

UC CalFresh Weekly Update March 5, 2018

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Upcoming Events & Deadlines

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

3/5-3/9/18 Food Waste Prevention Week

Please refer to the "Education & Resources" section on page 10 of this edition of the UC CalFresh Weekly Update for additional information and resources on Food Waste Prevention Week.

3/20/18 UC CalFresh Town Hall Webinar, 12:30-2:00pm

Please save the date for the 3/20/18 UC CalFresh Town Hall Webinar! The UC CalFresh Town Hall Webinar is scheduled from 12:30-2:00pm. Additional information regarding this Town Hall Webinar will be forthcoming.

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 only 2 sets available on a first-come-first-served basis.** These sets are offered "as is." Please contact **Rolando Pinedo** at rpinedo@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>.

"I read the nutrition facts now, eat on a smaller plate, do not use lard, [and] drink fat free milk."
—Plan, Shop, Save, and Cook Participant,
Imperial County

"I've learned comparing prices more at different locations can save my wallet big time. Even \$10 is worth the time at the end of the day."
—Plan, Shop, Save and Cook Participant,
Santa Clara County

Welcome New UC CalFresh Staff!

This feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a brief introduction and photo to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.



Yesenia Medrano, Community Education Specialist 2, UCCE Tulare/Kings Counties

Tulare/Kings County welcomes Yesenia Medrano. Yesenia earned her Bachelor's Degree in Public Health-Community Health Option from California State University, Fresno. Her passion for making a difference in her community encouraged her to pursue her education in the community health field. Over time, she gained nutritional education and community outreach experience by volunteering as a Master Education Extender at UCCE Fresno County and Food Link Tulare County. She's had the opportunity to educate her community on the resources they have available in their county to make healthier food choices. In her spare time, she enjoys going on hikes, bike rides, and camping. Yesenia can be reached at yesmedrano@ucdavis.edu.

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 jlazulai@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

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.

UC CalFresh Annual Report

* FFY 2017 UC CalFresh Annual Report & County Profiles Now Available Online

The FFY 2017 UC CalFresh Annual Report and County Profiles are now available for viewing on the UC CalFresh website: <http://www.uccalfresh.org/administrative/nutrition-education-plan>. Electronic copies of the FFY 2017 County Profiles can also be downloaded [here](#).

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. The deadline to register for this training has been extended to Tuesday, March 6th.**

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.

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

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

Americans waste enough food every day to fill a 90,000 seat football stadium. Approximately one-third of all food is wasted at the retail and consumer levels. While research has shown that food wasted by children is similar to the rest of the U.S. population, there are many ways schools can reduce food waste and teach students about the impact it has on the environment and in their community. 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>. **Pre-registration for this webinar is required.** Please contact MaryAnn Mills (mamills@ucdavis.edu) if you have any questions.

UC CalFresh in Action!

'Fresh Grub' has kids tasting different fruits and vegetables, UCCE Fresno/Madera Counties

Getting kids to eat their fruits and vegetables is no easy task. So [on February 28], Fresno Unified kicked off a "Fresh Grub" campaign where students are introduced to new produce. Nearly two hundred students at Calwa Elementary School took part in a taste test on Wednesday afternoon. The sampling of a new kind of produce is part of Fresno Unified's "Fresh Grub" initiative. "So the idea is [to] try to expose kids to new fruits and vegetables in ways they may not have seen them before to get them [to want to] eat them a little bit more and be healthier," said Elizabeth Jonasson Rosas, Fresno Unified. On the menu for this group of students was jicama. The vegetable looks like a potato and kind of tastes like an apple. Students tried it plain and with a touch of lemon and for many, it was a first. "Umm, yeah. I've never tasted it before. It tasted like an apple but it had more flavor in it. It was the lemon," said David Arelano, Student.

Fresno Unified is working with UC CalFresh to get locally grown produce to schools in the Central Valley. The connection will have Fresh Grub introducing different kinds of fruits and vegetables to students. "That was one of the reasons why we wanted to try this out as well. It is going to give us an idea, a foundation of if these foods will be popular with the students or not when they roll them out at the schools," said **Karina Macias**, UC CalFresh. UC CalFresh and Fresno Unified are cooking up different ideas on how to serve jicama. Students could soon be eating it as tacos or French fries in the school cafeteria. "It is always an amazing experience to see kids try something for the first time because they are really honest with how they feel. And they really are excited about trying new things and it is really great to get that feedback from them," said Elizabeth Jonasson Rosas, Fresno Unified. [Read full article.](#)



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.

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UC CalFresh in Action! *(continued)*

Kohn Cobras Learn to Dig, Plant, & Grow!, UCCE Tulare/Kings Counties

Frank Kohn Elementary School joined forces with UCCE UC CalFresh and Master Gardener program to promote healthy eating and nutrition education within the school. UC CalFresh Nutrition Educator, [Marina Aguilera](#) and Master Gardener, Mrs. Beck, worked with Mrs. Lardner and Mrs. Munk to start a school garden at their site. The school began planting on February 22, 2018 just in time for students to watch vegetables grow before the end of the school year. The students planted rainbow carrots, radishes, marigolds, lettuce, and orange carrots. Mrs. Lardner's second grade class and Mrs. Munk's kindergarten class jumped with joy as they learned that they would be planning vegetables at their new school garden. Nutrition Educator, Marina Aguilera taught the students the important nutrients that a plant needs to successfully blossom. With the guidance of Mrs. Beck, the students learned how to properly plan their vegetables into their garden. Each student had the opportunity to make five holes in their section and placed two seeds in each hole. The students shouted, "I love playing with dirt!" as they planted the seeds they were given. Students also had the opportunity to learn about the two different types of mints—spearmint and chocolate mint. Students used their sense of sight, smell, and hearing which engaged their interest further.

The goal is to use the school garden to engage students to learn the importance of nutrition and health. Students learn responsibility by maintaining their garden so that the soil is ready for vegetables to grow. Within the next few weeks, students will also learn about agriculture and will have the opportunity to watch their Marigolds and vegetables grow!



SNAP-Ed: It's a life changer

In January, more than 600 Supplemental Nutrition Assistance Program—Education (SNAP-Ed) professionals across California gathered in Sacramento for the SNAP-Ed Local Implementing Agency Forum. This two-day annual gathering celebrates SNAP-Ed work, offers a platform to share lessons learned, and provides training opportunities. The 2018 theme was: "**Building Power through Stories of Change**". During one of the plenary sessions, **Stories of Change: Voices from the Community**, we heard directly from participants about their struggles to achieve good health in difficult situations—where time and money are limited. Listening to SNAP-Ed participants' stories of life changing experiences in health and fitness was captivating. However, one thing was clear—it all began with first steps: *deciding* to change, *walking* into a SNAP-Ed class, *bonding* with a compelling educator. These often invisible steps are needed to make enduring change. The stories solidified the importance and impact of SNAP-Ed in the community. The SNAP-Ed LIA Forum also showcased county work through a poster session. During this time, we heard UC CalFresh Nutrition Education Program educators and administrators discuss their work along with their SNAP-Ed colleagues. The level of commitment and collaboration that is occurring every day across the state was compelling. Here are just a couple UC CalFresh stories:

- * **Creating CHEFs:** In Stanislaus County, 4 percent of low-income families are food insecure. The United Way, UC CalFresh Nutrition Education, Second Harvest Food Bank, and Caswell and Bret Hart elementary schools worked together to find ways to increase elementary school students and their families' access to and consumption of healthy food and beverages. They created the CHEF program; CHEF stands for Cooking, Healthy Eating & Food. Participants help prepare meals during nutrition education classes. They take home ingredients to make the recipe for their families at the end of each 4- to 6-week series. The classes teach families about MyPlate and how to make long-term healthier choices by reading labels, exercising portion control, and shopping on a budget. CHEF also provides more than 340 children in the two afterschool programs with 18-pound bags of food twice per month. From 2016 to date, 197 adults participated in nutrition education classes. More than 200,000 pounds of healthy food were provided to Stanislaus County families.
- * **Stepping it up:** In Tuolumne County, the UC Cooperative Extension Central Sierra region helped start the "Tuolumne: Step It Up" campaign across the school district. Thirty percent of the population in Tuolumne County is overweight or obese. The UCCE staff considered how to assist in reducing this statistic and provide a model for a simple way to achieve a healthier lifestyle. UC CalFresh, Tuolumne County Schools, County Public Health, and the Local ATCAA Food Bank invited school staff to form teams at their schools for a six-week competition, logging their steps along the way. The competition ran from April 6, 2017 to National Walking Day, May 17, 2017. The data were captured through online spreadsheets and emailed weekly by a designated team captain. The 'Step It Up' competition garnered significant community support. Local businesses donated prizes for winning staff, which were presented at school-wide assemblies with certificates for each participant. Students contributed to their step count through recess walks "walk-and-talk" roving lectures, or school-wide walking mornings. With five teams and over 180 participants, the steppers collectively walked 25,081 miles. The winning school was acknowledged by their district school board and have enacted a policy dedicating time every Wednesday morning to walk as a school.

As members of the community, UCCE educators and staff lead the way to build resources that establish healthy lifestyles where they live and serve. Ultimately, their daily work is building the capacity for local institutions and leaders to make a long lasting difference. Hats off to all of you, your partners, and community members—your efforts make SNAP-Ed a life changer! [Read full blog article.](#)

UC CalFresh in Action! *(continued)*

UC CalFresh and 4-H Partner to Develop a Generation of Student Chefs & Provide Elementary School Students with Culinary Opportunities, UCCE Butte County Cluster

Over the past 20 years, the frequency of family dinners has significantly declined even though research has shown that children who share family dinners three or more times per week are less likely to be overweight and more likely to perform better academically, eat healthier foods, and have better relationships with their parents. Thus, educating students how to choose, prepare, and cook healthy foods is a priority for the UC CalFresh Nutrition Education Program and the 4-H Youth Development Program (YDP) in Sutter and Yuba Counties. Food preparation skills are often overlooked, but they are important for children to learn in order to maintain good health.



In FFY17, UC CalFresh partnered with the Sutter-Yuba 4-H to submit a proposal to implement a Teens-as-Teachers (TAT) program. The TAT model provides extended learning opportunities and allows teens to learn, lead, and serve their community. The proposal was approved and awarded to implement the program in three schools within two counties. Five teens traveled to UC ANR (Davis) for a Statewide TAT Training. In addition, seven teens participated in a full-day training hosted locally by the UC CalFresh and Sutter-Yuba 4-H. These trainings aimed to educate teens on the basic skills of food preparation, selection, safety, and science, as well as to prepare them to work with elementary school students. During the trainings, teens learned culinary techniques, behavior guidance strategies, and how to prepare each recipe featured in the Cooking Academy: Cooking 101 curriculum. Chef Kuulei Moreno, Culinary Arts Instructor of Wheatland Union High School and winner of a Food Network cooking competition attended both of the trainings as a special guest and provided inspiration and helpful tips for navigating in the kitchen. Each Cooking Academy consisted of seven weeks of cooking and food safety instruction where youth (ages 6-11) had opportunities to learn basic nutrition information, try new foods, and learn how to safely prepare meals using recipes that incorporated foods grown in the school's edible garden.



Through hands-on food activities, youth learned about different taste combinations, their food preferences and the many food choices available to them. They also tried new foods, built their cooking confidence, and increased their overall interest in cooking. As a result of participating in the program, youth willingness to try new foods increased. When asked how often they tried new foods prior to participating in the program, 8.3% of youth said always, 50% said sometimes, and 29.2% said once in a while. After participating in the program, 26.3% of youth said they always try new foods, 21.1% said often, 36.8% said sometimes, and 29.2% said once in a while. Prior to participating in the program, 46% of youth also considered themselves to be extremely good cooks and after participating in the program, this increased to 74%, yielding a difference of +28%. In addition, prior to participating in the program, 42% of youth reported that they were able to chop vegetables extremely well with a knife, which increased to 90% after participating in the program. Additionally 37.5% of youth reported that they were able to grate cheese extremely well prior to participating in the program and this increased to 89.5%, yielding a difference of +52% as a result of program participation.

Teens who participated as TAT in this program increased their overall self-confidence, ability to act as mentors and ability to speak before a group of individuals. As a result of participating in the program, 66.7% of TAT strongly agreed and 33.3% agreed that they learned what makes up a balanced diet and which foods they should eat each day. Additionally, 66.7% of TAT strongly agreed and 33.3% agreed that they learned why it is important to eat a healthy diet and how to make healthy food choices. 66.7% of TAT also reported that they eat more fruits and vegetables, drink less soda, and consume more water as a result of participating in the program. All teens that participated in the program as TAT either strongly agreed (20%) or agreed (80%) that their families have purchased healthier food because of participating in the program.

Some of the most important skills that TAT reported learning as a result of participating in the program included:

- * Cooking, following rules and directions.
- * Being patient with younger students and getting their attention.
- * Learning how to handle younger kids

TAT also shared what they thought was the best part of participating as a teen teacher or mentor in the program and some of their responses included:

- * Teaching little kids to cook.
- * Spending time with younger students and teaching them ways to maintain a healthy lifestyle.
- * Seeing the kids every Thursday and then sometimes seeing them in the community.



UC CalFresh in Action! *(continued)*

Why I'm the Cupcake Police, UCCE San Luis Obispo/Santa Barbara Counties

Put yourself for a minute in some kid-sized shoes. Let's call you Maggie. You are in third grade. Your dad works full time and he picked you up from the afterschool program at 6:00pm. You and dad got home about 7:00pm because you had to stop by QuikMart to pick up something for dinner and put a little gas in the car. When you got home, dad cooked the frozen pizza and you sat down to eat and drink your soda around 7:30pm. By the time you finished eating, took your shower, helped dad clean-up and got in bed it was 8:45pm. In the morning, you hurry to put your clothes on, brush your hair, brush your teeth and get everything in your school bag for the day. Dad needs to drop you off at school at 7:30am so he can get to work on time. You grab a bag of chips as you run out the door, rubbing your eyes and looking to make sure you didn't put your shirt on backwards again.

Somewhere around 10:00am your tummy starts to growl. You feel your mouth start to water a little and your eyes droop. Looking at the clock you can count the minutes until lunch. At 11:25, one of your classmate's parents comes in with a tray of cupcakes to celebrate her birthday! Your stomach jumps at the sight of pink buttercream frosting piled high on the little cakes. Your teacher hands one to each student in the class and you savor every delicious bite.

Fifteen minutes later the lunch bell rings. Your teacher walks everyone over to the cafeteria and you get in line for school lunch. You feel embarrassed to eat school lunch and since you ate that cupcake you're not really hungry anyway. You plop a few things on your plate making a face. Sitting down you pick at the food until the custodian says you can get up and go play. You dump your tray with most of the food still on it and run outside chasing your friends onto the blacktop. Back in class you feel energized after your game of handball. Your face is red and you're a little sweaty from all the running around. Your teacher announces that your group won the weekly contest and each of you will get to pick from the candy bag. That sounds great because you are starting to get hungry again. You put a few pieces of candy in your mouth. You get back to work on your math problem but it's the afternoon and you always have trouble concentrating in the afternoon...

Maggie is just one of more than 30 million children in the U.S. who qualify for free or reduced-price school meals through the USDA school meal program. Students like Maggie may rely on food at school for up to 50 percent of their daily calories and school meals represent a larger portion of the school-day caloric and nutrient intake for food insecure children. In addition, research shows that income level, educational attainment and family composition impact diet quality and physical activity. The national school lunch program, while not perfect, is intended to ensure students like Maggie are offered a variety of fruits and vegetables and whole-grain rich foods every day. There are limits to the amount of sodium, saturated fat, trans-fat and calories that are offered as part of a school meal. Studies have shown that child nutrition programs improve diet quality and academic performance for children in low-income and food-insecure [households](#).

When we offer our children and students food with little to no nutritional quality for a reward and cupcakes to celebrate a birthday, we are impacting their overall dietary quality for the day. For Maggie, the problem is compounded by the fact that she does not have access to a varied and nutritious diet at home. She has nothing to fall back on when she doesn't get a nutritious meal at school and she fills up on empty calories instead. Childhood is an important time when people develop lifelong eating and physical activity patterns.

So, when faced with the dilemma, once again, of speaking up and being the cupcake police or staying silent and going with treats at school, think of Maggie. What can you do to create healthier schools for all children?

- * Look up your School Wellness Policy. Every school that participates in the School Meal Program has one. However, many times they were written and never revisited. Check your district webpage or go to the Dairy Council [finder](#). School Wellness Policies outline what is and is not allowed to be offered in the classroom or fundraisers during school.
- * Offer non-food rewards for positive behaviors: Extra physical activity time or recess, the opportunity to eat lunch in the cafeteria with the teacher, special privileges like "line leader" for the day, or the opportunity to go out to the garden. For more healthy reward ideas visit [Healthy Food Choices for Schools](#).
- * Celebrations that reinforce health: Include physical activity like a dance party in your celebration (see [GoNoodle](#) for all kinds of fun activities and brain breaks), ask parents to bring in a donated book for the class instead of cupcakes (see [Books for Birthdays](#)), if you are going to have food, make sure non-nutritious items are limited to one per student.
- * Eat lunch with your student(s): If you're a parent, check-in with your school. Many schools allow parents to eat lunch with their children if notified in advance. If you're a teacher, teaching with your students is a great way to teach and model healthy eating behaviors. Interested in learning more about the importance of school meals? Find out [here](#).
- * Is the school offering a variety of fruits and vegetables? Can the students all see the food and serve it safely? Are any local foods available? If not, set a meeting with the Food Service Staff to discuss your ideas and see how you can help

[Read full blog article.](#)

Articles & Research

Feasibility of Implementing a School Nutrition Intervention That Addresses Policies, Systems, and Environment

We conducted a process evaluation of the Shaping Healthy Choices Program, a multicomponent school-based nutrition program, when implemented in partnership with University of California (UC) CalFresh and UC Cooperative extension (UCCE). There were positive impacts on participating students, but results varied across counties, possibly due to variation in fidelity to the curriculum and implementation of program components. Our evaluation identified the strength of UCCE in delivering nutrition education and a need for additional support and training for building capacity to effect change in school policies, systems, and environment. Because educators throughout Extension are working to integrate programs addressing policies, systems, and environment, our results may have applicability in other Extension programs. [Read full article.](#)

Supermarkets, Schools, and Social Gatherings: Where Supplemental Nutrition Assistance Program and Other U.S. Households Acquire Their Foods Correlates With Nutritional Quality, USDA ERS Report

National data show that Americans' diets are typically lower in fruits, vegetables, whole grains, and low-fat dairy, and higher in calorie-dense, low-nutrient foods compared to Federal recommendations. Since the first step to a healthy diet is purchasing, or otherwise acquiring, a nutritious mix of foods, understanding where households shop and the types of foods they select could inform strategies to improve Americans' diets. USDA's National Household Food Acquisition and Purchase Survey (FoodAPS) offers information on the foods acquired by American households, whether at grocery stores, restaurants, school cafeterias, food pantries, or other sources, allowing researchers and others to gain more insights into food choices. These insights can guide efforts to improve food choices and diets, and in turn, health. While dietary improvement is important for most Americans, the challenges facing low-income households are of particular concern. In 2017, USDA's Supplemental Nutrition Assistance Program (SNAP) provided more than 42 million Americans with financial benefits that increased their food purchasing power. Evidence shows that SNAP benefits help alleviate poverty and food insecurity—households struggling to afford enough food for all members—among participating households. However, like most Americans, the dietary patterns of SNAP participants show room for improvement, with adult participants typically under-consuming fruits, vegetables, whole grains, and other healthy foods, while consuming excess calories from solid fats and added sugars. Using data from FoodAPS, ERS researchers examined the nutritional quality of a week's worth of food purchased or obtained for free, such as meals with family and friends, by SNAP households, low-income non-SNAP households, and higher income non-SNAP households. They also examined differences in nutritional quality of foods acquired across food sources, such as supermarkets and other retail stores versus restaurants and other sources primarily selling already prepared foods. The researchers found that, although SNAP households devoted more of their food dollars to foods purchased in supermarkets and other stores, the nutritional quality of those foods was lower than that of non-SNAP households. This finding suggests the importance of encouraging SNAP participants to improve the nutritional quality of their supermarket choices. [Read full report.](#)

Does where you live affect how long you live?

For the first time in our history, the United States is raising a generation of children who may live sicker and shorter lives than their parents. Reversing this trend will of course depend on healthy decisions by each of us. But not everyone in America has the same opportunities to make healthy choices. While medical researchers have poured over the human genetic code for clues to well-being, social researchers have increasingly insisted that our ZIP codes tell a far more informative story. With support from the Robert Wood Johnson Foundation (RWJF), a population-based analysis of life expectancy across United States counties found that geographic disparities in life expectancy in our nation are large and growing, and can be explained in large part by differences in race/ethnicity and socioeconomic factors such as income, education, and employment status. To further illustrate how where we live can affect our health RWJF has supported the development of maps which show how babies born just a few miles apart often have dramatic differences in life expectancy. Developed using publicly available vital statistics, these [maps](#) show tragic disparities across ZIP codes in U.S. cities and counties. For instance, in New Orleans, the average life expectancy for babies born to mothers in different neighborhoods can vary by as much as 25 years. Babies in Maryland's Montgomery County can expect to live six to seven years longer than babies born to mothers in Washington, D.C., just a few subway stops away. To view the interactive maps, please visit: <https://societyhealth.vcu.edu/work/the-projects/mapping-life-expectancy.html>. [Read full article.](#)

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Articles & Research *(continued)*

'Park Prescriptions' Can Help Lower Stress Levels

A new study showed that doctors could help reduce their patients' stress levels, along with boosting other health benefits, simply by recommending that people spend time in nature. "What we learned is that nature can help with stress," said Dr. Nooshin Razani, a study author and director of the Center for Nature and Health at the University of California San Francisco (UCSF) Benioff Children's Hospital in Oakland. "And that a doctor's office is an appropriate place to talk to people about stress and talk to them about the importance of getting outside," she added. Researchers recruited 78 children and their parents from a low-income, racially and ethnically diverse patient population at a pediatric clinic in Oakland, California. A pediatrician at the clinic encouraged parents to regularly visit local parks over the course of the study, with clear benefits for those who listened. "Every increase in park visits per week was correlated with a small and incremental decrease in stress," Razani told Healthline. "So that would argue for small amounts of nature—like a daily dose—to help with stress relief." Researchers measured stress levels using cortisol levels in the saliva. People who visited parks more frequently also saw other health benefits, including increased physical activity and a drop in loneliness. They also grew to love nature more, what researchers called "nature affinity." The researchers didn't just examine the health benefits of nature. They also looked at whether the low-income parents needed more support to get them out into nature with their children. All child-parent pairs received a postcard with a map showing the location and bus routes to seven local parks, a journal for tracking their park visits, and a pedometer. The pediatrician also talked with them about the benefits of nature and spending time outside with family. The [study](#) was published this month in the journal PLOS ONE. [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.

USDA SuperTracker will be discontinued on June 30, 2018

Since 2011, [SuperTracker](#) has provided 27 million users with the ability to track their food and physical activity to support a healthier lifestyle. Since that time, the private sector has launched many great tools that have a shared mission. It is time for USDA to discontinue SuperTracker so that they can invest in more modern and efficient ways to help Americans find a healthy eating style that is right for them. As part of USDA's commitment to ensure that all of its programs are delivered efficiently and effectively, the Food and Nutrition Service will be [discontinuing its SuperTracker application on June 30, 2018](#). USDA has committed to maintaining the SuperTracker and its components through the end of the 2017-2018 school year (June 30, 2018) because they know that SuperTracker has been integral to nutrition education in schools. This includes the Challenges and Groups, Food-a-pedia, the Body Weight Planner, and the electronic versions of the Presidential Champions and PALA+ programs. USDA continues to provide a wealth of information to help individuals find and maintain a healthy eating style that meets their unique needs through ChooseMyPlate.gov. [Click here](#) to review the SuperTracker Discontinuation Frequently Asked Questions (FAQs). Please email USDA with any other questions you may have related to the discontinuing of the SuperTracker website at SuperTrackerHelp@cnpp.usda.gov. [Read full announcement.](#)

Rethink Your Drink Statewide Day of Action—Event-in-a-Box Toolkit Webinar, Recording Now Available

The webinar recording for the Rethink Your Drink Statewide Day of Action—Event-in-a-Box Toolkit Webinar is now available. The purpose of Rethink Your Drink Day is to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water. Please refer to the attached Rethink Your Drink Day one-pager with information and critical dates you need to help you prepare to host the RYD Day event. Register to participate on or after April 4, 2018 at RethinkYourDrinkDay.com. [Click here](#) to view the webinar recording. If you require additional information, please contact Asbury.Jones@cdph.ca.gov or C4C_PR@RescueAgency.com.

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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](mailto:rlbrock@ucanr.edu) at (rlbrock@ucanr.edu).

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.

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!

Announcing Food Waste Prevention Week, March 5-9, 2018

The following information was originally shared in [Vol. 2, No. 1 of the UC ANR Nutrition Policy Institute's Research to Action](#).

The UC ANR Nutrition Policy Institute is pleased to announce March 5-9, 2018, as Food Waste Prevention Week in California. Food Waste Prevention Week is a multi-sector collaboration, supported by the Governor, the Secretary of Agriculture, the State Superintendent of Public Instruction, and multiple other agency leaders in public health, natural resources management, nutrition and other sectors. This unprecedented collaboration grew out of a meeting held in February 2017 in which the Public Health Alliance of Southern California and the Nutrition Policy Institute jointly convened state agencies delivering nutrition education programming to discuss the impacts of food waste and strategize solutions the agencies could advance together.

The planning group identified an opportunity to generate and issue shared messaging during [National Nutrition Month](#), a goal that has evolved into California's inaugural Food Waste Prevention Week, a coordinated multi-sector effort to raise awareness about the economic, environmental, and social impacts of food waste in California. Stay tuned to the [Nutrition Policy Institute's Twitter](#) page, and [UC ANR's Twitter](#) and [Facebook](#) pages for retweetable and shareable food waste prevention resources, tips and ideas during the week, and join the Food Waste Reduction Hero Photo Challenge. [Click here](#) to learn more about Food Waste Prevention Week.

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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](#).

UC ANR Sacramento Urban Ag Risk Management Workshops, Various Dates

Are you an urban farmer in the Sacramento region? This low-cost series is for you! Learn the basics of urban farming from UCCE advisors and local partners at this upcoming urban ag risk management workshop series. Take one or take all four of these low-cost workshops.

Workshop #1 Friday, March 16, 2018, 9:00-4:00	Center for Land Based Learning (CLBL) @ The Cannery 1550 Cannery Ave, Davis, CA 95616	Marketing & Business Management for Urban Farmers: From business planning to labor laws, basics to help you succeed.
Workshop #2 Friday, April 6, 2018, 9:00-4:00	Yolo Brewing Company (CLBL), 1520 Terminal Street, West Sacramento, CA 95691	Legal Basics of Urban Farming: Get up to speed on zoning, permits, and local resources.
Workshop #3 Saturday, April 14, 2018, 9:00-4:00	Fruit Ridge Community Collaborative (Yisrael Family Urban Farm) 4625 44th St., Sacramento, CA 95820	Production Issues & Urban Farms: Learn key concepts in site design, soil quality, irrigation, pest management, pollinators and backyard chickens.
Workshop #4 Friday, May 4, 2018, 9:00-4:00	Soil Born Farms American River Ranch, 2140 Chase Drive, Rancho Cordova, CA 95670	Food Safety Basics for Urban Farmers: How to ensure a safe harvest, from the field to the fork.

The workshops will take place at various urban farm locations in the Sacramento/Davis area. The cost is \$20 for a full day of speakers, demonstrations and networking opportunities, which includes lunch and refreshments. The workshops are offered by UC Agriculture and Natural Resources and UC Cooperative Extension in partnership with the Sacramento Food Policy Council. Pre-registration is required, and space is limited. To register, please visit: ucanr.edu/sacurbanag2018. Please contact Penny Leff at paleff@ucdavis.edu if you have any questions.

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	Sacramento Food Bank 3333 Third Avenue Sacramento, CA 95817	April 4-5, 2018
Central Valley	Foodlink for Tulare County 611 2nd Street Exeter, CA 93221	April 17-18, 2018
Southern California	May 1st: Mark Twain Elementary School 3728 W. 154th Street Lawndale, CA 90260 May 2nd: Kit Carson Elementary School 3530 W 147th Street Hawthorne, CA 90250	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** (mamills@ucdavis.edu) if you have any questions.

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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.

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UC CalFresh, UC ANR & Partner Employment Opportunities

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/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.



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