

## UC CalFresh Weekly Update March 4, 2019

### Contents

#### Upcoming Events & Deadlines

- \* PEARS Office Hours
- \* March is National Nutrition Month
- \* Do not order T-shirts and Tablecloths with Current UC CalFresh Logo

#### UC CalFresh Success Stories

- \* Eating Smart Being Active Participant, Alameda County
- \* Plan Shop Save Cook Participant, Placer County

#### UC CalFresh Website Updates

- \* Nutrition Update Webinar - February recording now available
- \* Integrated Work Plan (IWP) Updates
- \* UC CalFresh FFY2020-2022 County/Cluster Work Plan Expectations and Deliverables Document Updated

#### Upcoming UC CalFresh Trainings

- \* UC CalFresh "Building Capacity in Wellness" Training—Updated Dates
- \* Child Feeding Community of Practice Webinar
- \* Building Capacity in School Wellness Training—Save the Date

#### UC CalFresh in Action!

- \* Nominate a Star! UC ANR Staff Appreciation and Recognition (STAR) Awards

#### Smarter Lunchrooms Movement of California

- \* Creating Smarter Lunchrooms Course—Free through March 15th
- \* The Smarter Lunchrooms Movement of California *Monthly Nudge*
- \* Digital Food Pictures for Educators

#### Articles & Research

- \* Data maps the impact of where a child grows up

#### Education & Resources

- \* Systems Approaches for Healthy Communities Web-based PSE training is available again!
- \* SNAP-Ed Training Scholarships
- \* Childhood Obesity Conference Registration/Poster and Roundtable Proposals Due Dates
- \* America Walks Monthly Webinar Series
- \* 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
					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						

#### PEARS Office Hours

The next PEARS office hours are scheduled

**Date:** March 5, 2019

**Time:** 1:00 – 2:00pm.

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

#### 1. PEARS Q1 Review

- Purpose of the review
- What data is included in the review
  - Edits and modifications needed
- How to use the information
- Next review period Q2

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

#### 2. Review FFY18 SNAPshot

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

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

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

<https://cc.readytalk.com/rfjz3rvc3f8szk&com>  
**Dial-In Number(s):** U.S. Toll: 303.248.0285  
**Access Code:** 7544137

#### March is National Nutrition Month

Use the USDA's free SNAP resources, such as the below, in your nutrition education efforts!

#### Explore New Foods Resources

- [Seasonal Produce Guide](#)
- [Cooking with Young Kids](#)
- [Cooking with Older Kids](#)
- [Tips for a Choosy Eater](#)
- [Recipes](#)



#### Do not order T-shirts and Tablecloths with Current UC CalFresh Logo

Please do not order current UC CalFresh logo items such as t-shirts and tablecloths, as name and logo artwork changes will be happening as part of the re-branding launch in the spring.

## UC CalFresh Success Stories

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

"I look forward to implementing healthier eating... keeping healthier food choices available, and encouraging my kids to eat more fruits and vegetables.

—Eating Smart Being Active Participant,  
Alameda County

"I appreciated delving into the nutrition labels. After the first session, I've begun using the grocery lists and meal planning. As of now, we will be paying more attention to nutritional value than price value."

—Plan Shop Save Cook Participant,  
Placer County

## UC CalFresh Website Updates

### Nutrition Update Webinar - February recording now available

The February Nutrition Update Webinar recording has been posted on the UC CalFresh website at <https://uccalfresh.ucdavis.edu/trainings/trainings-and-presentations>

## 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 —>

### 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 12<sup>th</sup> – 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](mailto: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

An updated registration link will be sent out in mid-March. Please see the attached Save-the-Date. Please reach out to Melanie Gerdes [magerdes@ucdavis.edu](mailto:magerdes@ucdavis.edu) if you have any questions or concerns.

### Child Feeding Community of Practice Webinar

**Description:** This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn about resources. We will also review teaching the 'Child's Play' lesson from the Healthy Happy Families curriculum.

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

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

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

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

### Building Capacity in School Wellness Training—Save the Date

**Description:** The UC CalFresh State Office, Public Health Institute Center for Wellness and Nutrition, and UC Davis Center for Nutrition in Schools are holding a workshop focused on building UC CalFresh staff capacity related to school wellness policy and school wellness initiatives. By the end of this workshop, participants will be able to:

- Describe the benefits of school wellness strategies on academic performance and student health
- Explain how UC CalFresh initiatives connect to the FNS and USDA's Final Rule on Local School Wellness Policy
- Demonstrate ability to facilitate prioritization and action planning exercises for school wellness policy implementation
- Identify how the Local Control and Accountability Plan (LCAP) can assist in funding portions of district action plans

**Tentative Dates**—The trainings will tentatively be held on the following dates:

- \* March 27th in Davis, California
- \* April 3rd in the Central Valley, California

**Registration:** Will be released soon

### 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](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.

---

## 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).



### Creating Smarter Lunchrooms Course—Free through March 15th

The Smarter Lunchrooms National Office self-paced introductory course, [Creating Smarter Lunchrooms](#), will now cost **\$10 to complete**. However, use the discount code **SMART00** (those are zeroes at the end, not letter Os) to take it for **FREE now through March 15, 2019**. Please note that this discount code expires on March 15. [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 15<sup>th</sup> deadline**. After March 15<sup>th</sup>, 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](mailto:mamills@ucdavis.edu)) and she will work with you to ensure funding is available for the training.

As a reminder, staff are required to complete the Creating Smarter Lunchrooms course prior to implementing Smarter Lunchrooms Movement programming. Additionally, the course is a requirement for staff to become Certified Technical Advising Professionals (TAPs). Please see the pathway, below, for the TAP certification process.

### SLM of CA TAP Certification Process



### 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).

---

## Research & Articles

### Data maps the impact of where a child grows up

Using data from the U.S. Census Bureau and the Internal Revenue Service, the *Opportunity Atlas* provides insight into how early childhood experiences influence income over a lifetime. The *Opportunity Atlas* allows users to interactively explore data on children's outcomes into adulthood for every Census tract in the United States. This can inform local efforts to build equitable, prosperous, and healthier communities.

See where and for whom opportunity has been missing, and learn how this data can help develop local solutions to help more children rise out of poverty.

[Read more](#)

---

## Education & Resources

### 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](#)

### Childhood Obesity Conference Registration/Poster and Roundtable Proposals Due Dates

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

Upcoming Conference Dates and Deadlines

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

### America Walks Monthly Webinar Series

#### Stronger Together: Partnering with the Disability Rights Movement

*Date:* March 13, 2019

*Time:* 11am Pacific

*Description:* This webinar will continue on our September Walking Towards Justice episode that explored the potential partnerships between walkability advocates and the disability rights movement. Learn how communities are becoming more inclusive and accessible and tools and resources to do the same. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic.

[Register Here](#)

### 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)

(continued on next page)



---

## Education & Resources *(continued)*

### 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/>



---

#### 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>.

---

*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