

UC CalFresh Weekly Update February 26, 2018

Contents

Upcoming Events & Deadlines

- * Fruit and Veggie Balloon Kits Available for UC CalFresh Programs

UC CalFresh Success Stories

- * Plan, Shop, Save and Cook Participant, Kern County
- * Plan, Shop, Save and Cook Participant, Butte County

UC ANR Staff Appreciation and Recognition (STAR) Program

- * Nominate staff for STAR Awards

UC CalFresh Website Updates

- * 2/20/2018 UC CalFresh Town Hall Webinar Recording, PowerPoint Presentation, and Resources Now Available

Upcoming UC CalFresh Trainings

- * Save the Date: CATCH Early Childhood (Pre/K) Training Academy
- * UC CalFresh PEARS Office Hours, Various Dates

Smarter Lunchrooms Movement of California

- * The Smarter Lunchrooms Movement of California *Monthly Nudge*
- * Save the Date: Webinar—School Food: Too Good to Waste

UC CalFresh in Action!

- * UC CalFresh and EFNEP Programs of Tulare/Kings Counties Participates in World Ag Expo®, UCCE Tulare/Kings Counties
- * Shaping Healthy Choices Program Initiated in Riverside, UCCE Riverside County
- * Nutrition and Food Questions Web Page
- * Niños Sanos, Familia Sana
- * New preschool food mural to encourage healthful eating to be unveiled Feb. 23, UCCE Alameda County

Articles & Research

- * Prevalence of obesity among youths by household income and education level of head of household—United States 2011-2014
- * The Association Between Sugar-Sweetened Beverage Consumption and Children's Health: An Updated Review of the Literature

Education & Resources

- * Training Opportunities for SNAP-Ed Local Implementing Agencies
- * ToP Accelerated Planning Trainings
- * Register Now! Three Steps to Wellness Policy Implementation Success Workshop
- * Free Webinar: From the Ground Up: Built Environment Strategies and Support for Walkable Communities
- * Webinar: Events-In-A-Box
- * Resources to Support National Nutrition Month®, Go Further With Food
- * Funding Opportunity: CA-Grown Fresh School Meals Grant
- * Funding Opportunity: Meet Me at the Park Play Space Grants Now Available
- * Food Waste Prevention Week, March 5-9, 2018
- * Webinar: Nutrition Updates
- * Webinar: Walking Towards Justice—Stop Street Harassment: Making Public Places Safe and Welcoming for Women
- * Save the Date: School and Community Garden Workshops: Light Bulbs to Garlic Bulbs
- * School Grants Now Available for California Schools
- * 2018 UC ANR Statewide Conference: *Innovation in Action*
- * Funding Opportunity: Agriculture in the Classroom (AITC) Program

UC CalFresh, UC ANR & Partner Employment Opportunities

- * Director, UC CalFresh Nutrition Education Program State Office
- * Community Education Specialist 1/2 (Two Positions Available), UCCE Santa Clara Cluster
- * Community Education Specialist 2, UCCE Shasta & Trinity Counties
- * Cooperative Extension Nutrition, Family and Consumer Sciences Advisor, UCCE Fresno & Madera Counties

Upcoming Events & Deadlines

FEBRUARY 2018

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 2018

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

Fruit and Veggie Balloon Kits Available for UC CalFresh Programs

UCCE Stanislaus/Merced UC CalFresh program has a limited quantity of Fruit and Veggie Balloon Kits available for UC CalFresh county programs. Thank you to Program Supervisor, **Jaci Westbrook**, for sharing this resource! These balloons can be used as part of tabling displays or for community events. These balloons can be reused many times as the helium holes are not sealed and only tied shut with ribbon. **There are 15 sets available on a first-come-first-served basis.** These sets are offered "as is." Please contact **Rolando Pinedo** at rgpinedo@ucdavis.edu, with the quantity you are requesting and shipping address if you are interested. Please reach out to the State Office if you have any additional questions about these kits.



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>.

"In my personal life, it did help me a lot because now I try to cook healthier for my kids. I look at the nutrition labels, look for specials, and try to give my children more vegetables. I try to go out less and not eat junk food. I really liked the class."

—Plan, Shop, Save, and Cook Participant,
Kern County

"I prepare my meals before grocery shopping. Thanks to this class, I pay more attention to the nutrition facts on the foods I buy."

—Plan, Shop, Save and Cook Participant,
Butte County

UC ANR Staff Appreciation and Recognition (STAR) Program

Nominate staff for STAR Awards, Deadline: March 29, 2018

The following announcement was originally sent via email through UC ANR Updates on 2/7/2018.

Nominations are being accepted for the ANR Staff Appreciation and Recognition (STAR) program for the fiscal year 2017-18. The STAR program is your opportunity to celebrate and reward the great contributions of ANR's people. The program provides 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. ANR staff in PSS and MSP titles, as well as members of the Clerical Unit (CX), are eligible to be nominated for cash awards. Nomination forms and program guidelines are attached. UC ANR has streamlined the nomination form this year to simplify the process.

STAR Awards will be celebrated during an ANR recognition event at the Second Street building in Davis on June 6, 2018. Send your nominations to jiazulai@ucanr.edu. **The deadline for submission is Thursday, March 29, 2018.**

The purpose of the STAR program is to recognize and reward outstanding staff individual and team performance within Agriculture and Natural Resources. Recipients receive cash awards as well as recognition.

Under the STAR plan, managers can recognize, acknowledge and reward staff employees for exceptional performance or significant contributions related to and supportive of individual, departmental, divisional, or organizational goals and objectives. Nominations are due March 29, 2018.

Please find the [nomination form](#), [STAR award guidelines & restrictions](#) and [local plan](#) attached. [Read announcement on the ANR Update page.](#)

UC CalFresh Website Updates

UC CalFresh Trainings

* 2/20/2018 UC CalFresh Town Hall Webinar Recording, PowerPoint Presentation, and Resources Now Available

The webinar recording, PowerPoint presentation, and resources from the 2/20/2018 UC CalFresh Town Hall Webinar, "Introduction to Food Waste and California's Inaugural Food Waste Prevention Week," presented by Wendi Gosliner, Joyce Lee, and the UC CalFresh State Office staff, are now available on the UC CalFresh website. Please visit: <http://www.uccalfresh.org/trainings/town-halls> to access these resources.

Upcoming UC CalFresh Trainings

Save the Date: CATCH Early Childhood (Pre/K) Training Academy, April 3-5, 2018

It is time to save the dates for the next CATCH Early Childhood (Pre/K) Training Academy: April 3-5, 2018. Please also note that this training will be located in **Riverside**. During this training, you will get active and learn practical skills necessary to implement physical activity into the UC CalFresh Nutrition Education Program using the CATCH Early Childhood Program. Please see below for more details. **Registration information for the CATCH Early Childhood (Pre/K) Training Academy was sent via email to all UC CalFresh Advisors, Managers and Supervisors on Friday, 2/9/2018.**

Date	Time	Location
April 3-5, 2018	8:00am-4:00pm	Alvord Unified School District — Child Nutrition Services 7377 Jurupa Ave. Riverside, CA 92504

We encourage any staff, including program supervisors and advisors, who have NOT been certified as CATCH ECE Trainers to register. **Space will be limited to 2 staff members per county/county cluster for the 3-day academy.**

The UC CalFresh State Office encourages UC CalFresh county programs to use their travel funds to attend this conference. If you anticipate that you will not have sufficient funds to cover travel costs to attend this training, please contact **Lindsay Hamasaki** (lmhamasaki@ucdavis.edu) and copy **Michele Byrnes** (mnbyrnes@ucdavis.edu).

Additional staff will be added to a waitlist upon request. Please email additional questions to **Michele Byrnes** at mnbyrnes@ucdavis.edu.

UC CalFresh PEARS Office Hours, Various Dates

Please join UC CalFresh for monthly PEARS Office Hours if you have any pressing questions related to reporting your program activities, FBC/PSSC surveys, and PSE efforts in PEARS. We look forward to hearing about the great work you are doing and working together to clarify the best reporting approaches using PEARS.

<p><u>Tuesday, March 6, 2018</u></p> <p>Time: 1:00pm PST</p> <p>Audio Dial-In Information: U.S. Toll: 303.248.0285</p> <p>Access Code: 7544137</p> <p>Link: https://cc.readytalk.com/r/x9kkb4uk6jer&eom</p>	<p><u>Tuesday, April 3, 2018</u></p> <p>Time: 1:00pm PST</p> <p>Audio Dial-In Information: U.S. Toll: 303.248.0285</p> <p>Access Code: 7544137</p> <p>Link: https://cc.readytalk.com/r/ga3n877vapcn&eom</p>
<p><u>Tuesday, May 1, 2018</u></p> <p>Time: 1:00pm PST</p> <p>Audio Dial-In Information: U.S. Toll: 303.248.0285</p> <p>Access Code: 7544137</p> <p>Link: https://cc.readytalk.com/r/miorx00fmuli&eom</p>	<p><u>Tuesday, June 5, 2018</u></p> <p>Time: 1:00pm PST</p> <p>Audio Dial-In Information: U.S. Toll: 303.248.0285</p> <p>Access Code: 7544137</p> <p>Link: https://cc.readytalk.com/r/gceocy6o7xo7&eom</p>

You may also visit the [UC CalFresh Training Calendar](#) for additional information.

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!](#)

Save the Date: Webinar—School Food: Too Good to Waste, March 27, 2018, 1:00-2:00pm PST

Join the Smarter Lunchrooms Movement of California to discuss Smarter Lunchrooms Movement principles and practices to help increase consumption of nutritious foods and reduce waste. SLM of CA will be sharing current laws and mandates as well as best practices around the state. All attendees are welcome. To register for this webinar, please visit: <https://cc.readytalk.com/registration/#/?meeting=ywqx04j80bxc&campaign=yb6emv4kmdl8> (Dial In Number: 1-866-740-1260, Access Code: 7544934). Please contact MaryAnn Mills (mamills@ucdavis.edu) if you have any questions.

UC CalFresh in Action!

UC CalFresh and EFNEP Nutrition Programs of Tulare/Kings Counties Participates in World Ag Expo®, UCCE Tulare/Kings Counties

The 51st World Agricultural Expo farm show was held February 13-15, 2018, in Tulare. The UC CalFresh and EFNEP Nutrition Programs of Tulare and Kings Counties set up nutrition display booths on February 14th with a key nutrition message—Happy Healthy Heart! At the booth, Nutrition Educators greeted visitors and engaged in hands-on nutrition activities. Visitors were invited to take a picture with a “Happy Healthy Heart” frame. Every year, the three-day show attracts thousands of exhibitors nationally and internationally. According to the World Ag Expo® website, in 2017, 105,780 people came from 43 states and 71 counties to attend the 50th Anniversary of World Ag Expo®. UC CalFresh and EFNEP nutrition programs were well-received by all the enthusiastic visitors who stopped by their display booth. Check out their photos below!



Shaping Healthy Choices Program Initiated in Riverside, UCCE Riverside County

The UC Davis' Center for Nutrition in Schools has created and research-tested the Shaping Healthy Choices Program (SHCP) since 2012. This evidence-based program is a multi-component, school-based intervention addressing the complex issue of behavior change and childhood obesity. In 2016, about 48% of teens in Riverside County were designated obese (highest 5th percentile) and 11% overweight (www.ask.chis.ucla.edu). Recognizing this issue, the UC CalFresh Nutrition Education Program in Riverside County partnered with two school districts to implement the Shaping Healthy Choices Program.

To launch this project in 2016-2017, Riverside UC CalFresh was able to obtain additional funds to hire a nutrition educator and received the commitment to participate from two schools: Loma Vista Middle School in Alvard Unified and Nicolet Middle School in Banning Unified. UC CalFresh State Office funded travel for two teachers to SHCP training in Davis. UC CalFresh Educators teamed up with the teachers to implement weekly lessons from the Discovering Healthy Choices Curriculum and led the students in gardening activities where they planted a cultural garden and harvested vegetables. In addition, the students participated in 'Cooking Up Healthy Choices' activities which include five cooking demonstrations throughout the year. The UC CalFresh educators were also active in the School Wellness Committee and helped plan school health fair events that involved family and community partnerships. The SHCP Team at UC Davis provided support throughout and conducted program assessment.

The Shaping Healthy Choices Program strengthened UC CalFresh's partnership with these two schools. The project initiated a new school garden at Nicolet and brought in a UCCE Master Gardener to work with the students. At both schools, the program was implemented during PE class. Nutrition knowledge was assessed pre and post-implementation using a 35-item questionnaire. A total of 66 students completed a pre-assessment and 62 completed a post-assessment. A statistically significant increase in nutrition knowledge was observed from pre-implementation (18.91 ± 4.3 out of 35 total score) to post-implementation (21.13 ± 5.4 ; $p=0.011$). [Read full UC Delivers story.](#)

Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock \(rlbrock@ucanr.edu\)](mailto:rlbrock@ucanr.edu) if you have any questions.

(continued on next page)

UC CalFresh in Action! (continued)

Niños Sanos, Familia Sana

This success story was recently posted to the [SNAP-Ed Connection Success Stories for California](#).

Prevalence of childhood obesity is higher (22.4%) in Latino children ages 2-19 years than in non-Latino white children (14%). Obesity rates have recently decreased among 2-5 year-olds nationwide. However, racial and ethnic health disparities persist and indicate the urgency of early prevention efforts in high-risk communities. In 2012, the University of California, Division of Agriculture and Natural Resources (UC ANR) specialists and advisors joined UC Davis faculty and students to conduct a childhood obesity prevention study. The study was done in a rural community in California's Central Valley. The study was funded by the US Department of Agriculture. The Niños Sanos, Familia Sana, (Healthy Children, Healthy Family), was a three-year, community-based intervention. The intervention included a monthly voucher to buy fruits and vegetables, an enhanced physical activity program at school, and nutrition education to Mexican-heritage parents with children ages 3-8 years old. A comparison community received non-nutrition related educational programs.

The main goal of the intervention was to slow down weight gains in overweight, Mexican-heritage children, residing in an agricultural community. Other expected outcomes among children included increased consumption of fruit and vegetables and decreased consumption of high-fat, high-sugar foods. The UC ANR specialists and advisors developed culturally-adapted lessons in collaboration with the community and provided oversight of the parent nutrition education program over three years. UC CalFresh and the Expanded Food and Nutrition Education Program provided school-based nutrition education to intervention children. Five hundred and forty-four families and 700 eligible children participated in the study.

This community-based intervention was effective in slowing weight gain in children who were obese at the beginning of the study. By the third year, obese boys and girls in the intervention community has significantly slower increases in body mass index than children in the comparison community.

Findings also show a significant decrease in the frequency of consuming energy dense foods (fast food and snack food items) among the intervention children but no change in comparison children ($p < 0.008$). Interviews with the school staff in the intervention community revealed several important environmental changes, prompted by the NSFS program. This project also produced a culturally-adapted child obesity prevention curriculum, a policy brief on water quality, and a new validated tool for dietary assessment in Mexican-heritage pediatric populations. [Read full success story.](#)

New preschool food mural to encourage healthful eating to be unveiled Feb. 23, UCCE Alameda County

Students' surroundings can greatly impact their learning and health, research has shown. In an effort to enhance nutrition, learning and health for these students in Oakland, the University of California Cooperative Extension, UC CalFresh Nutrition Education Program, Luther Burbank Preschool and Oakland Unified School District Early Childhood Education supported the installation of a mural that features silhouettes of children of different abilities among flowers, fruit and other foods cast in bold colors at Burbank Preschool. "As a SNAP-Ed funded program, part of our work at UC Cooperative Extension is to support positive environmental change," said [Tuline Baykal](#), UC CalFresh Nutrition Education Program supervisor. "We believe that this mural in the cafeteria, with its beautiful and bold images of fruits and vegetables will encourage and remind students to make healthy choices and increase their consumption of tasty fruits and vegetables."



Luther Burbank Preschool Center is an inclusive school serving the needs of over 200 students, ages 3 to 5, of varying abilities and needs. The Burbank preschool students and teachers helped paint the mural. "Our students worked on the mural first, then David [Burke] completed it," said Principal Tom Guajardo. "This project has been absolutely uplifting for our students, staff and parents. I say 'uplifting' because I have heard comments like, 'When I am feeling a little down or tired, I come and see the mural and I am immediately rejuvenated.' It has been a showcase when parents and visitors come to our school."



On Friday, Feb. 23, at 2pm-3:30pm, the mural will be unveiled in the cafeteria of Luther Burbank Preschool at 3550 64th Avenue in Oakland. Parents, teachers, and students are invited to a celebration to meet David Burke, the mural designer and well-known Bay Area artist. The UC CalFresh staff is planning some activity stations including a healthy cooking demonstration with free recipe books and a table where children can make "veggie faces" using fresh produce and hummus for dipping. [Read full blog article.](#)

Articles & Research

Prevalence of obesity among youths by household income and education level of head of household—United States 2011-2014

Obesity prevalence varies by income and education level, although patterns might differ among adults and youths. Previous analyses of national data showed that the prevalence of childhood obesity by income and education of household head varied across race/Hispanic origin groups. CDC analyzed 2011-2014 data from the National Health and Nutrition Examination Survey (NHANES) to obtain estimates of childhood obesity prevalence by household income ($\leq 130\%$, $>130\%$ to $\leq 350\%$, and $>350\%$ of the federal poverty level [FPL]) and head of household education level (high school graduate or less, some college, and college graduate). During 2011-2014 the prevalence of obesity among U.S. youths (persons aged 2-19 years) was 17.0%, and was lower in the highest income group (10.9%) than in the other groups (19.9% and 18.9%) and also lower in the highest education group (9.6%) than in the other groups (18.3% and 21.6%). Continued progress is needed to reduce disparities, a goal of Healthy People 2020. The overall Healthy People 2020 target for childhood obesity prevalence is $<14.5\%$. [Read full article.](#)

The Associations Between Sugar-Sweetened Beverage Consumption and Children’s Health: An Updated Review of the Literature

Consumption of sugar-sweetened beverages (SSBs)—which includes all drinks with added sugar, such as soda, fruit drinks, and sports drinks—is strongly linked to obesity and a number of other negative health consequences. This research review is based on a review of the literature on this topic, published in *BMC Obesity* (Bleich and Verdammen 2018). It examines the evidence on: 1) the health impacts of sugary beverages on children’s health (obesity, diabetes risk, dental caries, and caffeine-related effects); 2) the health impact of substituting SSBs with other drinks; and 3) the role of taste preferences in SSB consumption patterns. There is clear evidence that consumption of SSBs increases overweight and obesity risk and dental caries among children and adolescents, with emerging evidence linking SSB consumption to risk of diabetes. The vast majority of the available literature suggests that reducing SSB consumption could help improve children’s health by decreasing the risk for obesity and other negative health consequences. More research is needed related to substitution and taste preferences. [Read full article.](#)

Education & Resources

Training Opportunities for SNAP-Ed Local Implementing Agencies

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. Please visit the [Training and Events Calendar](#) for additional information and opportunities.

ToP Accelerated Action Planning Trainings, Various Dates

These regional trainings were referenced briefly in the January 2018 Statewide LIA Training Flyer sent last week (from CASNAP-EdTraining email address). This training is open to any SNAP-Ed local leaders, program managers and team leaders, and aims to provide tools to lead small groups to create effective organization plans. Enrollment is limited and the time frame is approaching soon! Please see the attached flyer for more information. ***UC CalFresh educators should consult with their Advisor, Manager, and/or Supervisor before registering.***

February 13	February 14	February 21	March 7	March 13	March 14	March 21
UC Center Fresno Fresno, CA	San Joaquin Co. Ag Center Stockton, CA	Riverside Univ. Health System Riverside, CA	San Luis Obispo Co. Gov. Center San Luis Obispo, CA	Silicon Valley Community Foundation Mountain View, CA	Ventura County Public Health Oxnard, CA	National University Redding, CA

[Click here](#) to register through the [CA SNAP-Ed Training & Events Calendar](#). If you have any questions, please contact [Lyn Brock](#) at (rlbrock@ucanr.edu).

(continued on next page)

Education & Resources *(continued)*

Register Now! Three Steps to Wellness Policy Implementation Success Workshop, Various Dates

Implementation of Local School Wellness Policies (LSWP) is most effective when aligned with district priorities and broader community needs. The Three Steps to Wellness Policy Implementation Success Workshop—brought to you by the California Local School Wellness Policy Collaborative—provides participants with key strategies for updating and implementing LSWP, and provides guidance for complying with assessment and administrative review processes. Attendees will learn key responsibilities and approaches to engage stakeholders at the district, school and community levels to achieve successful LSWP implementation. Workshop attendees will also take away tools and resources needed to measure success, and identify opportunities that support a whole child approach.

February 14	February 28	March 6	March 14	March 20	March 21	April 11
Sierra Health Foundation 1321 Garden Hwy Sacramento, CA 95833	McConnell Foundation 800 Shasta View Drive Redding, CA 96003	The California Endowment—Oakland Conference Center—Laurel Room 200 Franklin Street Oakland, CA 94612	UC California Fresno Center 550 E. Shaw Ave. Fresno, CA 93710	Riverside University Health System—Public Health 4210 Riverwalk Parkway, Suite 400 (1st Floor) Riverside, CA 92505	Los Angeles County Office of Education (LACOE) 9300 Imperial Highway Downey, CA 90242	Orange County Department of Education 200 Kalmus Drive, Conference Center: Building D, Room 1002-1003 Costa Mesa, CA 92626

[Click here](#) to register. For additional information about these workshops, please visit the [CA SNAP-Ed Trainings & Events Calendar](#) or contact Chris Bilbrey at Christine.Bilbrey@cdph.ca.gov or Maegan Jorgensen at Maegan.Jorgensen@cdph.ca.gov.

Free Webinar: From the Ground Up: Built Environment Strategies and Support for Walkable Communities, February 27, 2018, 12pm PT

The purpose of this webinar is to discuss how built environment strategies such as land development plans, policies, and zoning code reforms can support walkable communities—and the importance of collaboration between planners, transportation, and public health practitioners. Join America Walks on February 27th, 2018 at 12pm Pacific for the webinar, “From the Ground Up: Built Environment Strategies and Support for Walkable Communities.” To register for this webinar, please visit: <https://register.gotowebinar.com/register/2602601585836801794>.

Webinar: Introducing Events-in-A-Box, February 28, 2018, 10:30-11:30am

The following information was originally shared in the 2/7/18 edition of the LHD News Bulletin.

California Department of Public Health (CDPH) State Media and Public Relations and Rescue Agency are excited to present a special [webinar](#) preview introducing the Events-in-a-Box concept on February 28, 2018 from 10:30-11:30am. An Event-in-a-Box is a free, optional resource that LIAs can promote to their local organizations as an easy kit for hosting successful community events. In the webinar, attendees will learn about this exciting new resource being made available for two brand new statewide days of action happening later this year.

The Event-in-a-Box kit includes everything needed for community-based organizations to host and promote a successful statewide day of action. It includes event materials such as posters, handouts, displays, and press outreach materials. These days of action will be hosted on the same day across the state of California to ensure mass support and awareness on the specific health topics. Additionally, each toolkit includes a data collection tool that allows for measuring and evaluating event participation, so all organizations can track and report on their success.

All are invited to join this webinar to learn more about the upcoming statewide days of action and find out how to apply this kit for the first event, Rethink Your Drink Day, May 16. [Registration](#) for this Events-in-a-Box webinar is now live on the [Statewide Training Calendar of Events](#).

Resources to Support National Nutrition Month®, Go Further with Food, March 2018

This year’s National Nutrition Month® theme, *Go Further with Food*, reminds us to achieve the numerous benefits healthy eating habits offer and also urges us to find ways to reduce food waste. To help communicate this message to patients and clients, the Academy has prepared a number of free resources including [Nutrition Tip Sheets](#), [Activity Handouts](#) and [Games](#). [Click here](#) to learn more about the National Nutrition Month® campaign!

(continued on next page)

Education & Resources *(continued)*

Funding Opportunity: CA-Grown Fresh School Meals Grant, Deadline: March 1, 2018, 5:00pm

The California Department of Education has posted the request for applications (RFA) for the CA-Grown Fresh School Meals Grant. The grant applications are due by 5pm on Thursday, March 1, 2018. These grants are a great opportunity to expand your farm to school program—they provide up to \$125,000 per school site to encourage schools to purchase California-grown food and to expand the number of freshly prepared school meals that use California-grown ingredients. Awardees may use grant funds to purchase California-grown foods, purchase equipment necessary to provide school meals to students, provide nutrition education to students, and provide professional development for relevant food service employees regarding the implementation of fresh and healthy school meals. Please visit: <https://www.cde.ca.gov/fg/fo/r9/cgfsm17rfa.asp> for additional information.

Funding Opportunity: Meet Me at the Park Play Space Grants Now Available, Deadline: March 2, 2018

Meet Me at the Park is a collaboration between the National Recreation and Park Association (NRPA) and The Walt Disney Company to bring the magic of parks and recreation to children and families across the United States. Through *Meet Me at the Park*, NRPA in collaboration with The Walt Disney Company understand the need to improve access to outdoor play. Thanks to a grant from Disney, NRPA is excited to continue the *Meet Me at the Park* program in 2018 to provide additional communities with increased access to inclusive play spaces in local parks for children and families. As part of this program, park and recreation agencies in all 50 states, the District of Columbia, and U.S. Territories are invited to share their best ideas on increasing access to inclusive play spaces for children and families in underserved communities. Agencies with the most innovative, scalable and impactful project ideas will receive grants to build their projects. Applications are due by 11:59pm ET on Thursday, March 1, 2018. [Click here](#) for more information.

Food Waste Prevention Week, March 5-9, 2018

Food Waste Prevention Week is an opportunity to raise awareness on the impacts of food waste in our homes, workplaces and communities. UC ANR's Nutrition Policy Institute is leading this exciting initiative with the Public Health Alliance of Southern California in collaboration with state agency partners throughout the state. A [Communications Guide](#) is available to implement this social media campaign. The Guide includes sample messaging, graphics for web banners, a press release for local partners and sample social media messages.

- * UC ANR will be issuing a press release and posting social media messages throughout the week that will make it easy for you to retweet and share on your social media platforms. Please use the following hashtags: [#SaveTheFoodCA](#), [#GoFurtherWithFood](#), and [#FeedPeopleNotLandfills](#).
- * The Food Waste Reduction Hero Photo Challenge is a great way to engage people to find food waste in their homes, workplaces and communities, and determine solutions they can enact. We encourage participants to submit a few photos during the week that demonstrate:
 - * Food waste happening in your home, workplace or community
 - * Barriers to reducing the amount of food you throw away, such as food packaging or portion size options available for purchase, bulk pricing incentives, storage or time constraints
 - * Actions or changes you are making, or solutions you see happening around you to reduce food waste
- * Photos may be submitted on social media platforms using the hashtag [#SaveTheFoodCA](#) or they may be emailed to SaveTheFoodCA@gmail.com.
- * The Communications Guide offers many examples, with detailed posts, graphics, hashtags and media to share with your constituents.

We look forward to your participation in Food Waste Prevention Week and seeing your photos posted for the Food Waste Reduction Hero Photo Challenge!

Webinar: Nutrition Updates, March 6, 2018, 11:00-12:30pm

Dr. Rachel Scherr and Dr. Sheri Zidenberg-Cherr from the UC Davis Nutrition Department will discuss up-to-date research evidence about ketogenic diets: therapeutic uses vs. weight loss claims. They will also discuss research about health effects of intermittent fasting and cleanses. Due to limited space, pre-registration for this webinar is required. To register for this webinar, please visit: <https://cc.readytalk.com/registration/#/?meeting=rcv33up1cb7x&campaign=k94fk94tduo8>. Webinar information is also available on the [UC CalFresh Training Calendar](#) as well as the [CA SNAP-Ed Training and Events Calendar](#).

Webinar: Walking Towards Justice—Stop Street Harassment: Making Public Places Safe and Welcoming for Women, April 4, 2018, 11:00am-12:00pm

To provide an open platform for discussion and aid in identifying potential solutions to improve walkability for ALL, America Walks has launched a new social equity-inspired online discussion series titled: Walking Towards Justice. Walking Towards Justice is a webinar series that integrates literature into a discussion regarding the intersectionality of mobility, race, class, gender, and politics. The third discussion will explore the text, "Stop Street Harassment: Making Public Places Safe and Welcoming for Women." To register for this webinar, please visit: <https://register.gotowebinar.com/register/5489247318523318019>.

(continued on next page)

Education & Resources *(continued)*

Save the Date: School and Community Garden Workshops: Light Bulbs to Garlic Bulbs, Various Dates and Locations

This two-day workshop is designed to provide participants with the knowledge, skills, and resources to plan, develop, and sustain an edible school or community garden. Day 1 is an all-day garden skills workshop at a SNAP-Ed garden site. In a train-the-trainer model, you will learn the skills you need to successfully grow food and pass that knowledge back to your own staff or communities. Day 2 is an all-day garden programming workshop, where you will learn how to develop and implement a sustainable garden program and how to incorporate it into other healthy community change efforts.

Region	City	Date
Northern California	Davis/Sacramento <i>Exact location TBD</i>	April 4-5, 2018
Central Valley	Exeter	April 17-18, 2018
Southern California	Lawndale	May 1-2, 2018

[Click here](#) to register or visit the [CA SNAP-Ed Trainings and Events Calendar](#) for additional information. UC CalFresh counties may contact [MaryAnn Mills](mailto:mamills@ucdavis.edu) (mamills@ucdavis.edu) if you have any questions.

School Grants Now Available for California Schools, Deadline: April 6, 2018

Help your school become healthier with a Game On, Parents for Healthy Kids or School Breakfast grant for the 2018-2019 school year. Receive funding and technical assistance to increase physical activity opportunities, improve nutrition initiatives, engage parents in school wellness or increase breakfast participation. Learn more, and apply before the deadline on April 6, 2018. Looking for ideas or more information? Join one of the upcoming webinars listed below to learn more about each grant, get project ideas, and discover strategies for writing a successful grant:

- * [School Breakfast Grant Application Webinar](#), February 20, 2018, 1:00pm PST: Grants for 1,000-3,000 dollars fund alternative models, breakfast promotions, or family engagement.
- * [Game On Grant Application Webinar](#), February 21, 2018, 12:00pm PST: Grants for 500 or 1,000 dollars fund physical activity and nutrition initiatives.
- * [Parents for Healthy Kids Grant Application Webinar](#), February 22, 2018, 10:00am PST: Grants up to 1,000 dollars fund parents or parent groups to implement physical activity and nutrition initiatives.

For additional information, please visit: <http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants>.

2018 UC ANR Statewide Conference: *Innovation in Action*, April 9-12, 2018, DoubleTree by Hilton, Ontario, CA

Registration for the 2018 UC ANR Statewide Conference is now open! Please review the [conference program](#) and be prepared to select your sessions as well as indicate which lunches, dinners, and receptions you would like to participate in. You will also be asked to estimate your travel. This event is fully funded by ANR so be sure to book your lodging and airfare as soon as possible to receive the best rates.

Per email communication from Katie Panarella, this year, nutrition education staff (both EFNEP and UC CalFresh) can attend the ANR Statewide Conference in Ontario. UC CalFresh staff are also encouraged to check-in with their supervisor, manager, or Advisor prior to registering.

Please be sure to also carefully review information on the registration survey prior to contacting the DoubleTree hotel for reservations. To register for the 2018 UC ANR Statewide Conference, please visit: <https://ucanr.edu/survey/survey.cfm?surveynumber=23995>.

Funding Opportunity: Agriculture in the Classroom (AITC) Program, May 1, 2018

NIFA's Agriculture in the Classroom Program (AITC) serves nearly 5 million students and 60,000 teachers annually through workshops, conferences, field trips, farm tours, and other educational activities. AITC programs include working with state AITC activities engaged in a variety of issues relating to agricultural literacy. Other programs emphasized by the USDA National Institute of Food and Agriculture (NIFA) office include: science literacy; agricultural careers; nutrition; pre-service and professional development opportunities for teachers. Applications may be submitted by State agricultural experiment stations, State cooperative extension services, all colleges and universities, other research or educational institutions or organizations, Federal and private agencies and organization and individuals. [Click here](#) for additional information.

(continued on next page)

UC CalFresh, UC ANR & Partner Employment Opportunities *(continued)*

Director, UC CalFresh Nutrition Education Program State Office

This director position reports directly to the Dean or dean's designate in the College of Agricultural and Environmental Sciences at UC Davis, while maintaining close collaboration with leadership in UC Agriculture and Natural Resources (ANR). This position supervises 15-20 state-level staff and indirectly provides guidance to approximately 120 county-based educators. Responsibilities include to direct, manage, and coordinate the UC CalFresh/SNAP-Ed nutrition education program at the state level to achieve the state level goals and objectives, while assuring compliance with Federal and State guidelines and augmenting the impact of ANR Nutrition, Family, and Consumer Science (NFCS) Programs. The last day to apply is: **February 27, 2018**. For additional information, or to apply, please visit:

www.employment.ucdavis.edu/applicants/Central?quickFind=78740.

Community Education Specialist 1/2 (Two Positions Available), UCCE Santa Clara Cluster

We have two positions being advertised as either a Community Education Specialist 1 or 2 depending on the level of experience of the hired applicants. The Community Education Specialist will perform the full range of program implementation duties. Incumbent will be responsible for the coordination, management, and delivery of education to community based adults and/or youth. This includes training, guiding, and supporting volunteer extenders with education information and resources; evaluating program implementation; collecting and compiling enrollment, documentation, and evaluation data from volunteer extenders and participants; and writing reports in compliance with funding requirements. Incumbent will build and maintain an informal network of partners, align special education projects with UC approved curricula and educational materials, develop news releases and news articles, and maintain subject matter competence. This position's primary focus will be on conducting, managing, and evaluating an education program to improve the environment of the school and community. This position will promote, in all ways consistent with other responsibilities of the position, the affirmative action goals established by the Division. The last day to apply is: **March 1, 2018**. For additional information, or to apply, please visit:

jobs.ucop.edu/applicants/Central?quickFind=60915.

Community Education Specialist 2, UCCE Shasta & Trinity Counties

The Community Education Specialist 2 will perform the full range of program implementation duties. Incumbent will be responsible for the coordination, management, and delivery of education to community based adults and/or youth. This position's primary focus will be on conducting, managing, and evaluating the nutrition education program to improve the environment of the school and community. This position will promote, in all ways consistent with other responsibilities of the position, the affirmative action goals established by the Division. The closing date of this employment opportunity is **March 2, 2018**. Please visit: <https://jobs.ucop.edu/applicants/Central?quickFind=60910> for additional information regarding this opportunity.

Cooperative Extension Nutrition, Family and Consumer Sciences Advisor, UCCE Fresno & Madera Counties

The University of California Agriculture and Natural Resources division seeks a **Cooperative Extension Nutrition, Family and Consumer Sciences Advisor** to conduct a multi-county based extension, education and applied research program providing leadership to the University of California Cooperative Extension (UCCE) low-income nutrition education programs funded by the Expanded Food and Nutrition Education Program (EFNEP) and the UC CalFresh Nutrition Education program (a SNAP-Ed Program). The CE Advisor will develop research based youth programs in **Fresno and Madera Counties**. For full interview consideration, complete application packets are due no later than **Friday, April 6, 2018** from candidates who, by the hire date, will possess at least a master's degree in disciplines such as nutrition, health education, human development or a closely related field. All application packets must be submitted via email to ANRacademicsearch@ucanr.edu. Please contact Karen Ellsworth and refer to AP #18-03, to answer any questions related to this search at (530) 750-1284 or kaellsworth@ucanr.edu. For additional information, please visit: <http://ucanr.edu/Jobs/990/?jobnum=1328>.

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Lindsay Hamasaki at lmhamasaki@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 David Ginsburg, 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.



University of California
Agriculture and Natural Resources | Nutrition Education