

UC CalFresh Weekly Update May 14, 2018

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Upcoming Events & Deadlines

MAY 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			

Rethink Your Drink Day Registration is Open!

On May 16, 2018 health advocates across the state will come together to continue changing the way Californians think about their drinks for the **FIRST** Rethink Your Drink Day—a Statewide Day of Action to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water.

- * **Step 1:** Register to host an event at www.RethinkYourDrinkDay.com by 9:00pm, Pacific Standard Time on April 22 to be eligible for a **FREE** event kit, which includes everything you need to build a successful Rethink Your Drink Day event, like posters, surveys, an activity, and more!
- * **Step 2:** Sign up for the webinar: Complete Guide to Hosting 'Rethink Your Drink Day with Event-In-A-Box (Logistics for Registered Organizations)' on May 2, 2018 (click here to register).

For any questions or assistance with the RethinkYourDrinkDay.com site, please contact C4C_PR@RescueAgency.com.

5/15/18 UC CalFresh Town Hall Webinar, 12:30-2:00pm

The May Town Hall webinar is scheduled for Tuesday, May 15, 2018 from 12:30-2:00pm. The title is, "The UC ANR Nutrition, Family and Consumer Sciences (NFCS) Statewide Program: Pursuits in Program Integration Across UC ANR Programs." Program collaboration and integration has become a hot topic within ANR as we rethink how to reach our goals, approach our work in new ways, and become more cohesive as an organization. This webinar will provide an opportunity to dive into the concept of program integration—where we currently are as an organization and where we want to go. Join us as we start to identify the opportunities that exist in partnering with other programs, as well as where to start. Lastly, the State Office will be providing programmatic and administrative updates. **Due to limited space, preregistration is required.** To register for the Town Hall webinar, please visit: <https://cc.readytalk.com/r/qv08y2ob2upr&eom>.

5/15/18 Early Childcare & Education Training & Technical Assistance Needs Survey for FFY2019

The UC CalFresh State Office, along with the other California SNAP-Ed Implementing Agencies, are interested in capturing Early Care and Education (ECE) training and technical assistance needs for FFY 2019.

UC Calfresh Advisors, Program Managers and Supervisors — please check in with your team and submit one survey per county/cluster by May 15th: <https://www.surveymonkey.com/r/ECETraining>. The information you provide will be used by the State Level Training Team when developing ECE training for the upcoming year.

5/16/18 Statewide Day of Action: Rethink Your Drink Day

5/28/18 Memorial Day Holiday

UC CalFresh Evaluation Update

This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.

The State Office Evaluation Team has removed the **required reporting** from the Making Every Dollar Count (MEDC) survey questions in the online data entry portal. Now, MEDC retrospective surveys with missing responses can still be entered into the ANR portal. The only portal question that is still required is "County". Please contact Angie Keihner (akeihner@ucdavis.edu) with any additional survey questions or concerns. Thank you to the Kings/Tulare Team for

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 learned the importance of eating a variety of foods. Offer fruits instead of candy to my kids. Thank you for teaching me the changes I have to make to improve my health. I will teach what I learned to my kids."
—Plan, Shop, Save, Cook Participant,
Fresno County

"I was exposed to some new vegetables that I had never tried. I would like to buy them to [share] with my family."
—Eating Smart Being Active Participant, Placer County

Upcoming UC CalFresh Trainings

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.

Tuesday, June 5, 2018

Please join us on Tuesday, June 5, 2018 at 1:00pm for monthly PEARS Office Hours if you have any pressing questions related to reporting your program and indirect 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. See dial in and web links below to join the meeting.

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>

Child Feeding Community of Practice Webinar, June 21st, 2018 at 2:30 PM PCT

This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.

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

You must pre-register for this webinar. You can find the [registration link](#) on the UC CalFresh training calendar. The webinar will be recorded and the recording posted on the UC CalFresh website. Please contact [Lyn Brock](#) with any questions.

You may also visit the [UC CalFresh Training Calendar](#) for additional information.

Items Available for UC CalFresh County Programs

Nutrition Education Reinforcement Items for UC CalFresh County Programs

The State Office has a limited quantity of nut-ed reinforcement items available for UC CalFresh County Programs:

Quantity	Item
398	My Plate and UC CalFresh Magnets: English
35	Rolls of Active Kids My Plate Stickers
9	Team Nutrition Popular Event booklets
8	Rolls of My Plate Stickers
7	My Plate and UC CalFresh Magnets: Spanish
1	Rolls of Stickers for Healthy Kids

If you are interested in any or all of these items, please coordinate with your Program Manager/Supervisor or Advisor to submit your request to **Rolando Pinedo** (rgpinedo@ucdavis.edu). Please be sure to note the shipping address. Requests will be honored on a first-come-first-serve basis.

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.



Smarter Lunchrooms Movement (SLM) Cafeteria Kits—Order by May 17th

California SNAP-Ed is producing and packaging a limited supply of Smarter Lunchrooms Movement (SLM) Cafeteria Kits for Local Implementing Agencies (LIAs). The materials in the kit are designed to promote the consumption of fruits, vegetables, and white milk served in elementary school lunchrooms.

Each kit provides materials for one school. The kit includes:

- * Fifteen sets of two individual floor decals (red foot prints, left says “fruits” and right says “veggies”)
- * Two sets of three different posters – “Choose a fun fruit”, “try some tasty veggies”, and “try ice cold milk”
- * Two sets of three different window clings - “Choose a fun fruit”, “try some tasty veggies”, and “try ice cold milk”
- * Five oval floor decals – “This way to yummy food!”

If you are interested in receiving SLM Cafeteria Kits for the schools you will work with in the Fall of 2018, complete this survey by *Thursday, May 17, 2018*: <https://www.surveymonkey.com/r/SmarterLunchroomsMovement2018>

****Please submit only ONE response per LIA**** The survey should take no more than 5 minutes. Provide a specific street mailing addresses (not a PO Box) - they can also be shipped directly to the schools. Requested quantities will be filled according to funding availability.

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.

UC CalFresh in Action!

Planting Seeds for the Future

In late April, [Kim Ramson](#) and [Michael Ford](#) from CDSS, [Daisy Silverio](#) from CDPH and [Andra Nicoli](#) from the UC CalFresh State Office attended the Calaveras County Garden Field Trip highlighting the integrated work being accomplished in Calaveras County and the collaborative work of CDPH and UC CalFresh. For more details, read the article [here](#).

UC Extension Partners with District for Healthier Students

[Karina Macias](#), Nutrition Program Manager at UC CalFresh Fresno, published a great article in the Fresno Unified School District's *Building Futures* newsletter describing the important work that her program accomplishes in partnership with Fresno Unified Food Services and others to support youth nutrition education. In the article, [Karina](#) highlights projects such as nutrition lessons, Smarter Lunchrooms Movement cafeteria improvements, "Fresh Grub" campaign activities, taste tests, and more. Read more about their partnerships and work on the Fresno Unified School District's [website](#). See the May 2018 issue for Karina's article.

Shaping Healthy Choices Through Growing Vegetables

UCCE CalFresh has partnered with Earlimart Elementary School to promote healthy eating and nutrition education within the school. UC CalFresh Nutrition Educator, [Grilda Gomez](#) worked with 5th grade teacher Mr. Angeles to plant vegetables in their school garden. Students planted cool seasonal crops and are now ready to harvest their school garden vegetables!

Students worked happily to harvest their delicious array of vegetables, which included: kale, rainbow carrots, beets, broccoli, lettuce, cilantro, green onions, spinach, and so much more! Excited students also took some vegetables home to show their parents. One student shared, "I made a smoothie with the kale that we picked last week and it was really good. My mom made it with strawberries, apples, and kale." Students are now motivated to use vegetables from their school garden and have learned ways to incorporate them into their meals. Using Shaping Healthy Choices curriculum, students have shown to understand nutrition concepts and have learned to make smart decisions about the foods they eat. Students taste tested a delicious stir-fry that contained items from their garden and loved it.

With the success of the garden, students had the opportunity showcase their vegetables at Earlimart School District Literacy Fair. Students demonstrated several vegetables that originate from different parts of the world and provided nutritional information. UC CalFresh and Earlimart Elementary students are excited to showcase their vegetables to their community!

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](mailto:rlbrock@ucanr.edu) (rlbrock@ucanr.edu) if you have any questions.

Articles & Research

New FDA menu labeling rules take effect

Seven years after the Food and Drug Administration first proposed them, menu labeling rules are finally taking effect as of May 7, 2018. The rules require that certain chain restaurants and other food retailers (with at least 20 locations) provide calories counts and other nutrition information to customers. The rules fall under the Affordable Care Act (ACA).

A "Culture of Health Blog" [post](#) from Robert Wood Johnson Foundation (RWJF) describes the significance of the menu labeling laws, including the scope (the rules will cover about 300,000 food establishments nationwide), savings (both the FDA's own analysis and a Harvard study point to significant healthcare savings), and impact (an RWJF study found adults and teens who used the information purchased up to 143 fewer calories and further research demonstrates that menu labeling increases awareness of, and a reduction in, calories purchased).

Read more about the requirements on the FDA's [website](#)

Adolescent Consumption of Sports Drinks

A recent article in the journal, *Pediatrics*, found that daily sports drink consumption amongst youth has reduced in recent years. The study looked at data from the 2015 Youth Risk Behavior Survey and 2010 National Youth Physical Activity and Nutrition Survey. Daily sports drink consumption did not decrease, however, for children with obesity and actually increased for children who watched more than 2 hours of television a day. Overall, sugar-sweetened sports drinks remain popular. The American Academy of Pediatrics recommends that pediatricians counsel youth about their sports drinks consumption. To read more, see the full study [here](#).

Education & Resources

May is CalFresh Awareness Month

CalFresh Awareness Month started in May of 2011 and is the official month dedicated to increasing public awareness of CalFresh. The state, counties and community based organizations are committed to bringing awareness, dispelling myths and assisting clients with CalFresh applications. Read more about events happening around the State to promote CalFresh Awareness Month on the California Department of Social Services [website](#).

May is Older Americans Month

The 2018 theme of [Older Americans Month \(OAM\)](#) is "Engage at Every Age," emphasizing that people are never too old or too young to take part in activities "that can enrich your physical, mental and emotional well-being." Use the materials, activities, and resources on the Administration on Aging's special OAM [website](#) to promote and celebrate **#OAM18!**

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.

Enhancing Physical Activity in Early Childhood Settings through Policy, System, and Environmental Change, June 2, 2018

Agenda attached to newsletter email

Join the Center for Healthy Communities in their Early Childhood training to provide Local Implementing Agency staff and Early Care and Education (ECE) Providers an overview of how policy, systems, and environmental (PSE) change strategies can be implemented in ECE sites. The training workshop will include practice-based methods for supporting PSE change strategies in ECE settings. Register [here](#).

Date: Saturday, June 2, 2018

Time: 9:00 a.m. – 4:00 p.m.

Location: Public Health Training Center
1729W. 17th St., Building E
Santa Ana, CA 92706

Regional Physical Activity Trainings: June 13th and 21st, In-Person Trainings

The following information was previously shared in the 4/4/18 LHD News Bulletin.

Register for the In-Person Physical Activity (PA) Training: "Social Determinants of Health: How They Impact Choices for PA in the SNAP-Ed Population." During the past two decades, the public health community's attention has been drawn to the social determinants of health. The term "social determinants" often evokes issues such as health-related features of neighborhoods (e.g., walkability, recreational areas, and accessibility of healthful foods), which can influence health-related behaviors. Evidence has also accumulated pointing to socioeconomic factors such as income, wealth, and education as the fundamental causes of a wide range of health outcomes. Training participants will explore the social determinants of health, and apply the individual, environmental, and cultural health-related factors when planning and implementing SNAP-Ed physical activity programs. Upcoming dates and locations of the trainings are:

- * June 13, 2018 in Ventura ***Just added***
- * June 21, 2018 in Redding

Please visit the [CA SNAP-Ed Training and Events Calendar](#) for more information and to register for a training near you.

2018 Promising Practice Exchanges

The California SNAP-Ed Statewide Training (CSST) team is pleased to announce that the 2018 Promising Practice Exchanges (PPEs) planning efforts are underway. The PPEs are annual mini-workshops that provide an opportunity for SNAP-Ed agencies to showcase local and regional promising practices. While providing customized training and technical assistance activities, PPEs are also designed to foster local connections and develop learning communities regionally. The training and technical assistance provided will address region-specific needs as identified in the SNAP-Ed Integrated Work Plans and will allow opportunities for attendees to network with peers.

The Promising Practice Exchanges will:

- Be designed in response to topics of interest raised by the Planning Committee
- Focus on regional challenges, strengths, resources, and opportunities
- Showcase the work and contributions of local agencies and community health leaders
- Provide a mechanism for regional networking and sharing around specific topics

The PPEs will be held in each service area by September 30. Registration for the exchanges will be posted on the SNAP-Ed [Training and Events Calendar](#) and the [Statewide Regional Support](#) webpage in the near future.

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Education & Resources *(continued)*

School Garden Support Organizations (SGSO) Best Practices Webinar Series: Garden To Cafeteria Toolkit Webinar, May 22nd, 2018 11:00 am PST

Are you interested in bringing fresh produce from the school garden into the cafeteria to be used in preparation of healthy school lunches? Join the SGSO for a webinar that will introduce the new Garden to Cafeteria Toolkit from Slow Food USA and Whole Kids Foundation and describe the ongoing support for Food Service Departments provided by Slow Food USA. On hand will also be Tegan Bernstein of the USDA, contributor to the toolkit, to answer any questions. The goal is to build a Garden to Cafeteria community to support numerous districts in creating their own Garden to Cafeteria programs using the toolkit. [Register](#) now!

An archive of this webinar will be shared after May 22nd. View all SGSO archived webinars [here](#).

2018 USDA Summer Meals Webinars

Wholesome summer meals are critical to the health and well-being of our children. Join USDA for their 2018 Summer Meals Webinars to learn more about this important USDA program. Click on the title of the webinar below to register for the specific webinar that interests you.

Tuesday, May 15, 10:00am	Thursday, June 14, 10:00am
Boosting Your Budget— Summer Meals	Middle of Summer Strategies

For additional information and resources related to USDA's Summer Food Service Program, please visit: <https://www.fns.usda.gov/sfsp/summer-food-service-program>.

Statewide Day of Action: Rethink Your Drink Day, May 16, 2018

On May 16, 2018, health advocates across the state will come together for the **first** annual **Statewide Day of Action-Rethink Your Drink (RYD) Day** to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water. RYD Day is a collaborative effort across the state of SNAP-Ed agencies and community based organizations. The following are key dates and links to webinar recordings and future webinars or resources related to RYD Day:

- * Rethink Your Drink Day one-pager (attached) with information and critical dates you need to help you prepare to host the RYD Day event.
- * Webinar: Rethink Your Drink Statewide Day of Action—Event-in-a-Box Toolkit, February 28, 2018—[Click here](#) to view recording

Registration for RYD Day on (or after) April 4 at RethinkYourDrinkDay.com.

Rethink Your Drink Day FAQs

1. **I tried to register for the Toolkit, but when I go to the site, it says coming soon. Am I doing something wrong?** If you are having trouble, please try copying the link www.RethinkYourDrinkDay.com and use another browser such as Firefox or Chrome. Also, you can try accessing the site on your mobile phone. Internet Explorer has had a few glitches. CDPH is working on resolving the Internet Explorer issues.
2. **One thing that has not really been mentioned in the campaign is whether or not the sites need to be SNAP-Ed eligible in order to register. Can you please clarify?** SNAP-Ed funded projects must follow site qualifying rules per USDA Guidance as they have in the past. Only registered participants hosting an event will receive a kit. Non-funded community partners who serve the SNAP-Ed population will also receive a kit if they host an event and register. Kits will be mailed to registered participants.

Please contact Asbury Jones, CDPH Media and Public Relations Lead on RYD Day (Asbury.Jones@cdph.ca.gov) or Andra Nicoli (amnicoli@ucdavis.edu) if you have any questions.

2018 CCLHDN Annual Conference: Be The Movement: Putting Your Policy into Action, May 23-24, 2018, The California Endowment, Sacramento, CA

The following information was previously shared in the 4/18/18 LHD News Bulletin.

CCLHDN strives to build leadership capacity among local health department nutritionists, to influence nutrition funding and programs at the local and state levels and to serve in an advisory capacity to California Conference Local Health Officers (CCLHO). It is CCLHDN's vision that all Californians live in healthy, vibrant, and active communities. On May 23 and 24, CCLHDN will host their annual conference, themed "*Be The Movement: Putting Your Policy into Action*," at the office of The California Endowment in Sacramento. The [objective] is to encourage and inspire participants to harness their expertise as Health Department Nutritionists to make profound and long-lasting impacts on public health through policy. For additional information, or to register, please [click here](#).

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Education & Resources *(continued)*

Save the Date: Nutrition Updates Webinar, June 5, 2018, 11:00am-12:30pm

This webinar features Dr. Rachel Scherr and Dr. Sheri Zidenberg-Cherr from the UC Davis Nutrition Department. You'll learn the up-to-date research facts from our expert presenters about topics your participants see in the media - like the Master Cleanse, Bulletproof Coffee, alkaline water, and apple cider vinegar 'shots'. You must pre-register for this webinar. You can find [registration](#) information on the UC CalFresh Training Calendar or the SNAP-Ed Training and Events Calendar. Please contact [Lyn Brock](#) with any questions.

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 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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