

## UC CalFresh Weekly Update May 21, 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			

#### **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](#). **Online registrations will be accepted until the close of business on Tuesday, May 22.**

#### **5/28/18 Memorial Day Holiday**

## 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 have gone through the class before and it has taught me something new every time. Today I learned that food labels will be changing soon so that's something to look for."

—Plan, Shop, Save, Cook Participant,  
Yolo County

"It is a very informative program, and they cook good [sic] too. I am glad to see things about labels that I am now using. I've learned a lot about different foods and their value. Thanks."

—Eat Smart, Live Strong Participant, Madera  
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 Elizabeth Egelski at [eeegelski@ucdavis.edu](mailto:eeegelski@ucdavis.edu).

### Katherine (Katie) Uhde, Community Education Specialist 2, UCCE Alameda County

Alameda County is very excited to welcome and introduce their newest member to the UC CalFresh team, Katherine (Katie) Uhde! Katie will be working specifically on the senior component of our programming and reach with a focus on integrating more PSE work, specifically gardens into both pre-existing sites and new sites.

Katie is an experienced public health educator with expertise in health promotion program development and evaluation. She earned her Bachelor of Science degree in Kinesiology and Public Health from Iowa State University and has dedicated her career to health promotion and chronic disease risk reduction. Katherine's experience includes management of state-level food policy, farmers' market, and school health initiatives. She has also worked on the local level, providing evidence-based nutrition and fall-prevention education to at-risk older adults. Katherine is passionate about primary prevention and policy, systems and environmental change. She envisions a world where communities support and empower healthful living for all. Katie can be reached at [Kuhde@ucanr.edu](mailto:Kuhde@ucanr.edu).

## UC CalFresh Website Updates

### UC CalFresh Trainings 5/15/2018 UC CalFresh Town Hall Webinar Recording & PowerPoint Slides

**Now Available** The PowerPoint slides and webinar recording from the 5/15/2018 UC CalFresh Town Hall, "Pursuits in Collaboration and Integration Across UC ANR for Deeper Impact," presented by Katie Panarella and Megan Marotta from UC ANR are now available on the UC CalFresh website. Please visit the [Trainings](#) page for more information.

**The new State Office Profile** has been uploaded to the [Success Stories and Profiles](#) page.

**The County Quality Check Tool**, previewed in the 5/15 Town Hall Meeting by Shawnice from Shasta County Cluster, has been added to the [PEARS Support Materials](#) page.

**A new ECE PA Toolkit** is now available on the [Physical Activity Resources](#) page.

**The new Smarter Lunchrooms Movements online course** available through Cornell is now available on [The Smarter Lunchrooms Page](#).

## 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>

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## Upcoming UC CalFresh Trainings (continued)

### 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.

## 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 \(rgpinedo@ucdavis.edu\)](mailto:rgpinedo@ucdavis.edu). Please be sure to note the shipping address. Requests will be honored on a first-come-first-serve basis.

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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).*



### Creating Smarter Lunchrooms Online Course

Informational flier attached to newsletter email and available on [The Smarter Lunchrooms Page](#)

The Smarter Lunchrooms Movement (SLM) National Office has officially launched the new [2-hour online course: Creating Smarter Lunchrooms](#). The course provides an introduction to behavioral economics and the Smarter Lunchrooms Movement. It includes interactive modules utilizing videos, activities, downloadable tools, and graded assessments. It also offers 2 Continuing Education Units (CEUs) from the School Nutrition Association.

This new training resource can be used in place of the in-person SLM Introductory Training. If you have staff who have not yet completed the SLM Introductory Training, they are highly encouraged to complete this course. Attached to the newsletter, and on [The Smarter Lunchrooms Page](#), are step-by-step instructions for accessing and completing the course. When you complete the course, you will receive a certificate. Please make sure you save this certificate for your records.

**\*\*Please note that the online course includes information on entering scorecard data into the online tracker. The SLM of CA is currently not using this tool. Please continue entering your scorecard data into the [SLM of CA Scorecard Tracker](#).\*\***

If you have any questions or need assistance, please contact [MaryAnn Mills — 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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## UC CalFresh in Action!

### Are you READY to Salsa?!, UCCE Kings County

Jefferson Charter Academy and Martin Luther King Jr. Elementary READY After School Program joined UC CalFresh in Kings County to participate in a Salsa Contest. After spending several weeks learning about food from UC curriculum *Healthalicious Cooking*, students paired up with family members in the 1<sup>st</sup> annual salsa contests. The purpose for this event was to encourage parents to cook with their children while celebrating Cinco De Mayo!



Each family had 30 minutes to work together to create their own special salsa. While families were making salsa at Jefferson Charter Academy the rest of the students cheered on the competing families. Judges were selected from teachers, administrators and after school students. After tasting the different salsas, ribbons were handed out for most unusual, sweetest, spiciest, best aroma, best flavor, most creative and best appearance. Students at MLK school participated in Bailoterapia (Dance Therapy) as families made their salsa. Students enjoyed the music and dance. One student stated, "I want to keep dancing it's fun!". Every student had the opportunity to taste each salsa and ultimately choose the best. The winning family from Jefferson Charter Academy stated, "We will see you next year! Can't wait to do it again."

Research shows that children who share meals and cook with their families do better in school, are less likely to smoke or do drugs, have fewer behavior problems, have better language skills, have closer relationships with their parents, and eat more healthfully. It is a great benefit for families to make meals and memories together as they can use what they learn for life!

### 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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## Articles & Research

### Habit-based interventions for weight loss maintenance in adults with overweight and obesity: a randomized controlled trial

Researchers in Australia recently conducted a study to determine whether habit-based interventions are effective in the long-term (12-month) weight loss maintenance. Overweight or obese volunteers aged 18-75 years were recruited to participate in a single-blind, three-arm, randomized controlled trial conducted at Bond University, Institute of Health and Sport in Gold Coast, Australia. Seventy-five participants were randomly assigned to one of two habit-based weight-loss intervention groups ("Ten Top Tips" or "Do Something Different") or to a waitlist control group. Ten Top Tips was a self-guided intervention based on a leaflet and focused on forming new eating and activity behaviors. Do Something Different focused on breaking unhealthy behaviors and was implemented through online software. The trial was conducted for 12 weeks from July to October 2015 with all groups followed up after the intervention; the intervention groups were also followed up at 6 and 12 months.

At the post-intervention follow-up, researchers found that participants in both the Ten Top Tips and the Do Something Different intervention groups lost significantly more weight than those in the waitlist control group (-7.3 lbs and -6.4 lbs, respectively vs. -0.9 lbs;  $P < .001$ ). At the 12-month follow-up, Ten Top Tips participants lost an additional 5.3 lbs, and Do Something Different participants lost an additional 3.7 lbs. Intervention group participants saw improvements in body mass index (BMI), waist circumference, daily fruit and vegetable consumption, weekly exercise, and reported well-being, depression, and anxiety from baseline.

To learn more, see the full article [here](#). Please note that access to the full article requires a subscription, which your organization may have, or a fee.

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## Education & Resources

### May is CalFresh Awareness Month

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

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

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

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

*This information was previously shared in the 5/14/2018 UC CalFresh Weekly Update.*

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
- \* 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 following information was previously shared in the 5/2/18 LHD News Bulletin.*

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 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

*This information was previously shared in the 5/14/2018 UC CalFresh Weekly Update.*

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

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

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.

Thursday, June 14,

[Middle of Summer](#)

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>.

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

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

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.

### YPAR Trainings

*Informational flier attached to newsletter email*

The UC CalFresh Youth Engagement team is excited to offer 2 YPAR training opportunities this summer. Attendees can register to join one or both trainings based on their expertise, interest, and implementation plans for FFY2018-2019.

[Register today](#) for these trainings!

### YPAR Orientation

*Experience Level: Beginner - Intermediate*

Date: Wednesday, July 11<sup>th</sup> 9:30AM—5:00PM

Location: Sacramento, CA

**Note:** Attendees will receive a YPAR Curriculum Binder

### YPAR Implementation Training & Planning

*Experience Level: Beginner- Advanced*

Date: Thursday, July 12<sup>th</sup> 9:30AM—5:00PM

Location: Sacramento, CA

**Note:** Attendees must have either attended the July 11th YPAR Orientation or another YPAR Orientation in the past and have a YPAR Binder

### Funding opportunity: The Walmart Community Foundation's Community Grant Program

The Walmart Community Foundation's Community Grant Program is offering grants to nonprofit organizations and agencies that work in one of the following areas: hunger relief and healthy eating, health and human service, quality of life, education, community and economic development, diversity and inclusion, public safety, or environmental sustainability. Awards range from \$250 to \$5,000. **Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

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## Education & Resources *(continued)*

### Funding Opportunity: The Home Depot Foundation

The Home Depot Foundation provides funding for nonprofit organizations and public agencies in the United States that are using the power of volunteers to improve communities through its Community Impact Grants program. Priority is given to projects that benefit veterans and/or diverse and underserved communities. Projects should be volunteer-friendly, engage people at all skill levels, and be expected to have a strong and lasting impact. Awards of up to \$5,000 will be given in the form of The Home Depot gift cards for the purchase of tools, materials, or services. **Deadline: application are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Good Sports Grant

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

Schools & community organizations can apply for sports equipment, apparel, & footwear for economically disadvantaged children. **Required Match: 10%. Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Kaboom Community Playground Grants

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

Opportunities ranging from building a new playground in the community, to providing creative play areas, to transforming sidewalks and vacant lots. **Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Voices for Healthy Kids

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

The goal of the grant is to advance coordinated state, local, and tribal public policy issue advocacy campaigns focused on healthy eating and active living. **Grant Amounts: Up to \$125,000. Deadline: July 13.** Click [here](#) to learn more and to apply.

### California SNAP-Ed Connection - Hosts Community Resource Library

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

The [CA SNAP-Ed Connection](#) website now hosts the Community Resource Library providing 500+ resources, such as news bulletins, funder statements, logos, photos, graphics and templates.

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## UC CalFresh, UC ANR & Partner Employment Opportunities

### Community Education Specialist (CES) 1 position in Riverside County—Closing date 5/25/2018

Under supervision of program supervisor/NFCS Advisor, this position will be working as a team member to conduct direct and indirect education for Shaping Healthy Choices Program, conduct group teaching for youth and adult participants using UC approved curricula, performing food demonstration/food tasting, providing indirect education at community events. This position will provide assistance to CES 2 leads in Smarter Lunchroom Movements and garden education activities. Will be responsible for collecting and compiling enrollment documentation, evaluation data, maintenance and delivery of nutrition education curricula inventory, and report writing. This position will promote, in all ways consistent with other responsibilities of the position, the Affirmative Action goals established by the Division. The last day to apply is: **May 25, 2018**. For additional information, or to apply, please visit:

[jobs.ucop.edu/applicants/Central?quickFind=61106](http://jobs.ucop.edu/applicants/Central?quickFind=61106)

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### 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 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>.

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