

## UC CalFresh Weekly Update March 18, 2019

### Contents

#### Upcoming Events & Deadlines

- \* Memorandum of Understand (MOU) Process—Presentation by UCOP
- \* Engaging Older Adults with EatFresh.org Webinar, Leah's Pantry
- \* Childhood Obesity Conference Registration/Session Descriptions

#### UC CalFresh Success Stories

- \* Plan Shop Save Cook Participant, Kings County
- \* Eat Smart, Live Strong Participant, Alameda County

#### Welcome New UC CalFresh Staff

- \* Emily Dimond, Community Educator, UCCE San Luis Obispo & Santa Barbara

#### UC CalFresh Website Updates

- \* Integrated Work Plan (IWP) Updates and March 26 Office Hours
- \* Branded Materials and Templates

#### Upcoming UC CalFresh Trainings

- \* UC CalFresh "Building Capacity in Wellness" Training—Updated Dates

#### UC CalFresh in Action!

- \* Encouraging Families to Use Positive Reinforcement Techniques, UCCE Kings County
- \* Nominate a Star! UC ANR Staff Appreciation and Recognition (STAR) Awards

#### Smarter Lunchrooms Movement of California

- \* The Smarter Lunchrooms Movement of California *Monthly Nudge*
- \* Digital Food Pictures for Educators

#### Education & Resources

- \* USDA announces "Start Simple with MyPlate" initiative during National Nutrition Month
- \* School Grants for Healthy Kids
- \* Systems Approaches for Healthy Communities Web-based PSE training is available again!
- \* SNAP-Ed Training Scholarships
- \* Action for Healthy Kids—School Grants for Healthy Kids
- \* Rethink Your Drink Day, May 8th

### Upcoming Events & Deadlines March 2019

SUN	MON	TUE	WED	THU	FRI	SAT
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31						

#### Memorandum of Understand (MOU) Process—Presentation by UCOP

**Description:** Ryan Harms, Principal Analyst for Administrative Policies and Business Contracts (UCOP) will be joining the EFNEP Advisor and Supervisor monthly call to provide a presentation on the Memorandum of Understanding (MOU) process.

*The presentation will cover:*

- The purpose of an MOU
- When to use an MOU
- Roles and responsibilities
- An explanation of resources available online through the ANR webpage: [https://ucanr.edu/sites/anrstaff/Administration/Business\\_Operations/Controller/Administrative\\_Policies\\_-\\_Business\\_Contracts/Memoranda\\_of\\_understanding\\_and\\_other\\_business\\_contracts/](https://ucanr.edu/sites/anrstaff/Administration/Business_Operations/Controller/Administrative_Policies_-_Business_Contracts/Memoranda_of_understanding_and_other_business_contracts/)
- And time for Q and A

Please consider joining us. **UC CalFresh Supervisors and Advisors are welcome to participate.**

**Day/Time:** Tuesday, March 19th, 10:30 am-11:30 am

**Zoom:** <https://ucanr.zoom.us/j/115971166>

**Phone:** +1 408 638 0968

**Meeting ID:** 115 971 166

#### 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/>



#### Childhood Obesity Conference Registration/Session Descriptions

- \* [Conference Registration](#): Register by **April 30** to avoid late fee

This year, sessions are packed with innovative information, research and practical tools to help inform your efforts to reduce childhood obesity rates in your community and across the nation as a collective.

For a list of session descriptions, click [here](#). Keep checking back as more sessions are confirmed!

## 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 enjoyed this class because it help me to cook healthier for my family. I leaned how to read the nutrition facts label and the ingredients carefully, I now have more options for cooking good and healthy."

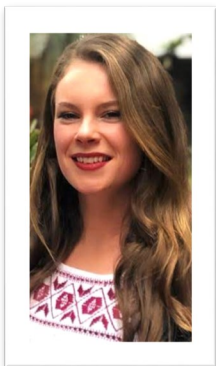
—Plan Shop Save Cook Participant,  
Kings County

"I'm glad I came to the class because I learned quite a lot about nutrition and preparing of various foods. The recipes given are also helpful."

—Eat Smart, Live Strong Participant,  
Alameda County

## Welcome New UC CalFresh Staff

### Emily Dimond, Community Educator, UCCE San Luis Obispo & Santa Barbara



UC CalFresh SLO and SB welcomes Emily Dimond to their team! Emily was born and raised in Davis, CA and earned her B.S. in Nutrition at Cal Poly, San Luis Obispo. After graduation she worked as a Community Health Specialist and Volunteer Coordinator for the United States Peace Corps in Paraguay from 2015 – 2018. Her experience in Paraguay cultivated her passion for nutrition education, youth leadership, and work with diverse cultures. "I am excited to contribute to UCCE's commitment to supporting low-income communities through nutrition education. I believe that practicing healthy lifestyle habits can be empowering in all dimensions of wellness. In my experience, the act of cooking healthy foods with limited resources can be challenging, yet exciting and satisfying when creativity is unleashed used in the kitchen!"

## UC CalFresh Website Updates

### Integrated Work Plan (IWP) Updates and March 26 Office Hours

#### FAQ Document

February and March IWP Office Hours recordings and slides as well as FFY20-22 IWP Frequently Asked Questions (FAQ) can be viewed at the following location: <https://uccalfresh.ucdavis.edu/admin/program/FFY20-22IWP>

#### Office Hours

Our next IWP Office Hours will be **March 26<sup>th</sup> – 1-2pm**.

Please continue to send your questions on the IWP & SNAPshot to your county lead and copy Andra Nicoli ([amnicoli@ucdavis.edu](mailto:amnicoli@ucdavis.edu)) so that they can be added to the FAQ's and discussed at our next office hours! Given that the March 26<sup>th</sup> Office Hours is the last "office hours" before your April 2 submittal of the FFY20-22 IWP, our intention is to try to leave most of this time for dialogue and discussing any new FAQ's that come to our attention.

**Tuesday, March 26th IWP Office Hours** call-in information for this meeting is below:

Step 1: Dial-In

U.S. Toll: 303.248.0285

Access Code: 7544137

Step 2: Web Login

<https://cc.readytalk.com/r/8ipixly3eoub&eom>

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

## Branded Materials and Templates

Please note that the UC Certificate of Participation, along with other relevant items, have been updated on the UC CalFresh site with our new Director's (Kamaljeet Singh-Khaira) name/signature.

Home → Administrative → UC CalFresh Program Administration → [Branded Materials and Templates](#)

As a reminder, always visit the [UC CalFresh website](#) to get the newest version of documents and forms before printing.

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## 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.*

**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](mailto:magerdes@ucdavis.edu) if you have any questions or concerns.

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## UC CalFresh in Action!

### Encouraging Families to Use Positive Reinforcement Techniques, UCCE Kings County

UC CalFresh Adult Educator, Maria Carbajal, is utilizing Healthy Happy Families to provide knowledge and skills to parents on how to support positive behaviors among their children. In lesson 2, Encouraging Positive Behaviors, parents learned to understand the importance of using words instead of food to reward their children for good behavior. Parents also learned how to encourage positive behaviors by creating a positive reinforcement jar. A positive reinforcement jar has popsicle sticks in it that have activities written on them, from which the kids can select when they demonstrate good behavior. Some activities included were creating memory books, art & crafts, going to the park, family movie night, new board game, or a new book. The purpose of this jar is to reinforce children's good behavior in a fun and creative way! Most importantly it involves both the parent and child!

A parent in the class shared her experience with using the jar activity at home, "I have been using this activity with my children at home. I like how I can use the jar to reward positive behaviors with all my children at home including my older children. This motivates my children to do their chores around the house and it also makes them excited because they get to choose a positive reward." Many parents noticed a positive change in their children's behavior and found family time as an additional benefit. Overall, parents were very appreciative to gain knowledge and skills on how they can motivate their children to behave while rewarding them with a positive reinforcement.



## 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 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. 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](mailto:humanresources@ucanr.edu). STAR Awards will be celebrated during an ANR recognition event at the Second Street building in Davis on June 18, 2019.

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## 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](mailto: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](http://HealthyEating.org/FoodGallery).

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## Education & Resources

### USDA announces “Start Simple with MyPlate” initiative during National Nutrition Month

Secretary of Agriculture Sonny Perdue launched the Start Simple with MyPlate initiative with a [new video](#) emphasizing the importance of good nutrition. This initiative is about focusing on simple ways to improve one’s food choices from each of the five MyPlate food groups.

They have some [new resources, including a Start Simple with MyPlate tip sheet, MyPlate plan menu template and the Start Simple with MyPlate toolkit for professionals](#). Check them out and try focusing your social media for March on the core messages. And be sure to use hashtag **#StartSimplewithMyPlate** to share your simple tips and join the conversation!

### 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: 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](#)

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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 apply, visit [ActionforHealthyKids.org/Grants](http://ActionforHealthyKids.org/Grants) / For questions, email [schoolgrants@actionforhealthykids.org](mailto:schoolgrants@actionforhealthykids.org)

### Rethink Your Drink Day, May 8<sup>th</sup>

[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/>

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## CONNECT WITH UC CALFRESH ON SOCIAL MEDIA!



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### 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](mailto: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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