

UC CalFresh Weekly Update March 11, 2019

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Upcoming Events & Deadlines

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						

2019 Rethink Your Drink Day Kickoff Webinar

Date: March 12th, 2019

Time: 11am Pacific

Description: The CDPH State Media & Public Relations Sections and Rescue Agency look forward to presenting a **Sneak Preview** webinar about **Rethink Your Drink Day, a Statewide Day of Action**, scheduled to take place **on May 8, 2019**. To attend this introductory webinar please [register](#) now.

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 the September Walking Towards Justice episode that explored the potential partnerships between walkability advocates and the disability rights movement.

[Register Here](#)

Child Feeding Community of Practice Webinar

Description: Information on healthy feeding practices for young children and how to answer questions on child feeding topics that may come from parents or pre-school staff, as well as a review of the 'Child's Play' lesson from Healthy Happy Families curriculum.

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

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

You will receive a confirmation email explaining how to join the meeting.

Creating Smarter Lunchrooms Course—Free until 3/15

The Smarter Lunchrooms (SLM) National Office self-paced introductory course, [Creating Smarter Lunchrooms](#), will now cost \$10 to complete—**use the discount code SMART00** (those are zeroes at the end, not letter Os) to take it for **FREE now through March 15, 2019**. [Here is the blog post](#) which gives more details.

The State Office highly encourages new staff and staff who have not yet completed this course to do so **prior to the March 15th deadline**. After March 15th, please use money allocated in your county budgets to complete the course. If you are unable to utilize county funds, please contact MaryAnn Mills (mamills@ucdavis.edu). Staff are required to complete this course prior to implementing SLM programming.

Childhood Obesity Conference Registration/Poster and Roundtable Proposals Due Dates

- * [Poster Proposals](#): Due **March 15th**
- * [Roundtable Proposals](#): Due **March 15th**
- * [Conference Registration](#): Register by **April 30** to avoid late fee

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.

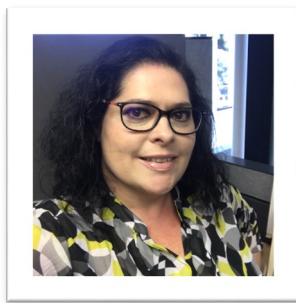
“I learned about nutritional values, how to cook, and how to understand and search for nutrition facts on foods. I [have begun] to put this into practice at home.”

—Plan Shop Save Cook Participant,
Imperial County

“I learned that I want to try new foods that would be a healthy option for my family. I would like to see more of these meeting[s].”

—Eat Healthy, Be Active Community
Workshop Participant, Imperial County

Welcome New UC CalFresh Staff!



RoseMarie Mancuso, Administrative Assistant, UCCE Shasta Cluster

RoseMarie joins the UCCE Shasta Cluster team from Southern California. She has 10 years of experience in an administrative assistant role. In her free time she enjoys hiking, gardening, and playing with her animals. You can reach her at rmancuso@ucanr.edu

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!

UC CalFresh FFY2020-2022 County/Cluster Work Plan Expectations and Deliverables Document Updated

An updated version of the UC CalFresh FFY2020-2022 County/Cluster Work Plan Expectations and Deliverables document has been posted to the UC CalFresh website on the [FFY20-22 IWP page](#). This version #3 dated 2/27/19 includes updates based on the February (2/19) Town Hall presentation feedback and questions. All updates are highlighted for easier reference. The State Office appreciates the comments and questions which have helped to improve this document.

Upcoming UC CalFresh Trainings

UC CalFresh "Building Capacity in Wellness" Training—Updated Dates

The Save-the-Date for this training is attached to the 3/14/2019 Weekly Update.

Thank you to all of you who have expressed your interest in the UC CalFresh "Building Capacity in Wellness" Training.

Concerns were expressed surrounding the original training dates coinciding with the due date for the IWP. In response to these concerns, we have decided to postpone the trainings until June, well after the IWP review process is complete.

The new dates for the trainings are as follows:

- * June 19th in Fresno, California
- * June 26th in Davis, California

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

Registration: An updated registration link will be sent out in mid-March. Please reach out to Melanie Gerdes magerdes@ucdavis.edu if you have any questions or concerns.

UC CalFresh in Action!

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.

Research & Articles

Eating healthy on a limited budget is possible, but any cuts in SNAP or rise in food costs make it harder

Author: Pamela Kan-Rice

The affordability of healthy food is often cited as a barrier to low-income families eating nutritious meals. A new [study](#) published in the [Journal of Nutrition Education and Behavior](#) found that with menu planning and access to stores selling items in bulk, the average daily cost for serving healthy meals to a family of four was \$25 in 2010 dollars. This cost was consistent with the US Department of Agriculture (USDA) low-income cost of food meal plan, but higher than the cost of the USDA Thrifty Food Plan. The Thrifty Food Plan is the meal plan used by the USDA to determine food assistance benefits.

“This study determined the likelihood that families living in low-income households could create meals that meet the USDA dietary guidelines presented in MyPlate nutrition education materials,” said lead author Karen M. Jetter, Ph.D., of the UC Agricultural Issues Center, which is part of UC Agriculture and Natural Resources. “In addition to food cost, the other factors considered were access to stores, time for meal preparation, and whether the menus included culturally appropriate foods.” Jetter also cautioned that any reduction in SNAP, the federal Supplemental Nutrition Assistance Program for people with qualifying low incomes, or increase in food costs would make it hard for economically vulnerable families to eat healthy foods.

This research was part of a larger study to train community members in research methods using community-based participatory research principles.



With menu planning and access to stores selling items in bulk, Karen Jetter of the UC Agricultural Issues Center found the average daily cost for serving healthy meals to a family of four was \$25 in 2010 dollars.

This project was conducted in collaboration with Northern Valley Indian Health, Inc, and the Mechoopda Indian Tribe of Chico Rancheria where 88 percent of the population surveyed lived in households with an income of less than or equal to \$35,000 a year. The menus were created to feed a household with a father, mother, and children ages 7 and 10 with foods the Mechoopda Indian Tribe community liked to eat, met USDA guidelines for healthy eating, and had realistic portions. Menus did not rely on processed foods to reduce the amount of fat and salt in the family diet, were varied so the family would not become bored eating the same foods, did not always require hot meal preparation, and were affordable.

By working closely with the Mechoopda Indian Tribe community researchers, two-weeks of daily menus were developed using meal plans provided by the Mechoopda Indian Tribe community. Although these plans did not meet the nutritional guidelines every day, all categories achieved the recommended levels on average at the end of a two-week period. “These menus showed that a healthy diet on a budget was achieved by balancing daily targets over two weeks, not every day. This focuses healthy eating on balance rather than being deprived,” said Jetter.

Once the menus were determined, the Mechoopda Indian Tribe community researchers visited 13 grocery stores in Chico to ascertain menu costs. The stores visited were within a 10-minute car ride of 76 percent of the Mechoopda Indian Tribe members and were classified as bulk supermarket, general supermarket, discount market, or specialty market such as a local co-op.

Both bulk and general supermarkets had the highest availability of the items needed for a two-week shopping list, whereas specialty and discount markets lacked as many as 52 of the items needed. Bulk and discount market baskets had the lowest average daily cost of \$25, while the specialty market had the highest average cost of \$39 per day. One limitation of the study was the focus on the actual cost of food without considering transactional costs such as the time needed to plan menus, develop shopping lists, research store advertisements, and travel to the bulk supermarket that offered the lowest cost. All of these factors influence a family's ability to sustain a healthy eating plan.

“This research demonstrates that menus that meet USDA guidelines can be purchased by a family of four when shopping at a bulk supermarket, but any reduction in SNAP benefits or increase in food costs would make it difficult for these economically vulnerable families to maintain a healthy lifestyle,” stressed Jetter.

This project was part of a larger project funded by a National Institutes of Health grant. This article can be found on the UC ANR [Food Blog](#).

Education & Resources

Engaging Older Adults with EatFresh.org Webinar, Leah's Pantry

Date/time: 3/21/19, 10:00 – 10:45 AM

Title: Engaging Older Adults with EatFresh.org

Format: Webinar

Registration: [Here](#)

More information: <http://www.leahspantry.org/what-we-offer/training-capacity-building/webinar-trainings/>



School Grants for Healthy Kids

Despite wanting to do what's best for students' health and academic success, many schools lack the necessary resources to implement health and wellness practices that help students eat better, stay physically active and be better prepared to learn. But thanks to our sponsors, Action for Healthy Kids has provided \$8.7 million in grants to schools since 2009 to help them accomplish their student wellness goals. [Sign up for the Action for Healthy Kids emails](#) to stay up to date and find out how schools are putting their grants to work. New to this year, all of the Action for Healthy Kids grant-funded schools will be automatically enrolled as an [Active Schools](#) Champion. Champions will be able to learn more about the Active Schools movement and will gain access to free resources to help keep kids active.

See the [Action for Healthy Kids website](#) for deadlines and steps to apply for **Game On Grants**, **School Breakfast Grants**, and **Parents for Healthy Kids Grants**.

Systems Approaches for Healthy Communities Web-based PSE training is available again!

Systems Approaches for Healthy Communities (SAHC) is a web-based training from the University of Minnesota (UMN) Extension designed to help professionals effectively apply policy, systems and environmental change (PSE) approaches to their work.

Five interactive, self-paced, online modules are the primary source of content with material presented through activities, examples, stories, reflection questions and interactive exercises. Viewed individually or in groups, it is best to complete all five 50-60 minute modules within a flexible 4-6 week period.

Facilitated discussions following the modules is an essential part of the program's success. It helps staff reflect on relevant program content and consider ways to apply strategies to strengthen their PSE work. UMN recommends discussion sessions led by PSE supervisors or team leader within each local agency. Agencies that are not able to facilitate their own discussions can participate in a series of virtual sessions led by the California SNAP-Ed Statewide Training Team.

Interested? Complete the form at [Survey Monkey](#)

Need more information? [CA Snap Ed Training](#)

SNAP-Ed Training Scholarships

Would you like to improve your ability to facilitate group communication? SNAP-Ed Training Scholarships to attend ToP Facilitation Methods courses are now available to SNAP-Ed LIA staff. Applications to participate in one of seven publicly offered courses are accessible on the SNAP-Ed Training and Events Calendar. Current training dates and locations include:

- * Sacramento: May 7–9, 2019, September 10-12, 2019
- * Oakland: March 7–8, 2019, May 22-23, 2019, July 18-19, 2019, August 21-22, 2019
- * Long Beach: March 28-29, 2019

For More Information: [CA Snap Ed Training](#)

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 apply, visit ActionforHealthyKids.org/Grants / For questions, email schoolgrants@actionforhealthykids.org

Education & Resources *(continued)*

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/>



CONNECT WITH UC CALFRESH ON SOCIAL MEDIA!



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at eeegelski@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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