cal fresh Nutrition Education

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UC CalFresh Weekly Update December 17, 2018

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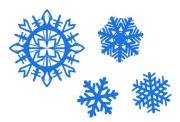
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Happy Holidays from the UC CalFresh State Office!

Wishing you and your families a happy, healthy, and safe holiday season!

The UC CalFresh Weekly Updates will resume in 2019!

Upcoming Events & Deadlines

November 2018

SUN	MON	TUE	WED	THU	FRI	SAT
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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
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UC CalFresh Evaluation Updates FFY2019 Evaluation Survey Data Entry—PEARS

Please hold-off on entering any additional evaluation surveys into PEARS for FFY2019. Some improvements are being made that require

changes to the survey procedures. We will review these in depth during the PEARS Office Hours on December 11th (see above) We plan to collect three pre/post surveys in PEARS this year:

- * Food Behavior Checklist (FBC),
- * Healthy Happy Families (HHF), and
- * Adult Physical Activity Survey (APAS) - NEW for UC CalFresh.

FFY2019 Evaluation Survey Data Entry—ANR Portal

The Plan, Shop, Save & Cook pre/post survey has been removed from PEARS and will be collected through the ANR data entry portal here. All other surveys and ANR data entry portals have been updated on the UC CalFresh website.

- Youth surveys and data portals can be found at this link
- * Adult surveys and data portals can be found at this link

Webinar to Launch the Guide for Public Health and **Community Nutrition, 3rd Edition**

The newly released Guide for Developing and Enhancing Skills in Public Health and Community Nutrition, 3rd Edition, was developed to help SNAP-Ed leaders develop even higher-performing teams. The competencies, learning activities and resources can support SNAP-Ed practitioners from entry to management positions.

Register for the live webinar to introduce The Guide: Webinar Title: Training Our Workforce: A New Guide for Training Public Health and Community Nutrition Professionals Date: December 20, 2018 Time: 7:00 am - 8:30 am PST **CPEU:** 1.5 Cost: FREE Registration: Register Here *The audio for this webinar will be presented using VOIP (your computer speakers).

Following the webinar, users may download the Guide at www.phcnpg.org in its entirety or view one of the three interactive versions based on profession - practitioner, employer, or educator/ preceptor/student..

Questions? Contact Kay Sisk, MS, RDN, LD at kaysisk@gmail.com

UC CalFresh Weekly Update December 17, 2018

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UC CalFresh Success Stories

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

"This class has helped me on how to read the nutrition facts. Now every time I eat or drink something, I check the nutrition facts. It has also helped me on how to manage my money when going to the grocery store. I also learned to watch what I eat."

—Plan Shop Save Cook Participant, Fresno County "This class [taught] me and my family to get inspired... to make healthy foods and drinks. They [taught] us how to make so much food, healthy food."

> —Eat and Play Together Youth Participant, San Mateo County

Emergency Resources—Support for Our UC CalFresh Friends and Colleagues Support Our Friends and Colleagues Affected by the Camp Fire

UC ANR has set up a site of <u>Emergency Resources</u>, under the ANR Staff Assembly Resources page, that houses updates and information about supporting our UC ANR "family" whenever there are disasters. The site currently lists the staff members who were directly affected by the Camp Fire and a variety of options to support them during this difficult time. Please take a look at the page and consider making a donation, if you are able: <u>http://staffassembly.ucanr.edu/Resources /Emergency Resources /?fbclid=lwAR1kY-</u>

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Welcome New UC CalFresh Staff!

Shawnice Sellers, Community Education Supervisor II, UCCE Shasta, Tehama and Trinity



Shawnice has been a part of the UC CalFresh team since 2016 serving as the Administrative Assistant before her promotion to Supervisor. She holds a Bachelor's Degree in Psychology from Simpson University where her studies included Nutrition, Child Development, as well as Research Methods. Born and raised in Shasta County and spending time in the surrounding areas compliments her understanding of the communities and their needs. She has a background in 4-H and agriculture and was involved in leadership and community outreach programs growing up. In her spare time she likes to enjoy the outdoors, whether it be camping, fishing, hiking, golfing or snowboarding in the winter. One of her passions has always been helping and serving others which influenced her studies and led her to work in our program helping our local communities. She is excited to continue with the work of the UC CalFresh Shasta Cluster team and to continue changing lives! She can be reached at: snsellers@ucanr.edu

Eldon Bueno, Community Education Specialist, Kings County



Eldon Bueno has recently joined the UC CalFresh team in Kings County as a Community Education Specialist! With a B.S. Degree in Health Education from San Francisco State, Eldon's passion resides in youth development, education, and promoting health and wellness. He previously worked in After School Programs for the Stonestown Family YMCA in San Francisco and is excited to utilize his past experiences in the Bay Area to serve his hometown community. Eldon aims to provide quality instruction and enriching classes on MyPlate and CATCH curriculum to our youth and is hopeful about making a healthy change in the Central Valley to decrease health disparities that are currently affecting the community. While he is committed and enthusiastic about making positive change, he also takes time to enjoy himself by taking dance classes (hip-hop), playing games, spending time with family, and occasionally binge-watching shows on Netflix. You can reach Eldon at epbueno@ucanr.edu.

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UC CalFresh Website Updates UC CalFresh Issues Program Directive 2019-02: Guidance on the Purchase of Nutrition Education Reinforcement Items

The State Office has issued updated Program Directive providing guidance on the purchase of Nutrition Education Reinforcement Items (NERI). This updated addendum to Program Directive 2012-04 reflects updates in the USDA SNAP -Ed Guidance for FFY 2019. A copy of Program Directive 2019-02 can be found our <u>website</u> for you reference. Please contact your State Office contact if you have any questions on how to budget for NERI.

Eat Fit 5th Edition Training Webinar Recording

The recording and slides for the 12/4 Eat Fit 5th Edition Training Webinar has been added to the website under <u>https://uccalfresh.ucdavis.edu/trainings/trainings-and-presentations</u>

SNAP-Ed Trainings and Announcements

SNAP-Ed Online Civil Rights Training, Temporarily Unavailable until January 2019

Due to planned enhancements to the SNAP-Ed Online Civil Rights Training platform, the online training module will be temporarily unavailable during the month of December, 2018. The anticipated relaunch date of the SNAP-Ed Online Civil Rights Training is **Wednesday**, **January 2**, **2019**. For information on all SNAP-Ed trainings please contact the Statewide Training and Support Section at <u>California SNAP-Ed Statewide Training</u> or visit the <u>Training and Events Calendar</u>.

2019 Update for FFY 2017-2019 California State Plan Now Available

The 2019 update for the FFY 2017-2019 California State Plan is now available in the Resources tab in <u>SharePoint</u> under the SNAP-Ed State Plan section.

If you have any questions, please send them via-email to CalFreshSNAP-Ed@dss.ca.gov

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: <u>mamills@ucdavis.edu</u>.

Smarter Lunchrooms Movement Self-Assessment Scorecard Reporting Tool and Smarter Mealtimes Reporting Tool Portals Now Available for FFY19 Data Entry

The UC CalFresh State Office is pleased to announce that the <u>Smarter Lunchrooms Movement Self-Assessment</u> <u>Scorecard Reporting Tool</u> and <u>Smarter Mealtimes Reporting Tool</u> are now open and ready for data input! The portals are very similar to last year, with only a few minor revisions. As always, please add your scorecard data into the portal(s) and save a copy of the original files for your personal records.

You can access the new reporting tools by clicking on the links above or you can find them on the <u>UC CalFresh TAP</u> <u>Resources Page</u>.

If you have any questions or concerns regarding the updated tools, please feel free to contact MaryAnn Mills at <u>mamills@ucdavis.edu</u>.

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 <u>click here!</u>

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 <u>HealthyEating.org/FoodGallery</u>.



UC CalFresh in Action! Hester Elementary School Learns to CATCH!, UCCE Tulare County

Hester Elementary School joined the CATCH movement! UC CalFresh Tulare County trained all the teachers at Hester Elementary (a total of 20 kindergarten and 1st grade teachers) in CATCH and are already implementing structured physical activity in their school! In fact, all the teachers are enrolled in the UC CalFresh Nutrition Education program; therefore, CATCH will perfectly complement the

nutrition education already taught in the classrooms.

Nutrition Educators, **Maria Gutierrez** and **Grilda Gomez** facilitated the training using CATCH Grades K-2nd Activity Box. Teachers learned that CATCH is all about bringing people together to create a healthier environment for children in the classroom and at home. They also learned how to utilize the CATCH activity box to lead CATCH activities. Most importantly teachers learned that CATCH is fun, it engages students in moderate-to-vigorous physical activity and every child is included!

With every teacher now trained in CATCH at Hester Elementary, the school principal agreed to purchase

CATCH boxes for their school! Our program provided teachers with CATCH handouts and activity kits, so they can get a head start in implementing CATCH. Teachers will include CATCH time on the UC CalFresh Reporting Form and Nutrition Educator, Grilda Gomez, will provide technical support. Our goal is to encourage teachers to facilitate CATCH structured play activities to assure that every student is engaging in physical activity at Hester Elementary School!

UC Delivers: Making Every Dollar Count Initiates Positive Behavioral Change, UCCE Sutter, Yuba, and Butte Counties

The Issue

The Supplemental Nutrition Assistance Program (SNAP) helps give more than 23 million children the healthy food they need every day. While two-thirds of SNAP participants are children, elderly, and people with disabilities, who are not expected to work, SNAP also helps workers supplement low wages. The UC CalFresh Nutrition Education Program in the Butte Cluster is tasked with educating SNAP recipients on how to best spend their food dollars to ensure that they are able to make their food budget stretch for the entire month.



What Has ANR Done?

In FFY18, the Butte Cluster offered series-based lessons to over 300 participants in Sutter, Yuba, and Butte Counties from the Making Every Dollar Count (MEDC) curriculum. The MEDC curriculum has eight lessons; 1) Setting Goals, 2) Making Choices, 3) Stretching Your Dollar, 4) Budgeting Basics, 5) Paying Your Bills on Time, 6) When You Can't Pay Cash, 7) Saving Money on Food, and 8) Food Advertising. The goal of the MEDC program is to give participants the tools they need to gain control of their finances. The MEDC lesson series was successfully delivered in collaboration with the implementation of the Expanded Food and Nutrition Education Program (EFNEP). Nutrition education staff coordinated programming and worked with agency directors to schedule the UC CalFresh MEDC series and EFNEP Eat Smart, Be Active lessons to occur consecutively.

The Payoff

MEDC Interventions in the Butte Cluster Successfully Initiate Positive Behavior Change.

In FFY18, 285 MEDC participants were surveyed in three Butte Cluster Counties (Sutter, Yuba, and Butte). This is 79% more participants than the previous fiscal year. The data show that not only were the number of participants greater, but that the participant outcomes were also positively impacted. All four SMART objectives were met, showing that participants learned how to save money, read food labels, use coupons, and make healthy meals. In addition, the vast majority of participants (93%) felt the MEDC program was well worth their time (marked 4/5 out of 5). There were also statistically significant differences in the before and after mean scores indicating improvements in all 10 retrospective knowledge questions included within the MEDC survey. Importantly, the data from this year's MEDC intervention also show that participants have committed to the adoption and maintenance of healthy behaviors, which is central to obesity prevention.

Clientele Testimonial

"I plan to apply what I have learned through these workshops in my everyday life. Some of the things I've learned, I have already applied to my life." -MEDC Participant

UC CalFresh in Action! (continued) UC Delivers: UC 4-H and UC CalFresh Cooking Academy Fosters Leadership Skills, UCCE Yolo County

The Issue

Leadership opportunities for low-income, high risk, middle school and high school youth are few in Yolo County. Fostering youth development and leadership skills in teens helps to increase their competence, confidence, connection to their community, and their growth and development into healthy, productive adolescents and adults. Research indicates that youth that practice leadership skills report more community engagement and a stronger sense of purpose and meaning. Fortunately, Yolo County houses both the UC 4-H and UC-CalFresh Nutrition Education Programs which nurture leadership skills and healthy behaviors in youth.

What Has ANR Done?

The UC 4-H and the UC-CalFresh Nutrition Education Programs in Yolo County partnered to implement Cooking Academy; a Teens-As-Teachers (TAT) program that aims to move from serving youth to engaging them. This TAT program led youth through a seven-week after-school program of nutrition education, food preparation, and cooking skills and techniques. The TAT model provides middle school youth extended learning opportunities to shadow college interns and UC CalFresh staff during lessons, progressively moving into teaching their peers how to successfully complete healthy recipes and hands-on nutrition education activities. UC 4-H provided ongoing technical assistance, documentation, and training in youth leadership, while UC-CalFresh implemented the program and trained university interns and middle school youth to safely and confidently teach each lesson.



Cooking Academy Teen Leaders from Southport Elementary School in West Sacramento celebrate the culminating event, a graduation ceremony held for student chef participants.

The Payoff

Strong program collaboration has led to increased leadership opportunities in health for youth.

Seven teen leaders (including middle school-age youth and young college interns) received training, taught nutrition education, food preparation, and cooking lessons to 77, 5th & 6th-grade student chefs at three intervention sites, with one site receiving two interventions within the school year. After the intervention, 100% of the leaders felt that they experienced a successful youth-adult partnership and that they could successfully work with younger youth. The strong collaboration between UC 4-H, UC-CalFresh, and one local implementing school has led to continued and expanded youth engagement opportunities through the formation of a Student Nutrition Advisory Council (SNAC). The inaugural SNAC club led a health education campaign focused on increasing water consumption and decreasing sugar-sweetened beverages on campus and created more demand for continued Cooking Academy programming at this site.

See the article on UC ANR's UC Delivers page

Partnerships in Full Bloom in Imperial County, UCCE Imperial County

UC CalFresh Imperial County has partnered up with the Imperial County Office of Education Early Care and Education (ICOE ECE) Program to deliver Go Glow Grow, gardening and adult nutrition education at 9 early child care sites. This partnership developed over a summer meeting with ICOE stakeholders, during which the focus was on free resources available through UC CalFresh and program sustainability through ICOE ECE. ICOE ECE agreed to the teacher extender model and to making sure all garden boxes were filled for use in October of 2018. Prior to the new school year, UC CalFresh delivered a two-hour training consisting of 1-hour on Go Glow Grow and 1-hour on CATCH PE ECE. In October of 2018, UC CalFresh modeled lesson 1 for each site and then provided each site a Go Glow Grow no prep teacher kit. UC CalFresh then led a "Garden Kick-Off Day" at each site, during which parents were invited to plant fruits and veggies with the preschoolers. In January of 2019, efforts will be expanded to reach parents at each site utilizing the Healthy, Happy Families curriculum. UCCE Imperial County recognizes and appreciates the technical support that UCCE San Joaquin County graciously provided for the Go Glow Grow Training.





(continued on next page)

UC CalFresh in Action! (continued)

UC ANR assists Camp Fire survivors

In the midst of their own losses, UCCE staff in Butte County and neighboring counties have been reaching out to assist community members. For example, Ryan Cleland, 4-H representative, has been working with the 4-H community since Nov. 8, the day the Camp Fire erupted, to coordinate assistance and volunteerism. He is providing vetted and frequently updated information on where evacuated and displaced people can find help and how other community members can volunteer, donate and contribute.

The UCCE nutrition education team has been assisting with meal preparation at shelters, and also with volunteering at indoor youth activities available through the shelters and the local area recreation district.

Other UCCE staff and advisors have been volunteering where needed – helping gather and deliver supplies, volunteering at human shelters and animal shelters, helping out at the numerous meal centers that have popped up. UC Master Gardener volunteers have been reaching out to fellow Master Gardeners who have lost their homes or remain evacuated to offer housing and other support.

Tracy Schohr, UCCE livestock and natural resource advisor in Plumas and Sierra counties, has been helping care for large animals in the evacuation zone.

The forestry, fire and natural resource advisors have ongoing fire safety research and education programs, coordinating with fire safe councils, and working with other agencies to assist in recovery and become better prepared for natural disasters.

Read about the impact of the Camp Fire and UC ANR here.

Articles and Research

Access to Food Stamps Improves Children's Health and Reduces Medical Spending

In a new policy brief, Chloe N. East of the University of Colorado Denver examines how parental eligibility for the Food Stamp Program affects children's well-being and healthcare expenses, with a particular focus on U.S.-born children of immigrants.

Key Facts

- Immigrants' loss of eligibility reduced participation in the Food Stamp Program among U.S.-born children of immigrants by 50%, and reduced the average benefits they received by 36%.
- Loss of parental food-stamp eligibility before age five has clear negative effects on developmental health outcomes and on parental reports of the child's health in the medium-run.
- An additional year of food-stamp access in early life reduces medical expenditures in the medium-run by roughly \$140 per child.

Download the brief.

Education & Resources USDA Provides Additional Food Disaster Assistance in Three California Counties Hit by Wildfires

The U.S. Department of Agriculture (USDA) recently announced that households in three California counties have been approved to receive <u>Disaster Supplemental Nutrition Assistance Program (D-SNAP) benefits</u>. D-SNAP will be offered in parts of Los Angeles and Ventura counties due to the impact of the Woolsey and Hill wildfires, and Butte County in northern California due to the Camp Fire. Households in the affected areas may be eligible if they have qualifying disaster-related expenses and meet D-SNAP income limits.

If a household in the affected area qualifies for D-SNAP, they could receive one month of benefits to meet their food needs as they settle back home following the disaster. Households in certain zip codes that already receive SNAP benefits will automatically receive disaster supplements, up to the maximum allotment for their household size, and are not eligible to apply for D-SNAP. Affected households should look for public information notices from the state regarding the application process, location of application sites, and dates of application in each county.

To date, multiple actions have been taken to help California residents cope with the effects of recent wildfires:

*Assistance provided to 8,000 people in/around Butte County via the Disaster Household Food Distribution Program.

*Approval for mass replacement of SNAP benefits to affected beneficiaries in Ventura, LA, Butte and Plumas Counties.

*Butte County schools will be allowed flexibility in providing lunch and breakfast meals

*Butte County schools authorized to provide breakfast and lunch to students at no cost.

*Waiver allowing residents of 14 fire-affected counties to purchase hot foods with SNAP benefits.

Read the full press release <u>here</u> and find more resources available through the CDSS: <u>http://www.cdss.ca.gov/Disaster-Help-Center</u>

Education & Resources (continued)

America Walks Monthly Webinar Series

America Walks' monthly webinars take place the second Wednesday of every month. Register now for the first set of 2019 webinars to make sure you don't miss the expert speakers, new resources and toolkits, and exciting projects in walkable communities across the US we will be sharing.

Let's Get Moving: The Power of Physical Activity webinar

Date: January 9, 2019

Time: 11am Pacific

Description: In November 2018, new HHS Physical Activity Guidelines were released. They confirmed what we at America Walks already know- that when people move more, they are healthy, active, and engaged. Join us for "Let's Get Moving: The Power of Physical Activity" on January 9, 2019 at 2pm Eastern, 11am Pacific as we explore the guidelines and how communities are promoting physical activity with this webinar. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic.

Attendees of this webinar will:

- Learn about programs, policies, and projects that support walkability in rural communities and small towns
- Hear inspiring stories of communities on the walking path
- Explore resources that can help you in your work to create walkable communities

Register Here

Creating Safer Communities for All

Date: February 13, 2019 Time: 11am Pacific

Description: Even one life lost is too many. Pedestrian safety is a critical part of planning for healthy, active, and engaged communities. Learn about resources and ideas to improve safety with this webinar. This webinar assumes basic knowledge of issues related to walking and walkability. Register Here

Stronger Together: Partnering with the Disability Rights Movement

Date: March 13, 2019

Time: 11am Pacific

Description: This webinar will continue on our September Walking Towards Justice episode that explored the potential partnerships between walkability advocates and the disability rights movement. Learn how communities are becoming more inclusive and accessible and tools and resources to do the same. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic. Register Here

Nutrition Update Webinar

Tuesday, February 26, 2019

11:00 AM to 12:30 PM

A Different Look at MyPlate: Nutrition Hot Topics for Each Food Group

Dr. Rachel Scherr from the UC Davis Department of Nutrition will discuss a current dietary fad or misconception – and the real science - related to each MyPlate food group.

Registration (pre-registration required): https://cc.readytalk.com/r/c5y7o9k3sxql&eom

Information can also be found on the UC CalFresh Training Calendar https://uccalfresh.ucdavis.edu/trainings/calendar

SNAP-Ed Connection Professional Training Resources

SNAP-Ed Connection has great professional training resources*, including:

SNAP-Ed <u>Webinars</u> - Variety of SNAP-Ed related topics. Registered Dietitians and Dietetic Technicians Registered can earn FREE continuing education credits!

Conference Calendar - Find conferences in the fields of nutrition, education, and public health. Please <u>contact SNAP-</u> <u>Ed Connection</u> if you would like to have an event included on the page.

Online Training - SNAP-Ed Connection has a list of free or moderately-priced online learning opportunities. These opportunities focus on nutrition education. These are offered by SNAP-Ed partners, or related organizations.

Webinars - SNAP-Ed Connection keeps a list of webinars that may interest nutrition educators and people involved in SNAP-Ed, including links to organizations that host webinars on a variety of SNAP-Ed related subjects.

*Please note, there is a cost for some of the SNAP-Ed Connection Professional Training Resources. UC CalFresh staff should consult with their Advisors/Managers/Supervisors on use of UC CalFresh/SNAP-Ed funds to participate prior to registering.

Education & Resources (continued)

Say No to Raw Dough! CDC Reminds Public Not to Eat Raw Dough

The CDC issued a public reminder for the holiday season not to eat raw cookie dough because some ingredients can harbor E. coli or raise the risk of salmonella poisoning. The warning was extended to include other raw products, such as dough or batter for tortillas, biscuits, pizza, pancakes or crafts made with raw flour. https://www.cdc.gov/features/no-raw-dough/index.html

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 <u>Peer Exchange Program Application</u>



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

UC CalFresh, UC ANR & Partner Employment Administrative Assistant II, UCCE Shasta, Trinity, and Tehama Counties

The Administrative Assistant II position will support the extension efforts of UC CalFresh in Shasta, Trinity, and Tehama counties (Shasta cluster).

Applications are due 1/6/2019.

For more information and to apply, click here.

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: <u>http://www.uccalfresh.org/weekly-updates</u>.

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.







