

UC CalFresh Weekly Update February 25, 2019

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Upcoming Events & Deadlines

February 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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/c5y7o9k3sxxl&eom>
Information can also be found on the UC CalFresh Training Calendar <https://uccalfresh.ucdavis.edu/trainings/calendar>

The Walking College—2019 Fellow Program

[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.

Deadline: February 28th

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 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.

"[Since this class,] I am more aware of nutrition facts and eating healthier. We will do this in our house."

—Plan Shop Save Cook Participant,
Kings County

"This class has helped me with planning ahead and making lists and saving time and money. I also learned about making better choices and better eating habits. I took a lot of good tips from the class, and they will help me in the long run."

—Eat Healthy Be Active Community Workshop
Participant, Fresno County

UC CalFresh Website Updates Integrated Work Plan (IWP) Updates

Feature Box

To provide easy access to IWP resources and support, the State Office has placed a feature box on the "Home" page of our website with links to IWP Resource Materials, IWP and SNAPshot Office Hours, and County Contacts. The feature box is depicted to the right →

FFY 2020-2022 Integrated Work Plan
Resources & Support

IWP Resource Materials

IWP & SNAPshot Office Hours

Second Tuesday of every month

County Contacts

Materials

The FFY20-22 IWP Blueprint Planning Tools are posted on SharePoint and can be found via: CDSS SNAP-Ed SharePoint site → Resources → [Three-Year Integrated Work Plan](#)

Links to these documents are provided below:

- [FFY 20-22 IWP Blueprint Planning Tool Section A](#)
- [FFY 20-22 IWP Blueprint Planning Tool Section B](#)

Due Date

The new due date for the FFY20-22 IWP is **April 2, 2019**.

FAQ Document

The Frequently Asked Questions (FAQ's) submitted by counties, along with State Office responses, are regularly updated and added to the UC CalFresh Website under Administrative – UC CalFresh Program Administration – [FFY20-22 Integrated WorkPlan](#).

Office Hours

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!

Curriculum Page Updates

The UC CalFresh Approved Curricula List for FFY2020—2022 is now available on the UC CalFresh website on the curriculum main page - <https://uccalfresh.ucdavis.edu/curriculum>. This list should be used in developing the 2020-2022 Integrated Work Plan.

Plan, Shop, Save & Cook Lessons and Handouts/Worksheets

Location: Adult Curriculum >> Plan Shop Save & Cook Webpage - <https://uccalfresh.ucdavis.edu/curriculum/adult/PSSC>
Lesson 1

English

Spanish

[Lesson Plan - Meal Planning](#)

[Lesson Plan - Meal Planning](#)

[Write Your Family Dinner Menu Worksheet](#)

[Write Your Family Dinner Menu Worksheet](#)

Lesson 2

English

Spanish

[Lesson Plan - Using Food Labels](#)

[Lesson Plan - Using Food Labels](#)

[My Goal Handout](#)

[Food Labels for Healthy Eating](#)

[My Goal Handout](#)

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Curricula Page Updates (*continued*)

Plan, Shop, Save & Cook Lessons and Handouts/Worksheets

Lesson 3

English

Spanish

[Lesson Plan - Saving Money](#)

[Lesson Plan - Saving Money](#)

Shopping Cart Comparison [Editable File](#)

Shopping Cart Comparison [Editable File](#)

Lesson 4

English

Spanish

[Lesson Plan - Cooking a Meal](#)

[Lesson Plan - Cooking a Meal](#)

Upcoming UC CalFresh Trainings

PEARS Office Hours

The next PEARS office hours are scheduled

Date: March 5, 2019

Time: 1:00 – 2:00pm.

Topic: During this meeting, we will be reviewing two items recently sent out on behalf of the State Office regarding PEARS Data.

1. PEARS Q1 Review

-Purpose of the review

-What data is included in the review

-Edits and modifications needed

-How to use the information

-Next review period Q2 (*Timeline for FFY19 attached*) →

Quarter 2		
Jan-19	Feb-19	Mar-19
Begin entering Q2 data	Finish Q1 data	Complete Q2 Data entry
TA and support	State Office reviews Q1 data provide feedback	TA and

2. Review FFY18 SNAPshot

-Data sent out for assistance with the FFY2019 SHAPshot due in August

3. **Q & A** related to two topics and or any PEARS Related Questions

Register: Please remember [Pre-Registration](#) is required for these meetings

<https://cc.readytalk.com/r/jz3wv3f8szh4eom>

Dial-In Number(s): U.S. Toll: 303.248.0285

Access Code: 7544137

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! (*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

Childhood Obesity Conference Registration/Poster and Roundtable Proposals Due Dates

Please refer to the conference [website](#) for the most up-to-date information.

Upcoming Conference Dates and Deadlines

- * [Conference Registration](#): To avoid late registration fee increases, register by **April 30**
- * [Poster Proposals](#): Due **March 15th**
- * [Roundtable Proposals](#): Due **March 15th**

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](#)

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Education & Resources *(continued)*

Action for Healthy Kids—School Grants for Healthy Kids

Action for Healthy Kids' *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 (\$1,000 to \$3,000)

- * Provide funding and support to pilot or expand alternative school breakfast programs
- * Funding available for one school or multiple schools in a district

Game On Grants (\$1,000 or more)

- * Provide funding and support to increase physical activity and nutrition initiatives

Parent-led Grants (\$1,000 or more)

- * 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

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

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/>

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>.

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