

## UC CalFresh Weekly Update May 13, 2019

### Contents

#### Upcoming Events & Deadlines

- \* [Using EatFresh.org to Reduce Household Food Waste](#), a Leah's Pantry Webinar

#### CalFresh Healthy Living, University of California Success Stories

- \* Plan Shop Save Cook Participant, Imperial County
- \* Fresh from the Garden Participant, Fresno County

#### Welcome New CalFresh Healthy Living, University of California Staff

- \* Miguel Galvan, Business Office Assistant, CalFresh Healthy Living, University of California State Office

#### Rename the Weekly Update Contest

- \* Rename the Weekly Update Contest

#### Upcoming CalFresh Healthy Living, University of California Trainings

- \* CalFresh Healthy Living, University of California State Office Town Hall, May 21
- \* CalFresh Healthy Living, University of California State Office "Building Capacity in Wellness" Training

#### CalFresh Healthy Living, University of California in Action!

- \* CalFresh Healthy Living Partners Make It Happen!
- \* First Ever Farm-to-Preschool Festival a Success! UCCE Imperial County
- \* Preschoolers are Learning about GLOW Foods!, UCCE Kings County
- \* 4-H SNAC Clubs' Culinary Academy, UCCE San Luis Obispo & Santa Barbara Counties

#### Education & Resources

- \* Extended through August 2019: ToP Trainings By Request
- \* USDA Launches Ace the Waste! Food Waste Contest for Students
- \* Youth Engagement in Sports: Collaboration to Improve Adolescent Physical Activity and Nutrition Funding Opportunity
- \* State of Young People Summit
- \* A New Look for the Safe Routes Partnership
- \* New Website for [The Community Nutrition Education CoP](#)
- \* Funding opportunity from Goggio Family Foundation
- \* SNAP-Ed Training Scholarships
- \* Transform Your School with the More "BE Time" Grant

#### CalFresh Healthy Living | University of California State Office, UC ANR & Partner Employment

- \* Community Education Specialist 1 or 2, UCCE Yolo County
- \* Community Education Specialist 2, UCCE Fresno/Madera Counties

### May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
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### Using EatFresh.org to Reduce Household Food Waste, a Leah's Pantry Webinar

**Description:** Join Anna and Sandy from Leah's Pantry and learn how to use Eatfresh.org to reduce household food waste. We'll cover our top tips like proper storage, reinventing your leftovers and share how EatFresh.org can help. This will be an interactive webinar so come with your favorite waste prevention tips.

**Date:** Thursday, May 16th, 10:00 - 10:45am

**Registration:** [Here](#)

## CalFresh Healthy Living, University of California Success Stories

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

"[This class] helped me a lot as far as the foods I make. I have made salads [at home] that we learned to make in class. Also, in the morning I make smoothies for my kids with fruit or vegetables that they otherwise wouldn't eat with their meals. Now I also look at food labels."

—Plan Shop Save Cook Participant,  
Imperial County

"The garden has brought us all much closer together. It feels good to know we can grow our own food and live healthier."

—Fresh from the Garden Participant,  
Fresno County

## Welcome New CalFresh Healthy Living, University of California Staff



### Miguel Galvan, Business Office Assistant, CalFresh Healthy Living, University of California State Office

Miguel Galvan is our newest addition to the CalFresh Healthy Living, University of California State Office team and will provide administrative support to the State Office and UCCE counties. Miguel is originally from Los Angeles and moved to Northern California to earn a degree in Political Science and Chicano Studies here at UC Davis. In his free time he enjoys hiking, watching sports, and traveling to new places with his partner-in-crime, Chico. Miguel can be reached at [migggalvan@ucdavis.edu](mailto:migggalvan@ucdavis.edu).

## Rename the Weekly Update Contest!

As discussed in the April [Town Hall](#), the Weekly Update will be undergoing some improvements, based on the feedback that was provided in the Weekly Update and Town Hall Satisfaction Survey. One of the major changes includes a biweekly (every other week) schedule for the Weekly Update. Therefore, the Weekly Update will need a rename refresh!

The UC CalFresh State Office would love to tap into the creative minds of our UCCE staff with our *Rename the Weekly Update Contest*. We would love to hear your suggestions for a new and improved name.

Entries can be submitted through Qualtrics—[RenameTheWeeklyUpdateContest](#)—and are due by **COB May 24th**. You are welcome to submit as many name suggestions as you'd like, but please complete a separate form for each.

The UC CalFresh State Office will vote on the submitted entries and the winner will be announced when the new "Weekly Update" is rolled out in June. The winner will receive recognition in the "Weekly Update" and a gift certificate courtesy of our UC CalFresh Director, Kamal Singh-Khaira.

*Good luck and thank you for your suggestion!*

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## Upcoming CalFresh Healthy Living, University of California Trainings

### CalFresh Healthy Living, University of California State Office Town Hall, May 21

**Date/time:** May 21, 2019 from 12:30 PM to 2:00 PM

**Topics** this month will include:

- \* Carolyn Rider, Senior Program Evaluator from the Nutrition Policy Institute with a presentation on **SLAQ** (see details below)
- \* Amy DeLisio, Director, PHI Center for Wellness and Nutrition with a **SNAC Farmers Market Initiative Update** (see details below)
- \* The State Office will be providing programmatic and administrative updates. **Feature: Navigating the UC CalFresh website to find new template/logo information.**

#### Do You Want to be a SLAQer? Introducing New Assessments for Planning and Evaluation in LEARN Settings

*Starting in FFY 2020, Local Health Departments will use new comprehensive Site-Level Assessment Questionnaires (SLAQs) to measure how practices at their sites support healthy eating and physical activity, and to reassess annually to measure change in these practices. These assessments will help LHDs and their partners identify areas for PSE programming. During the Town Hall, we will talk about how the SLAQs were developed, how they will be used, and how they might be useful to you.*

#### SNAC Farmers Market Initiative Update

*As we approach this year's farmers market season an update will be provided regarding the 2019 SNAC Farmers Market Initiative. Targeted resources, support and evaluation will be available for the six intervention counties. General promotional resources have been updated for 2019 and digital copies are available to all counties via the CalFresh Healthy Living website. The Get More at the Farmers Market campaign is a great way to educate clients about shopping at their local farmers market using a variety of food benefits, including Market Match, CalFresh, WIC, and Senior vouchers to stretch their food dollars. Learn how you can get involved this summer.*

#### Webinar Information:

**Web Login Link:** <https://cc.readytalk.com/r/gzlyh7chkk3j&eom>

**Security Passcode:** apple1

**Dial-In:**

**Toll Phone:** 303.248.0285

**Access Code:** 7544137

**Note:** Using a landline to call in is recommended. Using computer speaker and microphone is not recommended if you have a slow connection or limited bandwidth.

**Attendance is highly encouraged. If you are unable to attend, please notify your supervisor.** If you have any questions ahead of time, **please submit them in advance to Ryan Keeler at [crkeeler@ucdavis.edu](mailto:crkeeler@ucdavis.edu)** to ensure that they will be addressed during the webinar. Town Hall Meetings are recorded and uploaded to our [website](#). If you experience any challenges in accessing the Town Hall Meeting, please call (530) 752-1735 for assistance.

**Please note:** There will be *no* Town Hall webinars during the months of July and August 2019. This was determined after reviewing the results of the Town Hall and Weekly Updates survey and was discussed during the April Town Hall. Please remove these dates from your calendars.

### CalFresh Healthy Living, University of California State Office "Building Capacity in Wellness" Training

**Description:** The CalFresh Healthy Living, University of California 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 CalFresh Healthy Living 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

The training is also open to staff from other SNAP-funded agencies that partner with UC CalFresh in school wellness work. Priority will be given to UC CalFresh staff, however. If you have partners who are interested in attending the training, please send the number of people and their agency to MaryAnn Mills- [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu):

#### **Dates:**

\* **June 19th in Fresno, California** — Register by 5:00 pm on June 14th

\* **June 26th in Davis, California** — Register by 5:00 pm on June 21st

**Registration:** [https://ucdavis.co1.qualtrics.com/jfe/form/SV\\_a665aLIVfZ2r07H](https://ucdavis.co1.qualtrics.com/jfe/form/SV_a665aLIVfZ2r07H)

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## CalFresh Healthy Living, University of California in Action!

### CalFresh Healthy Living Partners Make It Happen!



*Congratulations to the newest CalFresh Healthy Living CATCH PE Community Trainers!*

CalFresh Healthy Living, University of California (UC) State Office and Catholic Charities of California (CCC) State Office teamed up to provide the first regional Coordinated Approach to Child Health Physical Education (CATCH PE) Training Academy in April 2019 to 16 CalFresh Healthy Living staff. Trained staff included 10 from CCC, 5 from UC, and 1 from California Department of Public Health (CDPH). The UC State Office organized the training, provided 3 CATCH PE Community Master Trainers who facilitated the training, and brought necessary



*CalFresh Healthy Living, Catholic Charities of California Director, Elisa Pehlke, peer teaching*

printed materials and equipment. CCC State Office helped to coordinate the logistics of this regional training, reserved the Sacramento Food Bank facility, and provided additional printed materials and equipment.

Even though many of the trainees did not know each other, they seemed to have a good rapport right from the start. Within the first hour of the training, the room was filled with laughter and a sense of camaraderie. The training also provided an opportunity for CCC and UC staff working in the same counties to collaborate on their CATCH action plan and identify opportunities to work together as they begin to roll out CATCH at new sites.

The CalFresh Healthy Living, UC State Office would like to thank **Paul Tabarez** and **Shyra Murrey** for taking the time to prepare and co-facilitate this first regional training with **Michele Byrnes**. Their passion to help youth and adults become for physically active made each day an enjoyable experience and motivated trainees to be part of the CATCH movement! Everyone's energy was so contagious that even the facility manager wanted to participate in the fun!

We look forward to hearing how our new CATCH PE Community Trainers are helping children and their families become more physically active with the new knowledge and skills they have acquired from this training. We also look forward to supporting CCC and UC county staff in their collaborative efforts to increase physical activity among CalFresh eligible youth. For additional information, please contact CalFresh Healthy Living, UC Physical Activity Manager, **Michele Byrnes** ([mnbyrnes@ucdavis.edu](mailto:mnbyrnes@ucdavis.edu)).



*CalFresh Healthy Living staff participating in CATCH activities*

## First Ever Farm-to-Preschool Festival a Success! UCCE Imperial County



On January 26, 2019, the first ever Farm-to-Preschool Festival was held at the UC Desert Research & Extension Center in Holtville CA. UC Cal Fresh staff partnered with Farm Smart to co-plan and design this amazing fun-filled day! The event consisted of hands-on activities related to food and nutrition for young children, physical activity, including a preschool size obstacle course, art and crafts related to food, literacy activities, food tasting, cooking demonstrations and a bountiful 3-acre U-pick produce garden. Lettuce, cabbage, carrots, beets, onions, chard, broccoli, cauliflower and more. The Festival was an overwhelming success. Festival comments and evaluation demonstrated that participants would definitely attend another Festival and consider the event a meaningful educational

family event. The Farm to Preschool Festival is a unique, worthwhile event for Imperial County that was generously funded by First 5 Imperial. The Festival hosted over 700 participants, which included families with children 0-5 years of age. Support for the Festival included over 100 volunteers. Fifteen community agencies attended the Festival, setting up resource tables to engage participants.

A video was produced to highlight the activities and participants—view it [here](#).



## CalFresh Healthy Living, University of California in Action! (continued)

### Preschoolers are Learning about GLOW Foods!, UCCE Kings County

"He is a GLOW baby and his favorite GLOW fruit is apple sauce!" All the preschoolers listened attentively when the community college students creatively introduced the baby chef to preschoolers. As part of the GO GLOW GROW curriculum implementation, while Sue Lafferty is conducting nutrition education each week, the student chefs from the College of Hospitality Management (CHM) of West Hills Community College (WHC) Kings County are providing taste test to preschoolers. Last week, the student chefs conducted GLOW fruits demonstration introducing "Triple-Licious Fruit Salad!" and provided glow sticks to preschoolers to take home.

It seems the preschoolers are taking home key messages as evident from a success story provided by one preschool teacher mom- "So [preschooler name] is eating her dinner and she looks up at me and says, "ya know, chicken isn't on my plate." "Um, yes it is, it's right there..." "No," she says, "its not anywhere on My Plate!" "Oh, like the healthy choices My Plate? Yes it is, its protein. I think its red." "Red is fruit momma, it's a glow food!" So at this point I pull up the graphic and show her she is right. That it would be purple as a protein. To which she informs me that I should study it. But she'll help me and show me where the vegetables are as she loudly chews a cucumber in my ear. She's been telling me which foods have which vitamins and bringing the conversation to the table at every meal. You guys are doing amazing things. I see it in my program and now I get to see it in my child. So thank you!"



*"He is a GLOW Baby!" Student Chefs from Community College introduce Baby Chef to preschoolers.*



*Preschoolers taste Triple-Licious Fruit Salad!*



*A preschooler shows what GLOW foods are!*

### 4-H SNAC Clubs' Culinary Academy, UCCE San Luis Obispo & Santa Barbara Counties

UCCE San Luis Obispo and Santa Barbara Counties put on a successful culinary academy training, supported by CalFresh Healthy Living, University of California, 4-H, and school partners. Thirty-four students from all 5 of their 4-H SNAC Clubs participated. The District Representative from Congressman Carbajal's office also joined in the event to witness the powerful work happening with the support of CalFresh Healthy Living funds.



The training was featured in *three* media outlets. Read more about the culinary academy, below:

<https://ksby.com/news/2019/04/24/santa-maria-students-learn-new-skills-at-spring-break-culinary-academy>

[https://santamariatimes.com/news/local/photos-culinary-academy-students-sharpen-cooking-skills/collection\\_61dc106d-5b58-5283-8629-8ee3ac3ffa3d.html#11](https://santamariatimes.com/news/local/photos-culinary-academy-students-sharpen-cooking-skills/collection_61dc106d-5b58-5283-8629-8ee3ac3ffa3d.html#11)

[https://lompocrecord.com/news/local/education/young-chefs-local-students-prepare-and-taste-international-meals-at/article\\_7cefcd31-cf75-5a0e-92f0-74d37d6cec8b.html#2](https://lompocrecord.com/news/local/education/young-chefs-local-students-prepare-and-taste-international-meals-at/article_7cefcd31-cf75-5a0e-92f0-74d37d6cec8b.html#2)

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## Education & Resources

### Extended through August 2019: ToP Trainings By Request

ToP Accelerated Action Planning (AAP) and ToP Secrets of Implementation (SOI) Trainings are now available by request. LIAs have an opportunity to host a ToP AAP or ToP SOI Training for local SNAP-Ed staff and funded partners in their communities through August 2019. Eligible applicants will accept responsibility for recruiting a minimum number of participants (i.e., 10 for AAP and 20 for SOI) and securing a training site based on ToP required specifications. Trainings are limited so click [here](#) to apply today!

For Questions: [CaSNAP-ED Training](#)

### USDA Launches Ace the Waste! Food Waste Contest for Students

**Description:** Food waste is a problem everyone can tackle, including our nation's youth. As part of Winning on Reducing Food Waste Month, the U.S. Department of Agriculture (USDA), is launching Ace the Waste! A student competition for food waste reduction ideas. This first-ever competition calls on students to come up with creative solutions to reduce food loss and waste in the United States.

The problem of food waste affects everyone. More than one third of food in the U.S. is lost or wasted. This amounts to 133 billion pounds, or \$161 billion worth of food each year. Food is the single largest type of waste in landfills. Students age 11 to 18 are encouraged to submit proposals on reducing food loss and waste anywhere along the supply chain, from the farm to the dinner table and beyond. Topic ideas for the proposal include:

- \* Preventing food waste - such as ideas to prolong the storage life of food; improve efficiencies in the processing of food and its distribution; and create new products from unharvested or unsold crops (like so-called "ugly fruit and vegetables") or from food processing by-products.
- \* Recovering wholesome, excess food to feed people – such as innovative approaches for getting excess food to people who need it and measuring the value of food donations.
- \* Recycling food scraps to keep them out of landfills – such as ideas to connect food waste generators with recyclers and to create animal feed, compost, and energy.
- \* Raising awareness – such as ideas about how to make students more aware about the amount of food being wasted and let them know how to reduce it.

Students may submit 1-2 page proposals or 1-2 minute videos. Proposals will be judged on impact potential; originality and creativity; clarity of expression; and adherence/appropriateness to theme. Judges will include representatives from USDA, the Environmental Protection Agency (EPA), and the Food and Drug Administration (FDA). One winner will be selected from each of two categories – ages 11-14 and ages 15-18. The winner of the challenge will be honored with recognition on USDA's social media accounts and website, receive a certificate of appreciation, and will have the opportunity to discuss their proposals with USDA leadership.

**Deadline:** 5 p.m. EDT, Friday, May 24, 2019

**Apply:** More information and how to apply can be found [here](#)

### Youth Engagement in Sports: Collaboration to Improve Adolescent Physical Activity and Nutrition Funding Opportunity

The [Office of Minority Health \(OMH\)](#) and the [Office on Women's Health](#) at the United States Department of Health and Human Services has announced the availability of Fiscal Year 2019 grant funds for the [Youth Engagement in Sports: Collaboration to Improve Adolescent Physical Activity and Nutrition \(YES Initiative\)](#). The YES Initiative seeks to increase youth participation in sports and reduce barriers to play. The YES Initiative aligns with the HHS Strategic Goal 2: Protect the Health of Americans Where They Live, Learn and Play. **Applications are due May 31, 2019.** [Apply here.](#)

### State of Young People Summit

**Description:** Today's young people are at the forefront of social change movements. They are actively using their voices to demand change and take action on critical issues of the day.

To support and learn from their efforts, America's Promise in partnership with Facebook Education will host the State of Young People, a youth led and designed gathering that will bring together young people with the nation's leading adult advocates for youth, as well as business and community leaders.

We will provide a platform for young people to share their real-time perspective, lived experiences, and ideas for change with adult thought leaders. Through this experience, we will create a shared vision for what authentic youth leadership and engagement can look like. This gathering will be a kick-off of a year-long initiative to put youth voice, action, and leadership at the center of everything we do collectively.

Youth (aged 13—25) interested in being one of 75 national delegates to the Summit should use the America's Promise [application](#) to nominate themselves.

**Summit Date:** Thursday, June 6 - Saturday, June 8, 2019 in Menlo Park, CA

(continued on next page)

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## Education & Resources (*continued*)

### A New Look for the Safe Routes Partnership

We have some exciting news to share from the Safe Routes Partnership - we have an updated logo and name! After more than a year of soul-searching, stakeholder interviews, message tweaks, many graphic designs, and future-oriented discussions about our name and core work, we're thrilled to show off our new look and shortened name. We will now be known as the Safe Routes Partnership. Read a [blog post](#) from executive director Cass Isidro with more background on the refreshed name and logo.



### New Website for The Community Nutrition Education CoP

The Community Nutrition Education Professional Community of Practice (CoP) has some very exciting news -- they have a new website!! They have been working on the new website transition this spring and are now ready to share it! The address to the new site is: <https://community-nutrition-education.extension.org/>. All of the content on their previous site is still there -- it might just be in a different place. The Community Nutrition Education CoP hopes that you enjoy the new site and look forward to continuing to provide great resources! In addition to the site transition, there are a few additional items on the site:

- \* [FY18 Impact Reports](#) -- While the website has been in transition, the Community Nutrition Education CoP truly appreciates everyone continuing to send along state impact reports.
- \* [PDT Annual Meeting](#) -- The Program Development Team (PDT) met last week in Alexandria, VA. Visit the page for highlights of the meeting.
- \* [UC CalFresh in Action!](#) -- Check out the article from UC Cal Fresh that has created a Cooking Academy through a collaboration with UC CalFresh and 4-H.

### Funding opportunity from Goggio Family Foundation

*See the 5/13/2019 Weekly Update email for the pdf attachment describing this opportunity in further detail.*

#### Mission

The mission of The Goggio Family Foundation is to transform lives and strengthen communities by fostering innovation, creating knowledge, and promoting social progress.

#### Program Areas

- \* The Community Development and Social Change Program
- \* The Environmental Preservation Program
- \* The Educational Program

#### Timeline

- \* June 1- Letter of Interest due
- \* September 1 - Grant Application due
- \* December 31 - Grants Awarded

#### Process

The Goggio Family Foundation accepts [Letters of Interest](#) (LOI) on a rolling basis, though LOIs must be received June 1st to be considered for funding issued by the end of the calendar year. We then request full grant applications from a select group. [Grant Applications](#) (once requested) must be received by September 1st at the latest, though early submissions are encouraged. Grants will be distributed in December.

### 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: September 10-12, 2019
- \* Oakland: May 22-23, 2019, July 18-19, 2019, August 21-22, 2019

For More Information: [CA Snap Ed Training](#)

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## Education & Resources *(continued)*

### Transform Your School with the More "BE Time" Grant

**Description:** Unstructured time when kids can explore, invent, and play is a necessity. Unfortunately, screen time, academic pressures, lack of safe places to play, and many other factors mean kids simply don't get enough of it these days. That's Action for Healthy Kids (AFHK) has partnered with GoGo squeeZ to [offer Game On grants with a focus on BE Time for the 2019-2020 school year](#). The grants, which range from \$5,000-\$10,000, provide funding and AFHK's support to schools to create more options for unstructured time that nurtures growth and learning.

"BE Time" is time spent without screens for kids to play, explore, and use their imaginations to nourish their minds, creativity, bodies, and relationships. Watch this [inspiring video](#) to see how three grantees this year are using BE Time grants to transform student health and well-being.

**Apply:** Grant applications are due Tuesday, May 28. [Learn more and apply here.](#)

Schools with 75% or more of students eligible for free and reduced-priced meals may receive priority. Please email [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org) with questions.

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## CalFresh Healthy Living | University of California State Office, UC ANR & Partner Employment

### Community Education Specialist 1 or 2, UCCE Yolo County

UCCE Yolo is hiring for a Spanish required Community Education Specialist 1 or 2 position. The position closes on 5/21 but may be extended depending on applicant pool.

**To apply:** <https://jobs.ucop.edu/applicants/Central?quickFind=61744>

### Community Education Specialist 2, UCCE Fresno/Madera Counties

UCCE Fresno/Madera is hiring for a Community Education Specialist 2. The position closes on 5/24.

**To apply:** <https://jobs.ucop.edu/applicants/jsp/shared/frameset/frameset.jsp?time=1557766287359>

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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 [eeegelski@ucdavis.edu](mailto:eeegelski@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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*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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