Name_ID%20Only%202017_2.pdf
- * Plan Shop Save and Cook – pre/post:
https://fsnep.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/PSSC_pre-post_NO%20NAME_ENG_FY17.pdf
- * Healthy, Happy Families – pre/post:
https://fsnep.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/HHF_wC_Eng_CLEAN_2018.pdf

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 Placer County in the News!, UCCE Placer and Nevada Counties

Eating right learned at school

More than 25 percent of youth ages 5 to 19 are overweight in Placer and Nevada counties, according to University of California CalFresh Nutrition Education Program, Placer/Nevada counties. The program is part of the University of California Cooperative Extension.

UC CalFresh is trying to lower that percentage by offering nutrition classes for adults and also teaching some Roseville, Lincoln and Sheridan public school students how to eat healthier. The organization also works with area school gardens.

It's important to teach students, beginning in preschool, the basics of good nutrition because the children often determine what they're eating.

"As students get older, they're making more of the choices themselves. So many kids end up being home by themselves or packing their lunch," said Rosemary Carter, UC CalFresh program manager for Placer-Nevada Counties. "I want them to understand what the healthy foods will do for their bodies. I want them to make the healthy choices, to make an educated choice."

UC CalFresh offers nutrition education workshops and curriculum at William Kaseberg, Bradford Woodbridge and George Cirby elementary schools in Roseville. The organization also sponsors a six-week cooking academy series at area schools. Students learn how to cook, using recipes featuring fruits and vegetables, and then take home the recipes to share with their families.



"Almost 100 percent of teachers in the schools that participate with us sign up for a fall voluntary one-hour nutrition lesson we teach," Carter said, "and we give curriculum to the teacher that they use throughout the year. In spring, we come back and review the material as a Jeopardy game."

The students learn why it's important to eat from all five food groups (vegetables, fruits, grains, protein and dairy) and what the nutrients do for the bodies.

"We're using MyPlate as a guide for making healthy food choices," Carter said.

The United States Department of Agriculture substituted the MyPlate graphic for the MyPyramid graphic depicting a healthy diet in 2011.

"They learn about sometimes foods that do not have nutrients to benefit our bodies (candy, soda, French fries, foods high in fat and sugar)," Carter said.

UC CalFresh also wants to get the students' parents involved through nutrition workshops.

"The reason why I really want to do more education with the parents is it's just as much their responsibilities as their students. Their students' bodies need good fuel, not Hot Cheetos and Takis," Carter said. "They are not going to say to mom, 'we should have fruit for a snack,' if mom is offering them Hot Cheetos. No kid will say that. If we can educate the parents, that will help their students make better choices."

UC CalFresh also engages the students in physical activities as part of the CATCH (Coordinated Approach to Child's Health) physical activity program. Twice a month, a UC CalFresh nutrition educator leads Zumba activities with the students before school starts at Cirby and Kaseberg schools.

"I really think we're making a difference," Carter said. "If we can just get the parents onboard, that would go a long way to making lifelong changes."

See the full article in the Placer County newspaper [here](#).

Health & Safety Day, UCCE Kings County

UC CalFresh Kings County and Hanford Unified School District kicked off their annual Health and Safety Days event with a Nutrition Jeopardy game which focused on the MyPlate and healthy beverages. The



purpose of the game was to teach students the importance of eating from all five food groups and the necessary nutrients to grow healthy. The students also learned about sugary beverages and ways to cut back by making smarter choices. In fact, they were in awe when they saw the amount of sugar in the fruit flavored drink, sports drink, energy drink, and soda. They learned that for a healthy body, it is best to drink water, low-fat milk

and 100% fruit juice.

Overall, students had a blast competing in Nutrition Jeopardy at Health & Safety Days!



Articles & Research

Better for You Foods: A Guide to Evaluating the Quality of Nutrition Standards

Retailers and other organizations currently use a variety of nutrition standards and recommendations to guide consumers towards healthier, “Better for You”, options. This variety can be confusing to consumers. Healthy Eating Research convened a scientific advisory committee to review existing “Better-For-You” nutrition standards, and analyze their strengths and weaknesses. The scientific advisory committee developed a list of questions and criteria that can be used to evaluate “Better for You” nutrition standards. The resulting tool, Assessing High Quality Nutrition Standards (AHQNS), considers how closely standards align with the Dietary Guidelines for Americans. This report details the process used to review and evaluate “Better for You” nutrition standards, and the results from a preliminary implementation of this tool to review existing standards. It highlights the three standards that scored highest with this initial use, and explains why these standards scored the highest.

Read the full report [here](#).

Education & Resources

See attachments in the 11/14/2018 Weekly Update email for the Youth Engagement Collective Call Notes and youth advisor application documents.

Youth Engagement Collective Call—October Call Notes

If you weren't able to join the October's Youth Engagement Collective Call, the “10.12.18_UC CalFresh Collective Youth Engagement Call Notes.pdf” document attached to the 11/14/2018 Weekly Update email contains the minutes from the meeting, as well as discussion topics that looked at what youth engagement programs are currently being implemented along with what counties are doing differently this year from their learned experiences. There are tons of resources that are all hyperlinked, check them out!

Youth Engagement Collaborative—Recruiting Youth Advisors

The Youth Engagement Collaborative is excited to announce that they are recruiting a committee of youth advisors (ages 14-18) to help inform and shape the 10th Biennial Childhood Obesity Conference youth track. Being on the Childhood Obesity Conference Youth Advisory Committee will provide opportunities for youth to grow in their leadership, collaboration, and coordination skills. Please review the Childhood Obesity Conference Youth Advisory Committee Member application process and role description documents attached to the 11/14/2018 Weekly Update email. Have the young people you feel best fit this role complete the application to become a member.

Apply Here: <https://www.surveymonkey.com/r/2019COCYAC> All applications are due by **November 30, 2018**.

Updated SNAP-Ed Seasonal Produce Guide

What's fresh this season? Find out now in our updated SNAP-Ed [Seasonal Produce Guide](#)! We added more produce items! We also made it easier to find resources about seasonal fruits and veggies.


Shopping for seasonal fruits and veggies is one way to help stretch food dollars. This guide is a great starting point. Your local Farmer's Market will tell you what is fresh and available in your area. Each climate and growing region has different produce. Whether they're fresh, frozen, canned, or dried, fruits and veggies are a great way to eat healthy!

Master Gardener Workshop—Cool-Weather Gardening

Master Gardener **Yvonne Savio** will give a practical presentation on how to take advantage of Southern California's mild winter climate by growing a wide variety of edible and ornamental plants.

A tour of The Huntington's Ranch Garden will follow the talk. Free; no reservations required. Ahmanson Room, Brody Botanical Center.

Find out about Master Gardener [events](#) in your area or connect with your [local program](#) to learn more.



COOL-WEATHER GARDENING

How to Take Advantage of our California Climate with Fall & Winter Garden Delights

Free Workshop!

Join UC Cooperative Extension Master Gardener Yvonne Savio For a Practical Presentation and Huntington Ranch Tour.

When: Saturday, November 17, 2018
9:00 am – 10:00 am
Ranch Tour Following

Where: The Huntington Library
Entrance: 1800 Orlando Rd, San Marino, CA
Ahmanson Classroom
More Information: GardenPasadena@gmail.com

<http://cebsangeles.ucdavis.edu/> www.huntington.org

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Education & Resources *(continued)*

Partnering to Catalyze Comprehensive Community Wellness—Web Forum

There is mounting recognition among health professionals that truly improving health outcomes in the U.S.—addressing acute conditions and the upstream social determinants that contribute to poor health—must be an interdisciplinary, cross-sector, and collaborative endeavor.

To this end, the [Public Health Leadership Forum](#) (PHLF) at [RESOLVE](#) teamed with the [Health Care Transformation Task Force](#) (HCTTF) to develop a framework that supports enhanced collaboration between health care and public health entities. This framework, *Partnering to Catalyze Comprehensive Community Wellness: An Actionable Framework for Health Care and Public Health Collaboration*, outlines essential elements and key strategies for shaping effective, health-based collaboratives among public health, health care, and community-based organizations. This framework is designed to be one of many tools contributing to “comprehensive community wellness,” articulated by the PHLF and HCTTF as an approach that:

In this web forum, members of the PHLF and HCTTF will describe the essential elements of collaboration outlined in the framework, and speak to their experiences working to develop and sustain cross-sector collaborations in their organizations and communities.

Registration is free and closed captioning is available to all attendees. This event is recommended for anyone working in public health, health care practitioners and leaders, as well as professionals working in social service or community-based organizations that address social determinants of health (e.g. transportation, education, housing, city planning, food systems, etc.).

Webinar information:

Tuesday, November 27, 2018

11 AM to 12 PM Pacific

[Register](#)

FFY 20-22 Integrated Workplan (IWP)

The CDSS CalFresh SNAP-Ed Team is pleased to announce the official kick-off of the FFY20-22 IWP Blueprint. As planning begins for the next three year cycle, CDSS will hold a series of webinars and trainings.

Webinars

- * First webinar – will cover the IWP Blueprint intention and the content that makes up the IWP menu of options
 - * [Nov 28th, 1:30-3:30 pm - LIA IWP Blueprint Webinar #1](#)
 - * Note: An e-mail with the above link was also sent to all LIAs/SIAs on October 26
- * Second webinar – will cover the new SharePoint Automation system that will house the IWPs
 - * Date TBD

Both webinars will be recorded if you are unable to attend the live version.

In-person trainings at the 2019 LIA Forum

- * Pre-Forum Workshop – three-hour workshop that will cover the basics of the IWP Blueprint, have interactive elements to help orient you to the structure, and a chance to ask questions.
- * Training session during the Forum – will provide more technical assistance on IWP building and the automation tool

LIA Forum

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	DATE
Forum website live, Registration opens	End of Week of November 5
Final poster submission	December 7
Stories of Transformation submissions closes	November 30

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Education & Resources (continued)

EatFit Curriculum Update Webinar

See attachment in the 10/29/2018 Weekly Update email for the pre-study questions needed to be completed before registering.

Presented by Marcel Horowitz, MS, MCHES and Mical K. Shilts, PhD

Date: December 4, 2018

Time: 1:00 to 2:30 PM

The **newly revised** EatFit curriculum challenges middle school students to improve their eating and fitness choices.

What's New?

- * Updated nutritional information.
- * Stronger focus on preventing excess weight gain and water as the best choice for drinking.
- * Strengthened youth development principles and science proficiencies.
- * Updated wording and phrasing.
- * Includes suggested improvements from educators nationwide.

To Participate in the Webinar – please read carefully

Step One: Complete the mandatory Pre-Study Questions – by **November 28, 2018**

- * The pre-study questions are attached in the 10/29/2018 Weekly Update
- * Answer the questions using the updated EatFit materials (Curriculum – version 5, Workbook – Version 3)
- * Enter your responses into the following survey tool: <http://ucanr.edu/survey/survey.cfm?surveynumber=25858>

Step Two: Register for the Training Webinar - Registration deadline **November 30, 2018**

Submit your registration request at <https://ucanr.zoom.us/meeting/register/2be17dfeabda4e0fdc2040ba88984b7b>

Your registration will be approved and you will receive the log-in information for the webinar after we verify that you have completed the mandatory pre-study survey questions.

If you are unable to attend the live webinar:

Complete and submit the pre-study questions. You will be sent a link to view the recorded webinar.

Please contact Lyn Brock (rlbrock@ucanr.edu) if you have any questions.

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

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

FY 2019 Farm to School Grant RFA Release

The USDA's Farm to School Grant supports the implementation of 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.

The FY 2019 Request for Applications (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.

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](#)

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

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Education & Resources *(continued)*

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](#)

UC CalFresh, UC ANR & Partner Employment Opportunities

UC CalFresh Community Education Specialist 3, UCCE Central Sierra

Under the general direction of the Nutrition Education Program Manager, the UC CalFresh Nutrition Education Program Community Education Specialist 3 (CES 3) is responsible for the coordination of the UC CalFresh Nutrition Education Program. The position focuses on coordination of staff and volunteer activities, extension of nutrition education to low-income youth and adults, and implementation of other strategies to improve community nutrition. This position assists the Nutrition Education Program Manager and the Nutrition, Family and Consumer Sciences Advisor with training and guiding nutrition education staff and volunteers, developing and implementing yearly work plans, evaluating work plan activities and objectives, and writing reports. The CES 3 coordinates efforts and ensures standard procedures are followed across the four-county Central Sierra area (Tuolumne, Calaveras, Amador and El Dorado counties), collaborates with other agencies providing related services in the four counties, builds and maintains formal and informal coalitions of partners, implements nutrition education projects and other strategies to promote community nutrition, writes grant proposals where necessary, and maintains subject matter competence. This position works closely with nutrition education staff in the 4 counties to strengthen successful nutrition education approaches and interventions, and to develop new strategies to meet regional program goals.

Closing Date: November 20, 2018

For full job details and to apply please visit <https://jobs.ucop.edu/applicants/jsp/shared/frameSet/FrameSet.jsp?time=1541792879046>

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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