

UC CalFresh Weekly Update March 25, 2019

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March 2019

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Integrated Work Plan (IWP) Office Hours

Our next IWP Office Hours will be **March 26th – 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! The March 26th Office Hours is the last "office hours" before your April 2 submittal of the FFY20-22 IWP, so 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:

Step 1: Dial-In

U.S. Toll: 303.248.0285

Access Code: 7544137

Step 2: Web Login

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

Display of "And Justice for All" poster (vs AD-475-B)



Supplemental Nutrition Assistance Program (SNAP) and Food Distribution Program on Indian Reservations (FDPIR) Offices (AD-475B PDF)

This is the Supplemental Nutrition Assistance Program (SNAP) and Food Distribution Program on Indian Reservations (FDPIR) version and should be posted in SNAP and FDPIR offices.

Please display the "And Justice for All" poster (version AD-475-B) whenever and wherever

SNAP-Ed services/education/interventions are provided.

This is a UC CalFresh Program Directive No. 2018-05 and is articulated in the FFY2019 [SNAP-Ed Guidance](#) (pg 69) and the [UC CalFresh Lesson Observation Tool](#) #7. You may recognize this poster as the 'blue version'. If a site displays another version of the poster to meet other requirements, the *AD-475-B version must be displayed concurrently* to meet our SNAP-Ed requirement. All "And Justice for All" posters must be displayed in a specific size: 11" width x 17" height.

A digital copy of the poster can be found on the [USDA-FNS website](#). **If you have any questions, please contact your county lead.**

Childhood Obesity Conference Registration/Poster Session Application Deadline Extended

- * [Conference Registration](#): Register by **April 30** to avoid late fee
- * [Poster Session](#) deadline: **extended** to March 29th, 11:59 pm

UC CalFresh Success Stories

Please note that success stories are no longer reported through the online data entry portal. Entries from the PEARS Success Story module will be used to inform this section on the Weekly Update.

"[This class] has opened my eyes to more options on how to eat and drink healthier, feed my children healthier snacks and healthier breakfasts, lunches, dinners. I will definitely be checking all the labels on all the food items I buy, and the drinks as well."

—Eating Smart, Being Active Participant,
Alameda County

"[This class] has helped me a lot. We eat plenty of spinach at home now. I freeze my tomatoes & chiles. I use less salt. I motivate my daughter to eat more vegetables. My husband eats a lot of meat. I'm swapping it out for fish and chicken breast."

—Plan Shop Save Cook Participant,
Imperial County

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

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

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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.

Evaluation Resources - UC CalFresh Physical Activity Focused Evaluation Tools and Results Webinar

This webinar held on January 16, 2018 and presented by Angie Keihner and Michele Byrnes reviews (1) the new UC CalFresh physical activity (PA) surveys available for pilot testing in FFY 2019 (Adult PA survey, PA TOT, and PA ITCs), (2) the PA evaluation tools available to help build capacity and assess PSE efforts (CATCH Lesson Observation Tool and PA TOT for CATCH; Stencil Assessment and Tip Sheet for playground stencil projects), and (3) highlights FFY 2018 PEARS program activity results for CATCH and FFY 2017 stencil evaluation findings as well as lessons learned.

[Slides](#) | [Webinar](#)

Upcoming UC CalFresh Trainings

April 2nd PEARS Office Hours Cancelled

Due to competing priorities and particularly with the FFY 2020-2022 IWP deadline of April 1st, the State Office has decided to cancel the next PEARS Office Hours scheduled for April 2nd from 1-2pm.

Please feel free to call or email **Jennifer Quigley** (jaquigley@ucdavis.edu), **Barbara Mknelly** (bmknelly@UCDAVIS.EDU), or **Angie Keihner** (akeihner@ucdavis.edu) if you have any questions related to PEARS.

EatFit Curriculum Delivery – Question & Answer Session

Description: Marcel Horowitz, *EatFit* co-author, will respond to your questions during this open-format webinar. Please enter your *EatFit* questions at <http://ucanr.edu/survey/survey.cfm?surveynumber=27091>

Date: Apr 18, 2019 at 2:00 PM

Register in advance for this meeting:

<https://ucanr.zoom.us/meeting/register/d4454a15d07ef5e5c5b9141539e44ee6>

After registering, you will receive a confirmation email containing information about joining the meeting.

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 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 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. 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.



Articles & Research

2019 County Health Rankings Released

A collaborative project of the University of Wisconsin Population Health Institute (UWPHI) and the Robert Wood Johnson Foundation (RWJF), the annual [County Health Rankings](#) show that where you live influences how well and how long you live. The Rankings allow counties to compare their neighbors in each state on more than 30 factors - such as severe housing cost burden rates and children in poverty - and help communities move with data to action to build a Culture of Health together in new and creative ways.

Education & Resources

FFY17 2015-2020 Dietary Guidelines: Current Controversies in Nutrition, UC Davis/UC ANR Expert Webinar Recordings

- * [Individual Factors](#)
- * [Sodium](#)
- * [Fats](#)
- * [Dairy](#)
- * [Paleo Diet](#)

FDA Creates Menu Labeling Resource

The U.S. Food and Drug Administration (FDA) has launched a website [Calories on the Menu - Information for Consumers](#). The information focuses on areas where there are gaps in consumer understanding and use of nutrition information, such as the number of calories that are needed in a day. In addition to calorie needs, consumers can learn more about how to find calories on the menu, on grab-and-go items, and on salad bars and how to use this information to make choices that are right for them and their families.

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:

- * 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](#)

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 / 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/>

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 eegelski@ucdavis.edu to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of Kamaljeet Singh-Khaira, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.org/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh and Nutrition Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.



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