

UC CalFresh Weekly Update February 19, 2019

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Upcoming Events & Deadlines

February 2019

SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
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Do not order T-shirts and Tablecloths with Current UC CalFresh Logo

Please do not order current UC CalFresh logo items such as t-shirts and tablecloths, as name and logo artwork changes will be happening as part of the re-branding launch in the spring.

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. 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.

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.

"[This class] helped me a lot, now I watch what I eat for me and my two baby girls. No more sugary juices or cereal. I love this class, [it's] awesome! Thank you for helping me and my family to live a better life by eating healthy.

—Plan Shop Save Cook Participant,
Santa Clara County

"I've gained awareness of the importance of fruits and vegetables in my diet [from this class]. Also, I will make sure to check labels for ingredients. I will be more aware of fat, salt and sugar content."

—Eat Smart Live Strong Participant
Alameda County

Welcome New UC CalFresh Staff

Kelley Brian, Program and Evaluation Analyst, UC CalFresh State Office

Kelley Brian has joined the UC CalFresh State Office team as a Program and Evaluation Analyst and will be contributing to various statewide projects. Kelley has worked for UC since 2012 and is excited to continue working in a new capacity with UC CalFresh. She can be reached at kmbrian@ucdavis.edu.



Ryan Keeler, Business Office Assistant, UC CalFresh State Office

The UC CalFresh State Office is pleased to share that Ryan Keeler will be continuing his role with the State Office as a Business Office Assistant. Ryan has enjoyed his time working with the State Office team, subcontractors, county-based staff and external partners for the past 9 months. We are excited to have him continue to be a part of the State Office team in a permanent, career position. Ryan can be reached at crkeeler@ucdavis.edu.

UC CalFresh Website Updates

FFY 2018 County Annual Reports and Profiles Now Available

All the available FFY 2018 Annual Reports and Profiles have been formatted and uploaded to our [website](#). If you county would like a copy of their PDF'd files, please direct them to this page where they can download a copy.

Integrated Work Plan (IWP) Updates

The State Office convened the first IWP & SNAP Shot Office Hours on February 12th. We appreciate the attendance and good questions. For those of you unable to attend, we shared that the **IWP due date will be postponed to the first week of April. CDSS will communicate the exact date soon.**

Home > Administrative > UC CalFresh Program Administration > FFY2020-2022 Integrated Work Plan

FFY20-22 Frequently Asked Questions (FAQ) & 2018 SNAP-Ed County Profiles

- [FFY20-22 IWP, SNAPshot, Expectations FAQ's Document](#)
- [FFY18 SNAP-Ed County Profiles](#)

FFY20-22 IWP Related Documents and Links

- [Automated FFY20-22 IWP](#)
- [FFY20-22 IWP Materials and Resources](#)
- [FFY20-22 IWP, Context and Automation Trainings](#)
- [UC CalFresh Evaluation Tools by Target Audience and Evaluation Type](#)
- [UC CalFresh 2-12-2019 Office Hours Webinar Recording](#)
- [UC CalFresh 2-12-2019 Office Hours PowerPoint Slides](#)

UC CalFresh SNAPshot and Expectations Document

- [UC CalFresh Snapshot](#)
- [FFY2020-2022 County/Cluster Work Plan Expectations and Deliverables and 1/22/19 memo](#)

The Frequently Asked Questions (FAQ's) submitted by counties were answered and new questions were added from the call. The IWP & SNAPshot FAQ's capturing all questions and answers are posted to the UC CalFresh Website under Administrative – UC CalFresh Program Administration – [FFY20-22 Integrated WorkPlan](#).

Our next IWP Office Hours will be **March 12th – 1-2pm**. Follow up hours for the IWP & SNAPshot will be the second Tuesday of each month 1-2pm.

Please continue to send your questions on the IWP & SNAPshot to your county lead and copy Andra Nicoli (amnicoli@ucdavis.edu) so that they can be added to the FAQ's and discussed at our next office hours!

Upcoming UC CalFresh Trainings

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!

UC CalFresh and EFNEP Nutrition Education Programs Participate in the World Ag Expo®

Each year, thousands of people from around the world gather at the World Agricultural Expo farm show. In 2018, 106,700 people from 49 states and 63 countries attended the event!

This year, in its 52nd year, the UC CalFresh and EFNEP Nutrition Education Programs of Tulare/Kings Counties participated in the event alongside the 4-H and Master Gardeners programs. The UC CalFresh team engaged participants with a fun and interactive nutrition-based jeopardy game! The enthusiastic participants learned an array of information from each one of the jeopardy categories: physical activity, vitamins and minerals, diet and disease, mix and match, and MyPlate food groups. A total of 431 participants were entered for a chance to win a grand prize. The UC CalFresh & EFNEP programs were very well received by all and represented UC ANR in a positive light.

For more information about the World Ag Show, please click the following link: <https://www.worldagexpo.com/international-agri-center-prepares-for-2019-world-ag-expo->



Nutrition Educator, Alice Escalante, teaching a participant about a jeopardy category.



Nutrition Educators, Grilda Gomez and Sue Lafferty.



Nutrition Educators, Yesenia Medrano and Maria Gutierrez.

UC CalFresh in Action! (continued)

How to support your breastfeeding employees when they are out in the field, UCCE San Luis Obispo and Santa Barbara Counties

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

New parents returning to work after the birth of a child face a lot of questions and uncertainties, particularly around breastfeeding. Should I continue to breastfeed? Will there be a space for me to pump milk in private? What will my boss and co-workers say? How many times should I pump when I am away from my baby?

Recognizing the importance of breastfeeding to the health of both parent and child, California recently passed [AB 1976](#) to strengthen protections for working parents that want to continue to breastfeed and need to express milk (i.e., pump) at work. Starting on Jan. 1, 2019, employers must make reasonable efforts to provide a private area to pump that is not a bathroom or face fines and penalties.

So, what happens when an employer cannot provide a permanent, private area due to operational or financial conditions? Agricultural workers or field researchers may not work in a traditional office or they may find themselves at off-site locations for much of their work day. At [UC Agriculture and Natural Resources](#), many employees travel across multiple counties delivering health education lessons at various sites. AB 1976 includes provisions for setting up temporary lactation locations so long as the space is private, only used for that purpose while the employee is expressing milk, and otherwise meets the requirements of state law (again, it cannot be a bathroom).

Lactation locations when out in the field

To be compliant with state law, avoid fines and penalties and support the health of their employees, employers may need to set-up a temporary lactation station for their workers. AB 1976 specifically states that agricultural employers are compliant if they provide a “private, enclosed, and shaded space, including, but not limited to, an air-conditioned cab of a truck or tractor.” One solution is to assemble a mobile lactation unit that employees can check out or reserve based on their pumping schedule. Mobile lactation stations can take many forms, however, some basics that should be included in a lactation unit are listed and itemized below.

Privacy screens and supplies

To be compliant, the space needs to be private and free from intrusion. When setting up the mobile station in a vehicle, you will need to have privacy screens that fit all vehicle windows front, back and sides. Prices can vary and depend on the make and model of the vehicle.

- * Privacy screens for front, back, and side windows (4 total, \$21 each) = \$84
- * Signage and door locks to prevent intrusion or knocking

Food safety supplies

Remember, breast milk is food. Helping your employee keep their expressed breast milk safe for their baby will result in less illness and less time off work. Some basics:

- * Sanitizing surface wipes: Used to sanitize the space including the seat, dashboard or other surfaces that may come in contact with the lactation equipment. Large container of surface sanitizing wipes = \$5
- * Hand sanitizing wipes: Unless there is always a sink in close proximity, your employee will want to wash their hands before and after pumping. Hand sanitizing wipes = \$4
- * Cooler bag, ice pack and thermometer for the employee to store the expressed milk safely. Cooler size and number of ice packs needed will depend on the conditions where the milk will be stored. A small cooler with one ice pack will heat up quickly on a hot day. The thermometer will give the employee peace of mind that the milk stayed below 40 degrees and is safe for the child. Leaving/storing a cooler with expressed milk in the trunk or interior of car will increase the temperature in the cooler more quickly. Instead, find a shaded location when possible. 1 cooler bag (approx. \$15) + ice packs (approx. \$8) + cooler thermometer (approx. \$2) = \$25
- * Backpack or bag: To store these items when the lactation space is being used for other purposes (e.g., driving), you will need a backpack or bag. Costs can vary, however, the bag should be large enough to fully contain all of the items and ensure that they are not contaminated by other materials that may be placed around or near the supplies. You will want it to have a zipper and an easy-to-clean material on the outside and inside (e.g., vinyl or plastic-coated fabric). Cost is variable \$5 to \$150 depending on your style and budget needs.
- * Closed trash receptacle for all used cleaning wipes. Approx. \$5

Support for breastfeeding employees is not only a company perk, it's the law. Under certain circumstances, employers can set-up these mobile lactation stations for their field-based employees for under \$150. What better way to promote employee health, avoid fines and penalties and support local families?

See the full blog post [here](#).

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Do not disturb sign for vehicle door



Truck interior with car shades set-up

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

Rethink Your Drink Day, May 8th

[Rethink Your Drink Day](#) is a Statewide Day of Action in California to raise awareness about the health effects of sugary drinks and promote the benefits of drinking water. On the same day, local organizations have the ability to execute this event to promote healthy living across the entire state of California.



The Rethink Your Drink Program's primary goals are to:

- * Educate Californians about healthy drink options,
- * Help identify drinks with added sugar, and
- * Make the link between consumption of sugar-sweetened drinks and health risks.

In this way, the program hopes to shift consumption toward healthier, more affordable beverages, like water. At the same time, the Rethink Your Drink Program hopes to stimulate community-level partnerships and invite local environmental changes that will improve access, affordability and desirability of healthy beverages. Please check this link for updates: <https://rethinkyourdrinkday.com/>

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

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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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