

## UC CalFresh Weekly Update April 8, 2019

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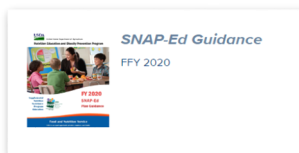
#### UC CalFresh, UC ANR & Partner Employment

- \* Community Education Specialist I/II, UCCE Yolo County

### 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				

### USDA Releases FFY 2020 SNAP-Ed Plan Guidance



The USDA has announced the release of the FFY 2020 SNAP-Ed Plan Guidance. You can find the new Guidance on the UC CalFresh website under [California SNAP-Ed Plan, Reports and Guidance](#).

This document provides guidance to States for planning and implementing SNAP-Ed, with a continued focus on enhancing the program in accordance with the SNAP: Nutrition Education and Obesity Prevention Grant Program Final Rule. Please keep in mind the newly released FFY 2020 SNAP-Ed Plan Guidance does not go into effect until October 1, 2019.

The UC CalFresh State Office **will not** be providing each county/county cluster with a printed copy of the FFY 2020 SNAP-Ed Plan Guidance (accessing the electronic version of the SNAP-Ed Guidance allows for keyword searches). Moving forward, it is the UC CalFresh State Office's expectation that UC CalFresh Advisors, Program Managers and Supervisors review the FFY 2020 SNAP-Ed Plan Guidance and share pertinent information with their UC CalFresh staff, including where the Guidance can be accessed online.

## 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 have learned to use the nutritional recommendations; as of today, my family and I are going to eat more vegetables.”

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

“This class has helped me to save money on better [food] choices. I learned what foods I need for my body to get the nutrients I need. This class has helped me to look for the nutrition labels on food.”

—Plan Shop Save Cook Participant,  
Kings County

## Program Directive

### Display of “And Justice for All” poster (vs AD-475-B)

**Please display the “And Justice for All” poster (version AD-475-B) whenever and wherever SNAP-Ed services/education/interventions are provided.**



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.

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.

Digital copies are available on the [USDA-FNS website](#). **If you have any questions, please contact your county lead.**

## UC CalFresh Website Updates

### Garden Supply Purchase Form Now Available

New Document! The UC CalFresh [Garden Supply Purchase Form](#) is now available to streamline garden supply purchase requests. Please use the form to submit all garden purchase requests to the state office. When submitting, please send to your county lead, MaryAnn Mills- [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu) and Lindsay Hamasaki- [lmhamasaki@UCDAVIS.EDU](mailto:lmhamasaki@UCDAVIS.EDU). This form is also available on the UC CalFresh website under Home → Initiatives → [Garden Implementation](#).

## Upcoming UC CalFresh Trainings

### 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.

**Important** - Please submit your *EatFit* questions at <http://ucanr.edu/survey/survey.cfm?surveynumber=27091>

### 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 soon. Reach out to [Melanie Gerdes](#) if you have any questions.

## UC CalFresh in Action!

### Encouraging Parents to Jump Outside their Comfort Zone!, UCCE Tulare County

UC CalFresh, Adult Nutrition Educator, **Alice Escalante (Mrs. Alice)** continues to support Alila Elementary School Parent Liaison, Ana Ventura to lead the Parent Walking Club! For three years parents have felt motivated, encouraged, and happy to be part of the walking club; it is a space where they can learn new ways to engage in physical activity! It also provides them with an opportunity to implement the physical activities at home with their children.



Working as a team to encourage each other to jump rope.

Rain or shine, parents are always motivated to stay physically active! On rainy days, **Mrs. Alice** always has alternatives for engaging them in physical activity; for example, parents stretch, participate in activities from Healthy Choices in Motion and jump rope indoors. When introduced to jump rope for the first time, parents were challenged to jump rope for at least 30 seconds, but many found that they were unable to. This challenge motivated parents to strive to complete the goal.

A parent expressed how this motivated her to learn to jump rope and shared, "I have never jump rope before and now I am practicing at home with my child's jump rope. I am letting go drinking soda and I am learning a lot thanks to Mrs. Alice. I am



Parent practicing her jump rope skills.

now exercising and eating healthy." This parent took initiative to teach herself how to jump rope and demonstrated her new skill to the club. This has motivated all parents to challenge themselves to practice jump roping and gradually increase their time as they improve. Parents learned that it is never too late to learn new skills that will benefit their health and encourage healthy behaviors with their families.



Parents stretching before they start their physical activity.

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## The Smarter Lunchrooms Movement of California

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement of California has been implemented in your county! Please share your success stories and photos with MaryAnn Mills via e-mail: [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu).



### The Smarter Lunchrooms Movement of California *Monthly Nudge*

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please [click here!](#)

### Digital Food Pictures for Educators

This information was originally shared in the Smarter Lunchrooms Movement of CA: April Monthly Nudge.

Educators, are you on the hunt for pictures to improve food literacy lessons or classroom nutrition education programs? New images of five-food-group and mixed foods are now available at [HealthyEating.org/FoodGallery](http://HealthyEating.org/FoodGallery).

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## Education & Resources

### Every Kid in a Park

[Every Kid in a Park](#) is a U.S. Government initiative which provides paper passes to **fourth grade students** for free admission and access to all national parks, lands, and waters through August 31, 2019. Instructions and resources are available on the [official website](#) for both parents and educators.

*Fourth-grade educators include:*

- \* Teachers at a U.S. or U.S. military school, or
- \* Adults who engage fourth graders through a youth-serving organization. For example, a camp director, a home-school leader, an after-school leader, or a religious group leader. This category would apply to SNAP-Ed educators.

As a fourth-grade educator, you can download an activity and print paper passes for each of your students. This opportunity is a great way for **SNAP-Ed educators** to promote physical activity and the benefits of being in nature.

See the rules and restrictions [here](#).

Contact: [Katharina Streng](#)

### Childhood Obesity Conference Registration/Scholarships

- \* [Conference Registration](#): Register by **April 30** to avoid late fee
- \* **Young Adult/New Professional Scholarship Awards Now Available for a Limited Time Only!**

**Applications will be accepted starting April 1 - April 19, 2019**

This year, the Childhood Obesity Conference hosts are pleased to offer young adults and new professionals full scholarship awards to attend the 10th Biennial event.

Scholarships include complimentary registration, hotel accommodations, travel arrangements and meal/per diem coverage for those who meet the 2019 scholarship criteria. [Click here to review the eligibility criteria and apply today!](#)

For more information, please contact Jessie Gouck, Conference Manager at [jessie.gouck@cdph.ca.gov](mailto:jessie.gouck@cdph.ca.gov) or by calling 916.449.5383.

### California's Farm to Summer Week 2019 Webinar

**Description:** The California Department of Education ([CDE](#)) and the California Department of Food and Agriculture ([CDFA](#)) invite you to participate in the upcoming webinar, *California's Farm to Summer (F2Summer) Week 2019*.

This year, California is celebrating F2Summer during the week of June 24–28, 2019. There are many benefits to participating in F2Summer, including increasing participation in the summer meal programs, supporting your local farmers, and educating children about the origin of their food. CDE is hosting a webinar to support your efforts. Following the webinar, you will have an opportunity to complete a survey to let CDE know whether you are interested in participating in F2Summer Week 2019. Details will be announced during the webinar.

During this webinar, you will learn about F2Summer, ideas on how to participate, and useful resources and potential partners. By the end of the webinar, you will have identified easy-to-use ideas for fun and engaging activities, partners to help you, and simple ways to promote your F2Summer week.

**Date:** Wednesday, April 24, 2019 2-3 p.m.

**Registration:** This webinar is free. Click to register: [CDE 2019 F2Summer Week](#)

Event number: 665 997 255

Event password: 163027

**Contact:** [Katharina Streng](#)

### 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](#)

(continued on next page)



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## 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.



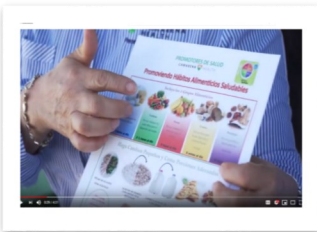
#### The Rethink Your Drink Program's primary goals are to:

- \* 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/>

### New SNAP-Ed Video Montage – Now Available for Use!

The California Department of Public Health now has available an inspirational welcoming video montage that briefly describes the SNAP-Ed program. It includes interview footage of nearly two dozen SNAP-Ed employees discussing their experiences with the program and why it is such a valuable part of local public health and community change efforts. You may find the video helpful in explaining SNAP-Ed to new staff, partners, or other community stakeholders. See the video: [Welcome to SNAP-Ed](#)



The video is a part of the online training for new staff, currently under development, called "SNAP-Ed: Building Blocks for Success". This interactive training will explore the fundamentals of the SNAP-Ed program in building and maintaining healthy communities. It aims to help new SNAP-Ed staff apply public health strategies that support healthy eating

and physical activity in the communities they serve. It focuses on key elements of programmatic and fiscal/administrative areas. For more information about either the video or the upcoming online training, email [Statewide Training](#).

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## UC CalFresh, UC ANR & Partner Employment Community Education Specialist I/II, UCCE Yolo County

Yolo county UC CalFresh Nutrition Program is hiring! The position is a Spanish-required CES I/II position. The incumbent will be responsible for the coordination, management, and delivery of nutrition education to community based adults and/or youth.

For more information and to apply: click [here](#).

Applications due: April 9th, 2019

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

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

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