

UC CalFresh Weekly Update February 11, 2019

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Upcoming Events & Deadlines

February 2019

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10	11	12	13	14	15	16
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America Walks Monthly Webinar Series

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](#)

Healthy Food Financing Initiative Reinvestment Fund—Grants Available

The Healthy Food Financing Initiative (HFFI) offers financial assistance to help healthy food retailers overcome higher costs and initial barriers to entry in underserved areas across the country. Targeted grants are available for eligible projects or partnerships that seek to improve access to healthy food in underserved areas. Approximately \$1.4 million will be available to fund applications under this program. Grant awards range from \$25,000 – \$250,000.

[Read more information about the grant here](#). Please contact Inés Familiar Miller (IFamiliarMiller@calfund.org) if you have any questions.

Due: 8:59 p.m. PT, February 14, 2019

February is American Heart Month

February is *American Heart* month. According to the [Centers for Disease Control and Prevention](#), Heart Disease can happen at any age. Statistics provided by the National Heart, Lung and Blood Institute (NIH) state that nearly 1 in 3 American women has high blood pressure and Cardiovascular disease is the No. 1 killer of women.

Here are three ways Nutrition Educators can promote heart health:

- * Include **physical activity** into each nutrition lesson you lead.
- * Implement **heart-healthy** recipes that are fruit and vegetable focused.
- * Bring awareness of heart health by participating in the [American Heart Association's #WearRedDay](#).

UC CalFresh Success Stories

Please note that success stories are no longer reported through the online data entry portal. Entries from the PEARS Success Story module will be used to inform this section on the Weekly Update.

"I learned how to cook... healthier meals. I lost weight and toned my body. I also learned not to eat a whole lot of red meats, and measure how much sugar and salts are added to my meals."

—Plan Shop Save Cook Participant,
Riverside County

"This class has really [given] me new knowledge on how and what to eat to keep healthy. [I]f you have kids, you want them to learn young as to how to keep themselves healthy."

—Eating Smart Being Active Participant
Fresno County

Welcome New UC CalFresh Staff



Michelle McLean, Community Education Specialist, UCCE Central Sierra Counties

Michelle McLean has joined the UC CalFresh Nutrition Education Program in South Lake Tahoe. She will be supporting UC CalFresh and 4-H program integration focusing in the garden, program extending and youth development.

Michelle has been a Garden Science Educator since 2014. As a passionate teacher, she has helped lead projects that have enhanced nutrition and garden education programming throughout South Lake Tahoe. She looks forward to new challenges in her role as a Community Education Specialist, and is excited to connect teens with their community through nutrition education. You can reach her at mimclean@ucanr.edu.



Jen Swanstrom, Community Education Specialist II, UCCE Butte Cluster Counties

Jen Swanstrom has joined the UCCE Butte Cluster team as a Community Education Specialist II. Originally from Santa Rosa, Jen first became interested in nutrition education during her two years of service with AmeriCorps. She participated in FoodCorps, which works to connect kids to healthy food in schools. Prior to that, Jen studied abroad in England, where she completed degrees in Marine Biology and Ecology and Evolution. She is most excited about the social justice and health equity aspects of community nutrition education work, as she believes that sufficient access to healthy foods should be a basic human right. Some of Jen's hobbies include hiking, camping, backpacking, and getting out into nature as much as possible! Jen can be reached at jgswanstrom@ucdavis.edu.



Yu Meng, Youth Family and Community Advisor, UCCE Imperial County

Yu Meng has joined the UCCE Imperial County team as the youth, family, and community (YFC) advisor. Her responsibilities will focus providing community development programs in the area of youth, families, and communities with major outreach to the Latino youth and families.

Yu is originally from China, where she studied food science and engineering. After receiving her bachelor's degree, she worked for food industries and started to notice the nutrition issues with processed food and its effects on children's health. With that in mind, she came to the U.S. and earned a master's and PhD degrees from Utah State University (USU) and Oregon State University (OSU),

respectively. Before coming to the Imperial County, she worked for a USDA funded project known as "the WAVE ~Ripples for Change" in collaboration with OSU Professionals and Extension, 4 H, community partners and volunteers, soccer coaches, and school districts to prevent unhealthy weight gain among 15 to 19-year-old soccer players. Most of the youth she worked with were Latinos and from low-income families. During this time, she helped develop and test the first sport nutrition, physical activity, family and consumer sciences curriculum for active youth. Her work resulted in youth reducing added sugar intake, maintaining fruits and vegetables intake over time, and improving awareness of sports nutrition, along with youth gaining gardening and cooking skills.

Yu's goal in her new position is to help better lives and encourage healthy living for the youth, families and communities living in Imperial County and beyond. She can be reached via phone, (442)265-7709, or email, ucmeng@ucanr.edu.

Upcoming UC CalFresh Trainings

UC CalFresh Town Hall, February 19

Date/time: February 19, 2019 from 12:30 PM to 2:00 PM.

Topics: FFY2020-2022 County/Cluster Work Plan Expectations and Deliverables Version #2: 1/29/19; The State Office will be providing programmatic and administrative updates.

Description: The February 19th Town Hall will review the FFY2020-2022 County/Cluster Work Plan Expectations and Deliverables document circulated at the January 23rd UC CalFresh Forum Luncheon Meeting. The intention of this document is to provide an overall framework with guidance and support to UC CalFresh offices regarding deliverables in the new FFY20-22 IWP season. This review will offer counties opportunity for further dialogue on the document and clarification, if needed. As described in the [original memo](#) accompanying the document, we don't think there will be any surprises since the expectations are based on work UCCE County/Cluster programs are already doing. However, there are specific targets and some proposed changes especially for evaluation expectations. This document is currently Draft version #2 and we expect that some additional tweaks will be necessary based on your feedback. The document is posted on the UC CalFresh website [here](#).

WEBINAR INFORMATION:

Web Login:

Link: <https://cc.readytalk.com/r/i6d9fwt6ws1q&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.*

Attendance is highly encouraged. If you are unable to attend, please notify your supervisor. If you have any questions ahead of time, **please submit them in advance to Ryan Keeler at crkeeler@ucdavis.edu** to ensure that they will be addressed during the webinar. Town Hall Meetings are recorded and uploaded to our [website](#). If you experience any challenges in accessing the Town Hall Meeting, please call (530) 752-1735 for assistance.

Nutrition Update Webinar

Description: *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.

Date: Tuesday, February 26, 2019, 11:00 AM to 12:30 PM

Register in advance: <https://cc.readytalk.com/r/c5y7o9k3sxql&eom>

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

Child Feeding Community of Practice Webinar

Description: This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn about resources. We will also review teaching the 'Child's Play' lesson from the Healthy Happy Families curriculum.

Date: Thursday, March 14, 2:30pm – 4:00pm

Register in advance: <https://ucanr.zoom.us/meeting/register/203e7cb9fdf99d447c24e00bf0acd2b8>

After registering, you will receive a confirmation email containing information about joining the meeting.

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

Building Capacity in School Wellness Training—Save the Date

Description: The UC CalFresh State Office, Public Health Institute Center for Wellness and Nutrition, and UC Davis Center for Nutrition in Schools are holding a workshop focused on building UC CalFresh staff capacity related to school wellness policy and school wellness initiatives.

By the end of this workshop, participants will be able to:

- Describe the benefits of school wellness strategies on academic performance and student health
- Explain how UC CalFresh initiatives connect to the FNS and USDA's Final Rule on Local School Wellness Policy
- Demonstrate ability to facilitate prioritization and action planning exercises for school wellness policy implementation
- Identify how the Local Control and Accountability Plan (LCAP) can assist in funding portions of district action plans

Tentative Dates—The trainings will tentatively be held on the following dates:

- * March 27th in Davis, California
- * April 3rd in the Central Valley, California

Registration: Will be released soon

UC CalFresh in Action!

University of California Cooperative Extension Butte County Receives CHIP's 2018 Outstanding Partner Award

The University of California Cooperative Extension (UCCE) was chosen as Community Housing Improvement Program's (CHIP) 2018 Outstanding Partner. On February 7, 2019 CHIP's Resident Services Coordinator, Washington Quezada, presented this award at CHIP's 45th Anniversary celebration in Chico, CA to the following individuals from UCCE Butte County; Jona Pressman, UC CalFresh and Expanded Food and Nutrition Program Manager, Sonia Rodriguez, EFNEP Community Education Specialist, Suzie Lawry-Hall, UC CalFresh Program Supervisor, and Rita Palmer, UC CalFresh Community Education Specialist.



From left to right: Rita Palmer, Sonia Rodriguez, Jona Pressman

The Partnership: CHIP Youth Summer School Program

In 2018, UC CalFresh partnered with CHIP to design and implement a comprehensive youth educational summer camp in Butte, Sutter, Yuba and Glenn counties. The program included 85 participants (72 youth and 13 adult resident camp counselors) at 8 public housing sites, which participated in an 8-week Youth Summer Camp School Program.

For two decades, CHIP has partnered with UC CalFresh and EFNEP to meet the educational and enrichment needs of youth, adults, and families residing in various CHIP Public Housing sites. CHIP assists low-income and rural disadvantaged residents, seniors and others who may lack the financial resources and/or knowledge to provide adequately for their household. This year, CHIP partnered with UC CalFresh to coordinate and implement CHIP's first comprehensive Youth Summer School Program. CHIP was awarded with a grant to host a youth summer intervention to provide youth the opportunity to maintain their academics and



From left to right: Suzie Lawry Hall, Jona Pressman, Washington Quezada, Sonia Rodriguez, Rita Palmer

activity levels during summer break. The CHIP Youth Summer School Program (CHIP-YSSP) used a combination of Healthalicious and the CATCH curricula at 8 sites in 4 counties reaching 72 youth. Math and reading standards were met through weekly lesson including cooking activities from the Healthalicious curriculum. Students actively participated in weekly CATCH activities which were led by the resident camp counselors. To enrich the summer camp experience, UC CalFresh offered various 4-H kits to participating sites as an additional resource that could be utilized as part of their summer school program.

Many factors were taken into consideration when designing the CHIP-YSSP. The extender model and the adult-youth mentorship model from UCCE's 4-H Youth Development Program were utilized. UC CalFresh and CHIP recruited resident Camp Counselors to co-facilitate the lessons and recruit youth. The program was implemented for 8 consecutive weeks and food was funded through the grant award. The food budget allowed for meals to be offered to participating youth and adults, and also provided the opportunity for residents and families to join their children for lunch or take the food home to their families for a meal later that day. In a retrospective self-reporting survey, CHIP housing managers reported that they either agreed or strongly agreed that as a result of participating in the CHIP-YSSP, they gained new skills and they now feel more confident in delivering the program. In addition, the housing managers reported an increased interest in volunteering

more in their community. CHIP also decided to enroll two of their housing communities in the 4-H Robotics Program which offers hands-on activities for youth to learn how to build robots, computer programming, engineering and math.



CHIP Youth Summer School Program Testimonials:

- 1) "The best part would be the look and excitement of the kids each day that they came to camp. Just walking into camp they all had smiles of gold!" Rancho De Soto, Glenn County
- 2) "The summer program has taught me how to communicate better with children. I do little things with them in the weekends"- Shotover and LaPalmas, Glenn County
- 3) "I felt closer to the children in my community"- La Viste Verde, Butte County
- 4) "I thought working with a youth would be harder, but I enjoyed it"- East of Eaton, Butte County

See more on the [UCCE Butte Cluster blog](#)



UC CalFresh in Action! (*continued*)

Nominate a Star! UC ANR Staff Appreciation and Recognition (STAR) Awards

Nominations are being accepted now for the annual UC ANR Staff Appreciation and Recognition (STAR) Awards. The deadline for submission is April 5, 2019.

The STAR program is your opportunity to celebrate and reward the great contributions of ANR's people. The program provides one-time cash awards to eligible staff in recognition of outstanding achievement. Managers may nominate individuals and teams demonstrating exceptional performance, creativity, organizational abilities, work success, and teamwork.

Policy-covered ANR staff and members of the Clerical Unit (CX) are eligible to be nominated for STAR awards. Staff in other collective bargaining units, academics and members of the Senior Management Group are not eligible to receive STAR awards.

[Nomination forms and program guidelines are available](#) on the UC ANR HR website. Send your nominations by **April 5th** via e-mail to humanresources@ucanr.edu. STAR Awards will be celebrated during an ANR recognition event at the Second Street building in Davis on June 18, 2019.

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.

Education & Resources

The Walking College—2019 Fellow Program

America Walks is excited to announce the opening of applications for the 2019 class of [The Walking College](#). The Walking College is an interactive, online educational program for walkable community advocates. Each year, Walking College Fellowships are awarded to community change agents working alone, in organizations, or in professions such as public health, planning, transportation, or education, who demonstrate:

- A passion for making their communities more walkable and livable, and a vision for what that would look like;
- A desire to develop a network of peer mentors and learn to advocate more effectively for walkable community policies and funding;
- A willingness to invest personal time and energy in training.

America Walks is an inclusive organization and we seek applications from diverse individuals who are interested in getting more involved in the walking movement. Learn more and ask questions at their Twitter Chat on February 11th at 11:00 a.m. (PT) using #WalkingCollege.

Deadline: February 28th

(continued on next page)

Education & Resources *(continued)*

Action for Healthy Kids—School Grants for Healthy Kids

Schools need resources to implement health and wellness practices that help students eat better and be physically active. Thanks to our partners, Action for Healthy Kids has provided over \$8.7 million in grants to schools since 2009. Our School Grants for Healthy Kids can help your school achieve its goal to make every kid healthy, active and ready to learn.

School Breakfast Grants

- * Provide funding and support to pilot or expand alternative school breakfast programs
- * Funding ranges from \$1,000 to \$3,000
- * Funding available for one school or multiple schools in a district

Game On Grants

- * Provide funding and support to increase physical activity and nutrition initiatives
- * Funding is for \$1,000 or more

Parent-led Grants

- * Provide funding and support to increase physical activity and nutrition initiatives and engage parents in school wellness
- * Parents or parent groups apply for grant (either for physical activity or nutrition) and lead projects
- * Funding is for \$1,000

Applications due: April 5, 2019 ***Grant applications take less than 60 minutes to complete!***

To learn more and apply for a grant, please visit ActionforHealthyKids.org/Grants

For questions, email schoolgrants@actionforhealthykids.org

America Walks Monthly Webinar Series

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](#)

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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